



South Kingstown Senior Services, 25 St. Dominic Road, Wakefield, RI 02879

The Center Newsletter

January 2017

2017 is here and NOW is the time for New Year's Resolutions!! Getting fit, losing weight, and managing stress are among the top 10 resolutions made every year. Exercise is one of the best ways to achieve all three of these resolutions. The Center has many exercise classes ranging from high impact to low. Stop by and check out a class and keep that resolution!!! (See page 2 for a list, description, and times for all of our exercise classes)

Writing Workshop **\$3 a class**
Tuesdays beginning January 3 **1 pm**

Whether you are a seasoned writer or have always wanted to write, this weekly class, lead by Author Carol Mossa, will give you the opportunity, motivation, and community to bring forth fresh creative ideas. From weekly writing prompts, we will create individual pieces of fiction, non-fiction, and poetry to share with the group for constructive feedback. Carol Mossa is an adventurer, author, and photographer in private practice in Charlestown.

Meditation **\$5 a class**
Mondays beginning January 9 **10:30 am**

Meditation has been practiced in India for thousands of years because people knew that it reduces stress, calms the mind and increases inner peace. Carol Mossa, manager of The Well Healing Arts Center, will be guiding you into the inner quiet of your meditation. If you've been wanting to learn how to meditate or if you have experience with meditation, this group is for you.

Military History of WW2 in Narragansett Bay
Tuesday, January 17 **1 pm**

The years of World War II may well have been Rhode Island's finest hour. At any given time during the early 40's, upwards of 70,000 people could have been involved in military activity of some type – manufacturing war materials, defending our coastline and naval installations, or training in one of several naval training facilities within the bay. Many remains of the period still exist along our shores. Gary Smith will present this fascinating history of our local treasure.

Ageing Fully
Monday January 23 **10 am**

Ageing fully and gracefully is a goal we would all like to obtain. Join Susan Van Ness, Mental Health Counselor, as she discusses the many facets of the aging process from purposes and challenges to struggles and surprises.

AARP Tax-Aide Appointments
Upcoming in March

AARP Tax-Aide volunteers will be available to prepare your taxes at The Center during Tax Season. Appointments are required. Please call 789-0268 to schedule your appointment.



Exercise Class Schedule

Monday:

8:55 am Walking Aerobics
 9:30 am Zumba (\$24/8 weeks)
 10:30 am Pilates (\$24/8 weeks)
 10:30 am Meditation (\$5 a class)

Tuesday:

8:45 am Yoga
 8:55 am Walking Aerobics
 10:00 am Line Dancing
 11:00 am Seniors In Action

Wednesday:

8:55 am Walking Aerobics
 9:30 am Zumba Plus(\$24/8 weeks)
 10:30 am Pilates (\$24/8 wks)
 11:00 am Arthritis Exercise
 1:30 pm Yoga

Thursday:

8:55 am Walking Aerobics
 11:00 am Seniors In Action
 1:00 pm Tai Chi

Friday:

8:55 am Walking Aerobics
 9:00 am Zumba (\$24/8 weeks)
 10:00 am Strength & Tone (\$24/8 wks)
 11:00 am Arthritis Exercise

Pilates

Mondays & Wednesdays at 10:30 am

1 Day for 8 weeks: \$24

2 Days for 8 weeks: \$48

Drop In \$5

Pilates is a low-impact, safe form of strength training. Pilates can improve balance and posture, increase flexibility, and improve your overall fitness. The first sign is an increase in energy and stamina. Bring your own mat.

Yoga

Tuesdays at 8:45 am

Wednesdays at 1:30 pm

In these stressful times we have the perfect solution to help you relax and stay healthy! There are many benefits of yoga including increased flexibility, increased energy, increased muscle strength and muscle tone, and much much more. Join Cheri as she takes you through the wonderful journey of yoga!

Line Dancing

Tuesdays at 10 am

Join us and learn the latest Line Dances or just come for the great exercise. Line Dancing can even be modified to "Chair Dancing" if you would prefer to sit for the class. Line Dancing is a fantastic way to get out, meet new friends & exercise.

Seniors In Action

Tuesdays & Thursdays at 11 am

This low impact exercise class combines strength, balance, and flexibility exercises using light weights and resistance bands.

Exercise Class Descriptions

Walking Aerobics

Mons, Tues, Wed, Thurs & Fri at 8:55 am

This low impact exercise program will help you get fit and lose weight. There is no better time to get healthy than the present, so start today!!

Zumba & Zumba Plus

Mondays & Wednesdays at 9:30 am

Fridays at 9 am

1 Day for 8 weeks: \$24 2 Days for 8 weeks: \$48

3 Days for 8 Weeks: \$72 Drop in \$5

Zumba combines high energy and motivating music with unique moves and combinations that allow you to dance away your worries. Zumba is based on the principle that a workout should be "Fun and Easy to do". The greatest feature about Zumba is that you don't have to know how to dance. Anyone can do it!!

Wednesday's Zumba Plus class combines toning, strength training, and Zumba for a complete body workout.

Arthritis Exercise

Wednesdays and Fridays at 11:00 am

Vinnie will guide you through this gentle exercise class that promotes mobility, joint flexibility, range of motion, balance, posture, and relaxation.

Tai Chi

Thursdays at 1 pm

Tai Chi has many benefits, including increased energy, increased balance and coordination, stress reduction, improved concentration and the ability to relax at a deeper level. The exercises are not strenuous, easy to remember, and can be done well by all fitness levels and ages. Join Jean and explore the world of Tai Chi.

Strength & Tone

Fridays at 10 am

1 Day for 8 weeks: \$24

Drop in \$5

This total body strength training class utilizes hand weights, resistance tubing and balance to firm and tone your arms, legs and core.

Personal Enrichment

Conversational French

**Tuesdays at 9:30 am For beginners
10 am For Regular Class**

French for everyone: Beginners, Travelers, Francophiles, or anyone at any language level. Enjoy conversations, games, a little bit of grammar, and vocabulary, and a lot of fun!! Stop by and meet our instructor, Coleen Griffiths, who is a retired French teacher.

Life Story Writing

Tuesdays January 10 & 24 at 10 am

One of the markers of a life well lived must surely be the stories, experiences and memories that are told, retold, remembered and reexperienced throughout your life. Life Story Writing captures the priceless and the touching, the truly memorable and the quirkily remembered, the historic and the unique. It leaves a legacy of living history for future generations.

Book Club

Wednesday, January 11 at 10:00 am

Boys in the Boat by Daniel James will be discussed. Books are available at The Center. A library card is required to borrow books.

Art History

Wednesdays at 11 am

In all societies, many of humanity's finest ideas are communicated through visual art. We study art works from Ancient Times, through the Renaissance to the Modern Era. We enjoy lively discussions which many of us continue over lunch. Join this rapidly growing class, led by friendly Reiko Wimbush, an oil painter herself.

Studies of the Ancient World

Thursdays at 9:30 am

Studying ancient civilizations is one of the most fascinating areas of all human history. As we learn more about those who have come before us, we understand more about ourselves in this modern age and how we have come to be. Stop by and learn about civilizations past in this intriguing class.

You are
NEVER
· TOO OLD ·
... TO ...
learn

TED Talk

Thursday, January 5 at 10 am

Join Jet Vertz, the TED Talk facilitator, as you re-view a selected TED Talk followed by a discussion. Each month Jet will show a TED Talk video featuring experts in their fields sharing cutting edge ideas and innovation.

Current Events

Thursdays at 1 pm

Bring your newspaper to life with this lively class. They discuss all the latest topics from international, national, and local news. Join Bill Isabella as he leads this enlightening class.

Parliamo Italiano

Thursdays at 1 pm

This Italian Conversation group is great for native Italian speakers or anyone who would like to brush up on their Italian.

Spanish

Fridays at 10:00 am

It doesn't matter if you are new to Spanish or have some previous knowledge of the language, Sarah's class is for you. This is an ongoing class so you can join in at any time. Join Sarah and she will have you speaking Espanol in no time.



Technology Training

Greg's Electronics 101

Thursdays 9 am to 12 pm

Greg will be on hand to assist you with your tablets, Macs, iPads, Smart Phones, eReaders, and almost anything else you may need assistance with.

Cyber Seniors

The URI Gerontology and Pharmacy Departments are continuing their Cyber Seniors Program at The Center. The Cyber Seniors Program will coordinate URI students with seniors who need computer and electronics help. Call 789-0268 to schedule an appointment.

Senior Youth Association

Senior Youth Association (SYA) is a private, 501(c)3 non-profit organization established in 1977. SYA promotes and supports programs for those 60 years of age or older and all handicapped adults.

Please join the members of the Senior Youth Association for the Installation of 2017 SYA Board of Directors at The Center on Tuesday, January 3, 2017 at 10:15 am

SYA Board of Directors for 2017

Shirley Gallagher*, President
Bill Isabella, Vice President
Karen Hawkins*, Secretary
Elaine Anderson, Treasurer

Charles Whipple*
Shirley Southland*
Ann Stone*
Karen Maloney
Elaine Riccitelli
Jet Vertz
Charlene Yang

*Current Board Members

Clubs

Bridge

Wednesdays at 12:30 pm

Do you like to play bridge? Join us every Wednesday and have a fun filled afternoon of Bridge with Florence. To sign up to play or for further information call 789-0268.

Singles 60+ Supper Club

Sunday, January 8 at 6 pm

The 60 Singles Supper Club meets at a local restaurant each month. Join this fun group for an evening of great food and wonderful conversation. For reservations and further information call 789-0268.

Indian Run Day

Thursday, January 26

Join us at The Center as we invite our friends from Indian Run to spend the day with us. Enjoy a fun filled day of Bingo, exercise, coloring group and much more. A delicious lunch will be served at noon. Transportation is available, call 789-0268.

Arts & Crafts

Knitting with Nancy

Mondays at 9 am

Join our fun and relaxing knitting group. Help is available to understand patterns, finish items and fix mistakes. Nancy is an experienced knitter and is willing to share her knowledge with you!

Coloring Club

Mondays @ 1 pm & Thursdays @ 11 am

Remember when you were a kid and you would spend hours lost in your coloring books without a care in the world? How long has it been since you've held a crayon? Probably too long. Join us for adult coloring, the new art craze which helps adults relax, de-stress, and go back to that carefree feeling of not having a care in the world. Bring your own books and supplies, use our printouts or design your own!! You can bring crayons, colored pencils, pens, or markers.

Craft Tuesday

Tuesday, January 24 at 10 am

We will be making Sharpie Art this month. You can be as creative as you want with this fun project. From decorating shells to coffee mugs to vases to flower pots to stones, the options are limitless!! We will provide all material needed or feel free to bring in your own object to decorate. Please call 789-0268 to sign up.



Music to My Ears

ROMPS

Tuesdays at 11 am

Stop by and listen to the fabulous ROMPS (Retired Old Musicians Playing Swing). They will entertain you with wonderful music that will make your toes tap.

The Center Chorus

Fridays at 11 am

Back in February

Do you like to sing? The Chorus is always looking for new members so anyone interested please stop by and sing with us.

Health & Wellness

VNS & SCH Wellness Clinic

Monday & Wednesday 9:30 to 11:30 am

Stop by and see VNS nurses Rhonda and Kris for blood pressure checks and a variety of health screenings, including glucose and cholesterol. Visit on Mondays and have Weight Maintenance Checks which includes healthy eating information and weight tracking.

Dr. Oz

Thursday, January 19 at 10:30 am

Dr. Oz is an influential physician who features products on his daytime television show. He and others like him often mislead the public with medical treatments that have no scientific evidence. The URI Pharmacy Students will discuss the truth behind his recommendations and how to remain skeptical of "miracle drugs" promoted on medical talk shows.

**Podiatry Clinic with Dr. Meehan & Dr. Van Dine
Tuesday, February 7 beginning at 9 am**

Stop by the office or call 789-0268 for an appointment. Please check with your insurance provider regarding your co-payment for services.



**my life
my health**

Internet Café` Hours

Monday - Friday 7:30 am - 3:30 pm

(Hours are subject to change depending upon program schedule.)

Check your email, surf the web, write a letter, or just play solitaire!



Support Groups

Caregivers Support Group

Wednesday, January 11 at 1:15 pm

Group led by Kathy Swink, M.A., L.M.H.C. Meet to share information and feel connected to others who are providing care to loved ones.

Bereavement Support Group

Wednesday, January 4 at 1:15 pm

Wednesday, January 18 at 1:15 pm

Group led by Kathy Swink, M.A., L.M.H.C. A coffee hour for participants takes place following the meeting on January 4.

Women's Cancer Support Group

Wednesday, January 25 at 1 pm

Women supporting women who are dealing with or who have survived cancer. Group led by Marie Saccoccio, a breast cancer survivor.

Special Upcoming Programs

RI Military Organization Benefits Counseling

Wednesday, January 18 at 10 am

Dan Evangelista from the RI Military Organization will be at The Center to answer your questions about your VA benefits. All Veterans are invited.

RI Bar Association Legal Clinic

Friday, January 27

1 pm to 3 pm

The Rhode Island Bar Association will be at The Center for one on one appointments with a Lawyer. To make an appointment for a free 20 minute consultation, please call 789-0268.

Cooking For 1

Tuesday, January 31 @ 1 pm

Join us for some cooking fun! Caroline will show you how to cook meals for one, and share her tasty recipes. She shares just a taste and shows you how easy it is to make a healthy meal or snack. This class fills up fast, so be sure to sign up early by calling 789-0268. Space is limited.

operation
snowball

If there is inclement weather, watch Channel 6, 10, or 12; listen to a local radio station or log on to the Town website at www.southkingstownri.com to find out if The Center will be closed or delayed.



From the Director's Desk
Susan DiMasi



Ring in the New Year!

Happy 2017!

I hope you all had a wonderful holiday season and that this year will be filled with good times, good health and much happiness.

What a wonderful time to get involved with some new opportunities and experiences. Why not try an exercise class, join the book club or learn to speak a foreign language? Look at The Center's Exercise List and Personal Enrichment classes. Try one or try them all. Meet new friends while dining in the Broadrock Café and enjoying a delicious, nutritious meal. Make The Center one of your New Year's Resolutions and join in on the fun!!



Rhode Island Trivia

1. What town in RI does this building reside?
2. What is the name of this building?
3. What 1974 movie based on a classic novel by F. Scott Fitzgerald filmed scenes from this location?
4. What 2 families once owned this building?

Answers: 1. Bristol, 2. Linden Place,
 3. The Great Gatsby, 4. DeWolf & Colt

Community Information Specialist
Jill Creamer

The US Department of Health and Human Services Centers for Medicare and Medicaid Services (CMS) has announced the following Medicare rate Changes:

For 2017, the Medicare Part B premium will remain the same at \$109 for beneficiaries currently on Medicare. Individuals new to Medicare will pay \$134 per month. The Part B deductible is \$183 per year.

The Medicare Part A inpatient co-payment will be \$1,316. From days 61 to 90 of an inpatient hospital stay, the beneficiary's co-payment will be \$329 and \$644 per day for stays over 90 days in a benefit period.

For beneficiaries in a skilled nursing facility, the day co-payment for days 21 through 100 in a benefit period is \$164.50.

South Kingstown Adult Day Services **"Sharing The Caring"**

Are you or someone you know in need of respite as a result of caring for a loved one who can no longer be home alone? South Kingstown Adult Day Services may be able to help. For information about services that include meals and activities provided by professional, caring staff in a safe environment, call Case Manager, Pat Mattera at 783-8736.

Information and Referral

Jill Creamer, the Community Information Specialist can assist you with questions and concerns about programs and services for Seniors. She can determine your eligibility for local, state, and federal programs. Applications for Rhode Island Pharmaceutical Assistance to the Elderly (RIPAE); Medical Assistance; Electronic Benefits Transfer (EBT); and many other programs can be obtained at The Center. Make an appointment with Jill and see how she can help you.

South Kingstown Transportation

The Town's Senior Transportation Program is available to South Kingstown residents 60 years of age or older.

There is no charge for transportation to and from The Center for lunch and/or activities.

There is a \$0.50 fee per trip for non-medical transportation such as hairdressers, pharmacies, grocery shopping and banking. Riders may purchase a \$10 pass at The Center, good for twenty one way trips for any non-medical transportation. Inability to pay should not keep you from using our transportation service. Please see Senior Services Staff if the fee is a hardship for you or if you are on Medical Assistance.

If you have any questions or concerns, please call 789-0268.

The Center Staff

Susan DiMasi, Senior Services Director
 Chasity Cheng, Program Coordinator
 Jill Creamer, Information Specialist
 Brian Ladeira, Transportation Supervisor
 David Sampson, Facilities Manager

Hours of Operation
 Monday through Friday
 7:30 am to 3:30 pm
 789-0268

Mission Statement

"To provide a focal point facility where older adults can access services and programs designed to support their independence, enrich their quality of life and promote optimal aging."

Principal funding for the Center is provided by the RI Division of Elderly Affairs and the Town of South Kingstown.

Visit us on the web at
www.southkingstownri.com
 click on Senior Services

Cards & Games

Monday

9:00 am Hi Lo Jack
 10:00 am Scrabble

Tuesday

9:00 am Hi Lo Jack
 10:00 am Cribbage
 10:00 am Scrabble

Wednesday

9:00 am Hi Lo Jack
 12:30 pm Bridge

Thursday

10:00 am Bingo
 10:00 am Cribbage

Friday

9:00 am Hi Lo Jack
 12:30 pm Mah Jongg



**SYA is currently collecting 2017 Dues
 Dues are \$4 for the year.**

Membership Application:

Name: _____

Address: _____

Phone: _____

Birthday: _____

New: _____ Renewal: _____