



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

Activities

The Center Programming:

Mondays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 9:00 Knitting
- 9:00 Watercolor
- 9:30 Our Human Condition-Things That Matter (Back October 18)
- 10:00 ROMPS
- 10:00 Veterans Benefit Counseling (Sept 20)
- 10-12 Billiards Room
- 12:00 Lunch
- 12:30 Mah Jongg
- 1:00 Coloring
- 1:00 Trading & Investing (Sept 20)
- 1:45 Writing Connections: Creative Nonfiction Workshop

Tuesdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 10:00 Yoga
- 10-12 Billiards Room
- 12:00 Lunch
- 1:00 Chair Exercise
- 1:00 Book Club (Sept 14)

Wednesdays:

- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 9:00 Crochet
- 9:30 Poetry Table (Sept 8 & 22)
- 9:30 South County Home Health & South County Hospital Wellness Clinic
- 10:00 Line Dancing
- 10-12 Billiards Room
- 10:30 Art History (begins Sept 22)
- 11:30 Yoga
- 12:00 Lunch
- 12-3 Internet Café Computer Lab
- 12:30 Bridge
- 1:00 Women's Cancer Support (Sept 22)
- 1:30 Yoga

Thursdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:30 Valuing Your Possessions (Back October 21)
- 10:00 Ancient World
- 10:00 Bingo
- 10-12 Billiards Room
- 12:00 Lunch
- 1:00 Current Events
- 1:00 Tai Chi

Fridays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 10-12 Billiards Room
- 11:00 Chair Exercise
- 12:00 Lunch
- 12:30 Mah Jongg

Daily Lunch at The Center

We are happy to announce that the daily hot lunch is back!! You will now be able to enjoy a hot lunch at The Center or order a cold box lunch to take home. You must order your meal a week in advance.

Call 789-0268 to sign up in advance for either lunch program.

Participation Fee Campaign

The initiation of an annual participation fee began on July 1, 2021. The Center offers countless opportunities to meet new people and participate in programs, activities, and educational workshops. Collected fees will assist in supporting the operation of The Center, programming, and other offered services. Please inquire at The Center to sign up.

Farmers Market Vouchers

Farmer's Market Vouchers are at The Center. You must be 60 years of age or older, and a Rhode Island resident to receive the vouchers. To qualify, your annual income must be at or below \$23,828 for a single person, or \$32,227 for a couple.

You will receive 1 book of vouchers totaling \$15.00. The Farmer's Market Vouchers may be used for fruits and vegetables at participating farmers markets and roadside stands. This program ends October 31, 2021. If you are eligible for this program, and would like to participate, or get more information call 789-0268 or stop by The Center.



Flu Clinic
Wednesday, October 13
10 am to 12 pm

You must call 789-0268 for an appointment
No Walk-Ins accepted

The Center and South County Home Health are offering a Flu Clinic for individuals 60 years of age and older or high risk individuals under 60.

You must bring in your Medical Cards and filled out form. Call The Center at 789-0268 to receive the Flu Clinic Form and make your appointment.

Fully vaccinated persons may enter
The Center without masks.
All others are required to wear a mask and
maintain at least 6 feet away from other people

New Programs

Writing Connections: Creative Nonfiction Workshop Mondays a 1:45 pm

In this group, you will explore the possibilities of writing through the art of the personal essay and memoir. Discussions are centered on creativity, craft and technique with the aim of stimulating memory and curiosity. You will be encouraged to tap into your unique voice and use it to share the stories only you can tell. All writers will receive generous feedback on their pages. Become more connected to your writing life and a writing community. No previous practice necessary: All you need is a story you've always wanted to tell. The workshop is led by Brielle Babiar, an English teacher (and very amateur baker).

Bingo Thursdays at 10 am

Bingo is BACK!! SYA's Bingo is back in full swing on Thursdays. Stay after Bingo and enjoy lunch with us. Call The Center at 789-0268 to sign up for lunch.

Art History Salon Wednesdays (beginning September 22) 10:30 am

The Art History group (previously led by Reiko Wim-bush) will resume in September! Each week they will watch Art History videos, have discussions about these videos, encourage those who have knowledge of the subject to share that knowledge or experience. They also plan to play Art History related board, card and trivia games.

They will discuss the artist Faith Ringgold on September 22. She is a contemporary artist, born in Harlem in 1930. Ringgold is an American painter, writer, mixed media sculptor and performance artist. She is best known for her narrative quilts. There will also be a free raffle at the end of the first workshop on September 22.

Check out our page and be sure to LIKE and FOLLOW us!

You can find us at:
[https://
www.facebook.com/](https://www.facebook.com/)



Bring a Friend to Lunch Tuesdays

Join us for lunch every Tuesday in September and bring a friend with you. Everyone 60 years of age and older is welcome! Call 789-0268 to sign up for lunch.

Singles 60+ Supper Club Sunday, September 12 at 6 pm

This group will meet at Sea Craft (formally Turtle Soup), 113 Ocean Road, Narragansett. Sea Craft is a sophisticated yet casual dining experience overlooking the water, featuring a modern, crafted edge to sea fare. Menu highlights at Sea Craft include an elevated take on a lobster roll, locally caught catch of the day, and creative ceviche. For reservations or further information call 789-0268.

Ask A Librarian Wednesday, September 22 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!

Our Human Condition...Things that Matter Monday, October 18 at 9:30 am

Life happens when you least expect it and wouldn't it be nice to discuss issues with a group of people who are experiencing it too. Facilitator Richard DeMaio will lead this open discussion group and will discuss topics of your concern. Just sharing and caring! Call 789-0268 ext 2 for more information and to sign up.

Valuing Your Possessions Thursday, October 21 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.

SNAP

Check out the October Newsletter for Date!

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!

Continuing Programs

Book Club

Tuesday, September 14 at 1 pm

The Center's Book Club meets the second Tuesday of every month. They will be discussing *Unsheltered* by Barbara Kingsolver in September. A library card is required to borrow books.

South County Home Health & South County Hospital Wellness Clinic Every Wednesday from 9:30 to 11:30 am

Rhonda, the nurse from South County Home Health, will be at The Center for blood pressure checks and a variety of health screenings. She can also do Weight Maintenance Checks which includes healthy eating information and weight tracking. You must preregister to see Rhonda so call The Center at 789-0268 to sign up for an appointment.

Poetry Table

Wednesdays, September 8 & 22 at 9:30 am

Betty Bogutt leads this group for folks who love poetry and would like to be introduced to poetry they may not be familiar with. For those who are not sure if poetry is their "thing", come give us a try! They read and discuss poems from well-known contemporary poets and group members are encouraged to share their own work if they would like. It is an hour of insight and creativity. All are welcome!

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. Martin then became an instructor at The Art Institute of Boston. He will teach you the basics of watercolor painting and help you create a masterpiece of your own. Space is limited! Call 789-0268 to sign up.

Intro to Self-Administered Trading & Investing Monday, September 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!



News Release from RITA

RIPTA Improves Service in Narragansett and South Kingstown by Combining Flex Zones

The New Unified Flex Zone will bring Weekend Service to Narragansett

The Rhode Island Public Transit Authority (RIPTA) has improved service in Narragansett and South Kingstown by combining Flex Zones in those areas. The two zones are being combined into one, resulting in new weekend service for Narragansett area and longer service hours in South Kingstown. The new zone, which will be regularly served by two vehicles, will be called Route 203, Narragansett/South Kingstown Flex.

Flex is a community-based service RIPTA offers in areas that have little or now regular, fixed-route bus service. The name Flex is short for "flexible service" because passengers have the option of boarding the Flex van at a scheduled stop or by calling ahead to choose their own pick-up or drop-off point within the designated zone.

Service in the new unified zone will be available from 5:45 am to 6:30 pm, creating increased service hours for South Kingstown. The new zone maintains the boundaries of the current zones so all stops and locations served will be maintained.

To use Flex Service, passengers can either make a reservation 24 hours in advance by calling 401-784-9500 ext. 1220 or board the Flex Vehicle at any of the scheduled time points within the zone. The fare is the same as RIPTA's fixed-route service, \$2 per boarding.

For more information, visit RIPTA.com/Flex or call 781-9400.

Walking is an easy way to stay physically active, it can be done almost anywhere and it's free! Sign up for the Walk with Ease Program to keep you accountable—it's the first step toward a better life filled with more energy, less pain, and more opportunities to say "yes" to what you love in life!

Walk with Ease is a free, six week walking program that anyone of any age and physical fitness level can participate in! It has been proven effective in increasing balance, reducing pain, improving mental health, flexibility and overall physical health.

Say Yes to:

- Stretching and strengthening exercises
- Tips for making physical activity part of your everyday routine
- Personalized, safe walking routines
- Support and encouragement

For more information on the Walk with Ease Program or to register, call the Community Health Network at 401-432-7217 or go to www.startwalkwithease.org/ RIDOH. You will receive a free Walking Guidebook when you sign up.



The URI Gerontology and Pharmacy Departments are continuing their Cyber Seniors Program at The Center. The Cyber Seniors student will provide one on one assistance with tablets, phones, and computers. Call 789-0268 ext 2 to schedule an appointment.


**Operation Stand Down
Veterans Benefits Counseling
Monday, September 20 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.

Internet Café

Monday - Friday **8 am - 3 pm**

(Hours are subject to change depending upon program schedule.)
Check your email, surf the web, write a letter, or just play solitaire!



Garnering

Psychologist claim that as we age, holding onto things becomes quite the rage.

That the more we see our loved ones die, the harder it is to say good bye.

A shirt, a ring, a watch, a tie, a scarf, a hat, a blouse, a purse once worn are all that's left when they are gone. A food, a vase, a card, a painting, a song.

History embedded in those objects, clings, to keep the loved one still along.

But still its deeper. More than that. Our own lives, in jeopardy, a tad,

We cling to all those things we've had. Stuff we treasure that speaks the best says "I am you. You've worn me, touched me held me, used me. Loved me, too."

And holding on to all kinds of things: from well-worn clothes and souvenirs to rubber bands, paper bags, old jars and strings, a new-found hobby as time goes by.

"It's still quite good, you'll hear us cry. "Like an antique, its value stays."

"We can't throw it out!" You'll hear us shout. "We must recycle, now, these days!"

Closets, drawers, bookcases too, shelves, bags and boxes all will do to save what one can still reuse. Cut back, down-size, eliminate? We will refuse!

They're just like we are, hardly new, yet still, can be useful, cherished too.

Not something to toss as so much dross, to discard with no fear of loss.

But if others could see aging as a gain, garner what we've learned through toil and pain;

See that we've collected wisdom galore, still obtainable in our memory store;

hear our ancient stories told, put us up front where we are gold, then, if truth be told,

hanging onto all that kit, is one old habit we could easily quite.

By Maria Taranto

(Maria is a member of our Poetry Table Group, which is always looking for new members.

They meet the second and fourth Wednesdays of each month at 9:30 am.)

URI Senior Day

Free Health Assessment by University of RI and Johnson and Wales University Students

Program Details:

What: Screening for general health and well-being. Recommendations to improve health and wellness and decrease fall risk will be provided as appropriate.

How: Participate in a team interview on Zoom and attend an in-person health screening at URI.

When: Zoom interview will take place between September 22 to October 1. The in person screening at URI will be one of the following times

- Wednesday, October 6: 8 am-12 pm
- Thursday, October 7: 8 am-12 pm or 4 pm-7 pm
- Saturday, October 9: 8 am-12 pm

Program participants must:

- Be age 65 or older
- Provide proof of COVID-19 vaccination
- Wear comfortable clothing and walking shoes
- Sign a form to agree to assessment by students

For more information or to register call 401-874-4464 or email seniorday@uri.edu

Free and accessible parking available!



Age-Friendly Rhode Island is home to a Virtual Community Center. The Virtual Community Center offers a full schedule of free online activities and events when in-person experiences are not possible. These online activities are available to help keep your bodies healthy, minds sharp and spirits high during this time of pandemic and beyond while everyone is staying close to home and limiting their contact with others. They have a variety of the classes and programs available through the Virtual Community Center at agefriendlyri.org, click on "Virtual Community Center" then click on "Events Calendar" or "Tutorials".

From the Director's Desk
Susan DiMasi



Every year since 1979, the National Council on Aging (NCOA) has celebrated Senior Center Week. In 1985, President Ronald Reagan signed the first Senior Center Week Presidential Proclamation, and in 2007, the week-long celebration extended to the entire month of September. This Year's theme is "The Key to Aging". What is your secret?

We are excited to have Bingo back in our building. If you haven't already, come try your luck on Thursdays at 10 am. Win or lose, you'll have a good time! Our lunch program is back up and running and we have enjoyed seeing so many old friends and have made some new ones along the way. Grab a pal and join us for a delicious meal.

Community Information Specialist
Jill Creamer

Jill Creamer, our Community Information Specialist, is now taking in person appointments. Jill can provide information and assistance with Medicare, housing, legal assistance, transportation, homecare and much more. She may assist you over the phone as well.

Medicare open enrollment is coming up fast! Be sure to call Jill at 789-0268 ext 3 to set up an appointment today.

A graphic featuring a stylized bus and the text "ON THE ROAD!". The bus is shown from a side profile, and the text "ON THE ROAD!" is written in a bold, sans-serif font above it. The entire graphic is enclosed in a rounded rectangular border.

Bus Service is Back at The Center!
Call 789-0268 to sign up for transportation to
The Center and for shopping.



A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. It is based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University.

A Matter of Balance consists of eight, two-hour sessions for groups of 10-12 participants. Sessions will be held at The Center in October. The class utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling and to learn fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training.

During the class, you will learn to:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change your environment to reduce fall risk factors
- promote exercise to increase strength and balance

This program is for you if you:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, mobile and able to problem-solve

Matter of Balance has proven successful in reducing the fear of falling by increasing participants' confidence that they can better manage falls risks and that they can take action to help reduce the risk of falling.

For more questions or to sign up for our upcoming October class, call 789-0268 ext. 2.

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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 Office of Healthy Aging,
The Town of South Kingstown and
The Town of Narragansett.

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

<https://www.facebook.com/skseniorservices>



The Center Staff

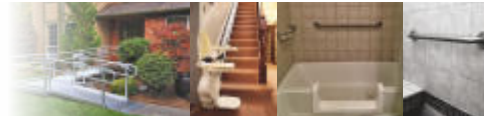
Susan DiMasi, Senior Services Director
Chasity Cheng, Program Coordinator
Jill Creamer, Information Specialist
Aiden Hockhousen, Kitchen Aide
Ashley Howarth, Front Desk Aide
Chris Mathewson, Senior Transportation Driver
David Sampson, Facilities Manager

Hours of Operation
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7:30 am to 3:30 pm
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