



South Kingstown Senior Services

25 St. Dominic Road
Wakefield, RI 02879

Phone: 789-0268

Senior Youth Association News A Home Away From Home



The Center Newsletter

December 2016

At The Center Of It All

The Center Tree Trimming

Thursday, December 1

11 a.m.

Join the SYA for The Center's Tree Trimming festivities. The Center Chorus will lead us in a holiday sing a long as we decorate for the upcoming holidays. Members of the URI Sigma Kappa Sorority will be on hand to assist us with decorating. Get into the holiday spirit with us and help us trim the tree. Hot Apple Cider will be served!!

Medicare Open Enrollment Event

Monday, December 5

9 a.m. to 2:30 p.m.

Are you familiar with the 2017 changes to your Medicare plan? Are you unhappy with your current plan? Assistance will be available to you regarding changes to your Medicare plan at The Center on December 5. Please call 789-0268 to make your appointment, appointments are required. And don't forget open enrollment ends December 7, 2015.

Nature Tree Ornament Making

December 6, 7, 8 & 9

The Center will be displaying a Nature Tree in the front lawn this Holiday Season. We will be making Nature Ornaments to put on the tree and need your help. We will use everything from bird seed to cranberries to oranges to make the ornaments. Join us for this fun craft project and help us accessorize our Nature Tree!!



Post Card Tour through South Kingstown

"Then & Now"

Wednesday, December 21

10:00 am

We will explore the many villages of South Kingstown and their enriched history. Join us as we take a walk down memory lane and remember South Kingstown from the 1930's.

Holiday Celebration

Thursday, December 15

10:45 am

Join us for our Annual Holiday Celebration and Dinner. Entertainment will be provided by The Dinosaurs. They will play fabulously fun music to get you in the mood for the upcoming holidays. Stay for our Holiday Dinner that begins at noon. Make your reservations early!!

New Year's Eve at The Center

Friday, December 30

11 am

Help us ring out the old year and welcome in the new at our annual New Year's Eve Celebration at The Center. Music will be provided by The ROMPS. Wear your party clothes and your dancing shoes and be ready for a fun time!! We will drop the ball at noon!!! Brunch will be served after the ball drop. Make your reservations early. Join us and welcome in 2017 in style!!



Exercise Class Schedule

Monday:

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

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.

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 them 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.

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.

Personal Enrichment

TED Talk

Tuesday, December 6 at 1 pm

Join Jet Vertz, the TED Talk facilitator, as you review 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.

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 December 13 at 11 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, December 14 at 10:00 am

Circling the Sun by Paula McLain 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.

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



Cyber Seniors

Tuesdays, 8:45 am to 11 am

Thursdays, 10 am to Noon

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. You are welcome to drop in with your electronics or call 789-0268 to schedule an appointment.

You are
NEVER
· TOO OLD ·
TO
learn

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.

SYA Officers for 2016

Charles Whipple, President
John O'Hara, Vice President
Shirley Gallagher, Secretary
Elaine Anderson, Treasurer

The SYA Membership Meeting will be held on
Tuesday, December 6 at 10:15 am
Join us and get involved with
YOUR Association!

Let Us Entertain You

Holiday Film Festival

December 23, 27, 28 & 29 at 10 am

We will be having a Holiday Film Festival at The Center. Join us as we watch some of your favorite Holiday Classics and a few new Holiday movies as well. Enjoy a cup of hot chocolate or hot apple cider and a delicious snack while you enjoy the movie.



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

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

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, December 11 at 6 pm

They will meet at Mariner Grille, 142 Point Judith Road, Narragansett. The Mariner Grille serves up great food and is warm, inviting, and spacious with a great lounge. For reservations or further information call 789-0268.

Indian Run Day

Thursday, December 15

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 Holiday Entertainment with the Dinosaurs. A delicious Holiday 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.

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.

Podiatry Clinic with Dr. Meehan & Dr. Van Dine

Tuesday, January 31 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.



A Matter of Balance (8 week program)

New Class Beginning in Early 2017

The Center will be hosting the program "A Matter of Balance". This program is designed to reduce the fear of falling and increase activity levels. You will learn to set goals to increase activity, change your environment to reduce fall risk factors, and learn exercises to increase your strength and balance. Workbooks and refreshments will be provided. Registration is limited!! Call 789-0268 for more information and to register.

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, December 14 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, December 7 at 1:15 pm

Wednesday, December 21 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 December 7.

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

Cooking For 1

Tuesday, December 6 @ 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.

RI Military Organization Benefits Counseling

Wednesday, December 21 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.

operation
snowball

If there is inclement weather, watch Channel 6, 10, or 12 or listen to a local radio station to find out if The Center will be closed or delayed.



From the Director's Desk
Susan DiMasi



Happy Happy Holidays!

I hope that you are all looking forward to the enjoyable activities we have planned for The Center this month. We will be trimming the tree while being led by our chorus in a sing-a-long of holiday favorites. Our friends from Sigma Kappa Sorority will be joining in the celebration.

This year we will be starting a new tradition, by having an outside tree which will be decorated with nature friendly ornaments. Join us for our Nature Tree Ornament Making Workshop where we will make fun decorations for our bird friends to enjoy.

Our seasonal celebrations will continue with our Holiday lunch Celebration and entertainment on December 15th and our New Year's Eve Celebration on the 30th. Get out your party clothes and join us while we ring in the New Year.

Don't miss out on the fun. Be at The Center for fun and cheer!!



Community Information Specialist
Jill Creamer

Did you know that there is a program to help with the cost of heating your home?

Low-Income Home Energy Assistance Program (LIHEAP) grants provide help to income-eligible persons to pay their energy bills.

The size of household, type of fuel, and income guidelines determine the grant amount for each household.

Household Size	Max Income
1	\$28, 533
2	\$37, 312
3	\$46, 082

Heating assistance includes grants for oil, natural gas, electric, propane, wood, kerosene, and coal.



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

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



Are you ready to win big? Be a part of the exciting world of Bingo at The Center every Thursday at 10 a.m. Purchase your Bingo card and have a blast playing with us!

