



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

## ***The Center Newsletter***

***May 2019***

### **Family Caregiver Support Group**

**Tuesdays, May 7 & 21**

**1 pm**

Attention Caregivers: You are not alone! The Alzheimer's Association is now offering a Family Caregiver Support Group at The Center. A trained former caregiver will be facilitating all group sessions. The groups will be a safe space to discuss the unique challenges of caregiving. There will be a variety of caregiver topics and discussion.

### **Mother's Day Celebration**

**Thursday, May 9**

**10 am**

Come celebrate Mother's Day with us. Our Mother's Day Celebration begins with Bingo at 10 and then wonderful music from John Nelson immediately following Bingo. Sign up early and stay for a delicious lunch!!

### **SNAP**

**Monday, May 13**

**10 am to Noon**

Food Costs are rising much faster than inflation and incomes. One way to save is by eating at home more often and planning meals before grocery shopping, which can cut your food budget in half. Another way to save money is to apply for SNAP (Supplemental Nutrition Assistance Program) Stop by to learn how the SNAP Program can help you!

### **RI Office of the Attorney General**

**Thursday, May 16**

**10:00 am**

The RI Office of the Attorney General will be visiting The Center. They will discuss fraud schemes, identity theft, abuse, the latest scams, and resources to protect you from becoming a victim.

### **South County Filmmakers presents**

***Through the Red Door***

**Wednesday, May 15**

**1:30 pm**

South County Filmmakers presents their latest short film *Through the Red Door*, a selection of the 2018 401 Film Fest and 2018 Mystic Film Festival. Written, directed and edited by members of the South County Filmmakers and filmed entirely in South County, *Through the Red Door* carries you through a realm of stunning locations with twists and turns literally and figuratively. There will be a Q&A session after the movie. Please call 789-0268 to reserve your seat.

### **Memorial Day Celebration**

**Thursday, May 23**

**11:15 am**

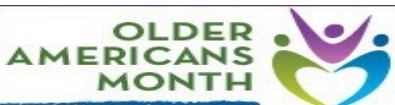
Join us for our Memorial Day Celebration at The Center. The Center Chorus will serenade us with Patriotic music. Sign up for lunch and enjoy a special meal.

### **Osprey**

**Wednesday, May 22**

**1 pm**

The osprey is one of the most common birds of prey, occurring on every continent except Antarctica. By the end of the 1960's, osprey nest sites in RI had declined to around 8 nests, but due to conservation efforts RI now has over 156 active nests. The Narrow River Preservation Association will discuss the plight of the osprey and their efforts to increase it's population.



**CONNECT, CREATE, CONTRIBUTE**

## Exercise Class Schedule

### Monday:

8 & 8:55 am **Walking Aerobics**  
 9:45 am **Zumba** (\$32/8 weeks)  
 10:45 am **Pilates** (\$32/8 weeks)  
 10:30 am **Meditation** (\$5 a class)

### Tuesday:

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

### Wednesday:

8 & 8:55 am **Walking Aerobics**  
 9:45 am **Cardio Dance Interval** (\$32/8 wks)  
 11:00 am **Arthritis Exercise**  
 1:30 pm **Yoga**

### Thursday:

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

### Friday:

8 & 8:55 am **Walking Aerobics**  
 9:00 am **Zumba** (\$32/8 weeks)  
 10:00 am **Strength & Tone** (\$32/8 wks)  
 11:00 am **Arthritis Exercise**

**Low Impact**    **Medium Impact**    **High Impact**

## Exercise Class Descriptions

### Walking Aerobics

**Monday through Friday**      **8 am & 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

**Drop in \$5**  
**Mondays at 9:45 am**      **1 Day for 8 weeks \$32**  
**Fridays at 9 am**      **2 Days for 8 weeks \$64**  
 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!!

### Cardio Dance Interval

**1 Day for 8 weeks \$32**  
**Wednesdays at 9:45 am**      **Drop in \$5**  
 Cardio Dance Interval allows you to flood your body with dance floor endorphins while burning calories and includes intervals of total body strength training!

### Pilates

**1 Day for 8 weeks: \$32**  
**Mondays at 10:45 am**      **Drop In \$5**  
 Pilates is a low-impact, safe form of strength training. This class is traditional mat Pilates with the addition of small un-weighted fitness balls as props to assist in both modifying and challenging each movement. 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 flexibility, muscle strength and tone. 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. You can even do "Chair Dancing" if you would prefer to sit. Line Dancing is a fantastic way to get out, meet new friends & exercise.

### Seniors In Action & Arthritis Exercise

**Tues, Weds, Thurs & Fridays 11 am**  
 These low impact exercise classes combine strength, balance, and flexibility exercises using light weights and resistance bands.

### Tai Chi

**Thursdays at 1 pm**  
 Tai Chi has many benefits, including increased energy, balance and coordination, stress reduction, improved concentration and the ability to relax at a deeper level. The exercises are not strenuous and can be done well by all fitness levels and ages. Join Jean and explore the world of Tai Chi.

### Strength & Tone

**1 Day for 8 weeks: \$32**  
**Fridays at 10 am**      **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.

### May Spotlight Class

#### Flex & Stretch

**Wednesday, May 1 11am**

**Yoga Mat Required \$5 for the class**

Join Christine Loftes for this one time class. Learn about the benefits of flexibility training, how to stretch properly & the importance of incorporating stretching into your fitness routine. This is a floor format so the ability to be in a lying down position, as well as seated position is essential. You must pay in advance for this class. Call 789-0268 for more information.

## Personal Enrichment

### **Intro to Self-Administered Trading & Investing Mondays May 6 & 20 at 1 pm**

If you are interested in learning how to trade stocks and take personal control of your own investments this group is for you. This Class will cover: Trading/Investing vocabulary; How to choose, set up and navigate a computerized trading platform; Money Management; Risk Management; Trade Management, and much more!

### **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, vocabulary, and a lot of fun!! Stop by and meet our instructor, Coleen, who is a retired French teacher.

### **Life Story Writing Tuesdays at 9:30 am**

One of the markers of a life well lived must surely be the stories, experiences and memories that are told, retold, remembered and re-experienced throughout your life. Your life stories leave a legacy of living history for future generations. You can write down your stories or tell them, it is all up to you!

### **Book Club Tuesday, May 14 at 10 am**

*Eleanor Oliphant is Completely Fine* by Gail Honeyman will be discussed. A library card is required to borrow books.

### **Ask A Librarian Tuesday, May 21 at 9:30 am**

Laurel Clark and Pam Kaczynski from The South Kingstown Libraries will answer your questions regarding SK Library Services. They can teach you how to: Obtain a Library Card, download eBooks and audio books, reserve books and DVD's online and Check out Museum Passes. You can also bring in your Library books to be returned!

### **Art History Wednesdays at 10:30 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.

### **Valuing Your Possessions Wednesday, May 8 at 9:30 am**

This interactive class is geared toward individuals who want to share the enjoyment of their favorite item with others. You can share a family heirloom, memento from the past or even a hand made item. Bring your treasured item to class (or a photo of it). We will discuss how you acquired your possession and what it means to you. Richard DeMaio, an antiques and art dealer with 40 years of experience, will lead this class.

### **Current Events Thursdays at 1 pm**

Everyone in this class is encouraged to communicate their thoughts on discussion topics that range from international to local. No topic is "off the table". Everyone's opinion is valued in this discussion group. Join Bill Isabella as he facilitates this fascinating group.

### **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.

### **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.

### **Movie Matinee: *Green Book* Tuesday, May 28 at 9:30 am & 1 pm**

Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking, Italian-American bouncer from the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

## Electronics Help

**Electronics 101 with Greg  
Wednesdays from 9 am to 12 pm**

**Cyber Seniors with URI Students  
Mondays and Wednesdays 8 am to 12 pm**

**Call 789-0268 to schedule an appointment.**

## Cards & Games

<b>Hi Lo Jack</b>	Mon, Tue, Wed, Thur, Fri	9:00 am
<b>Horseshoe's</b>	Monday	9:30 am
<b>Cribbage</b>	Tuesday and Thursday	9:00 am
<b>Bridge</b>	Wednesday	12:30 pm
<b>Mah Jongg</b>	Friday	12:30 pm

## Clubs

### Billiards Club

**Monday through Friday 9 am to Noon**  
Come play a round of pool with friends. The billiards room in The Barn offers everything you need to get the game going. Sharpen your billiard skills and come play a friendly game of pool!! Bring your own pool cue or use one of ours.

### Horseshoe Club

**Mondays at 9:30 am Beginning May 6**  
Master Horseshoe player, Harry Johnson, will be instructing us on how to become a better horseshoe player. If you are new to horseshoes or a pro, all abilities are welcome.

### Cribbage

**Tuesdays and Thursdays at 9 am**  
Join our Cribbage group every Tuesday and Thursday for a fun pick up game in the Dining Room!!

### 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, May 5 at 6 pm**  
This group will meet at Kabuki Asian Sushi Lounge, 91 Old Tower Hill Road, South Kingstown. Kabuki offers a wide range of modern Asian Cuisine, sushi, and cocktails. They provide outstanding food, sophisticated ambiance, and first class service. For reservations or further information call 789-0268.

### Ladies Lunch Bunch

**Saturday, May 11 at 12 pm**

Do you want to have lunch with a fun group of people? Join The Ladies Lunch Bunch for a delicious lunch at Matunuck Oyster Bar, 629 Succotash Road, South Kingstown. For further information and to make a reservation, 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!

### Watercolor Painting Classes

**Mondays at 9:30 am**

**Must Be Pre-Registered For This Class**

Instructor Martin Hebert will instruct this FREE acrylic and watercolor classes. No matter your skill level, these classes are for you. Martin is a graduate of The Art Institute of Boston. He also became an instructor there and at The School of The Museum of Fine Arts in Boston. He will teach you the basics of acrylic and watercolor painting and help you create a masterpiece of your own. Space is limited for both classes! Call 789-0268 to sign up.

### Coloring Club

**Mondays at 1 pm & Thursdays at 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 art craze which helps adults relax, de-stress, and go back to that feeling of not having a care in the world. Bring your own books and supplies or design your own!!

### Crochet Company

**Wednesdays at 9:30 am**

Do you love to crochet? Tired of crocheting alone? If so, come and join our Crochet group. All new and seasoned crocheters are welcome to join in the fun! Come crochet with us and enjoy some wonderful company!

### Woodworking

**Fridays at 10 a.m.**

Bring in your woodworking projects and get expert help from Lou, our resident woodworker. From making a picture frame to repairing a chair, the projects are limitless.

## Health & Wellness

### **South County Home Health & SCH Wellness Clinic Monday & Wednesday 9:30 to 11:30 am**

Stop by and see South County Home Health nurses Rhonda and Pat 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.

### **Meditation \$5 a class Mondays at 10:30 am**

Meditation has been practiced in India for thousands of years to train the mind to reduce stress, calm the mind and increase 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.

### **Meet The SK Emergency Medical Team Tuesday, May 21 at 10 am**

The South Kingstown Emergency Medical Team will be at The Center. They will be doing a blood pressure clinic and answering your questions regarding emergency services. Stop by and meet the team!

### **Genetic Testing, A Brave New World Tuesday, May 21 at 10 am**

Is genetic testing the answer to help select drugs that are best suited for you by maximizing benefits while reducing unwanted side effects? The URI Pharmacy Students will review the genetic testing protocols available and discuss what drugs are currently tested.

### **Chronic Disease Self-Management Program 6 week Course Beginning in May**

Rhode Island Department of Health & The Division of Elderly Affairs will present "The Chronic Disease Self-Management Program". This self-management program provides education and tools that will help you cope with chronic diseases such as diabetes, heart disease, lung disease, or arthritis. Call 789-0268 for more information and to sign up. Space is limited so sign up today!!

### **Fix It Café**

Don't throw your damaged things away, FIX IT!! The Fix It Café is free of cost and staffed by volunteers who can fix your broken household items that need minor repairs. Bring in your broken or knotted jewelry, items that need battery changes, wobbly chairs and much much more! Call Richard at 789-2199 to set up an appointment.

## Support Groups

### **Aging Gracefully Tuesday, May 21 at 1:15 pm**

As we are getting older it seems that we keep losing more and more: people we love, our health and/or mobility, freedom and independence, and sometimes it seems our very sense of ourselves. So how do we cope with these changes? You will look at various coping strategies in the physical, emotional, mental, social and spiritual areas of our lives to see what works best for you. The group is peer led with suggested topics provided.

### **Women's Cancer Support Group Wednesday, May 22 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

### **Operation Stand Down Veterans Benefits Counseling Wednesday, May 15 at 10 am**

Dan Evangelista, from Operation Stand Down, Rhode Island, will be at The Center to answer your questions about your Veterans benefits. All Veterans and family members are invited.

### **RI Bar Association Legal Clinic Thursday, May 16 from 1 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 Coming in June**

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!

### **Music To My Ears**

#### **ROMPS (Retired Old Musicians Playing Swing) Tuesdays at 11 am**

Stop by and listen to the fabulous ROMPS. 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.



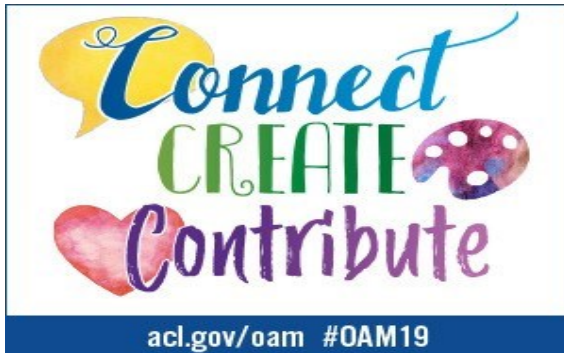
**From the Director's Desk**  
**Susan DiMasi**



**Community Information Specialist**  
**Jill Creamer**

Happy May Day, Happy Cinco de Mayo, Happy Older Americans Month, Happy Mother's Day and Happy Memorial Day! A whole lot of happy going on this month. Hopefully April showers will bring us beautiful May flowers and wonderful spring weather.

I would like to remind everyone about the Home Maintenance & Repair Assistance Program (HoMRAP) that is organized by the South Kingstown Elks Lodge. This program identifies those in need and provides resources to perform routine home maintenance and repairs. This program is specifically designed to assist income eligible seniors and veterans in need, who have their own homes and wish to continue to live independently. The Elks have recently completed shutter/window/vent replacements, grab bar installation, deck repairs, power washing, mailbox replacement and other small repairs and improvements. Applications are available with Center staff members and on the information table at The Center.



**Historical Movie Matinee**

Every month we will be showing movies based on historical events. Please join us.

**American Made**

**Monday, May 13 at 9:30 am and 1 pm**

*American Made* is based on the outrageous, true exploits of a pilot recruited to run one of the biggest covert operations in U.S. history. Rated R

**American Sniper**

**Friday, May 31 at 9:30 am and 1 pm**

Chris Kyle's mission is to protect his brothers in arms while being a prime target of insurgents. Despite the danger, Chris serves through four harrowing tours of duty in Iraq but upon returning to his family, he finds that it is the war he can not leave behind. Rated R

**Looking for Home Care?**

For some, one option is the Home and Community Care Program. To qualify you must be 65 or older, a RI resident, and be homebound. For individuals on Medicaid, services may be provided at no charge. Other Medicaid clients may have to make a contribution towards services.

For individuals who meet the guidelines for the RIPAE program, services are provided at a reduced rate.

The Division of Elderly Affairs works with a network of regional case management agencies and other senior organizations to develop care plans to help seniors remain in the least restrictive environment with maximum independence.

**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 to run errands such as going to the hairdressers, pharmacies, grocery shopping and banking. Riders may purchase a \$10 pass at The Center, good for 20 one-way trips for any errand 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. For further information, please call 789-0268.

**South Kingstown Adult Day Services**

**Tom Hogan, RN, Nursing Director**

**Pat Mattered, Case Manager**

**783-8736**

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 the number above.

## 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,  
The Town of South Kingstown and  
The Town of Narragansett.

Visit us on the web at  
[www.southkingstownri.com](http://www.southkingstownri.com)  
click on Senior Services



## The Center Staff

Susan DiMasi, Senior Services Director  
Chasity Cheng, Program Coordinator  
Jill Creamer, Information Specialist  
Tony Marandola, Kitchen Supervisor  
Chris Mathewson, Senior Transportation Driver  
David Sampson, Facilities Manager

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

## Senior Youth Association

We look forward to seeing you on  
Tuesday, May 7 at 10:15 am  
for our next meeting!

The SYA Country Store Hours  
Tuesday – Thursday  
9:30 am to 11:30 am.