



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
- 9:30 Watercolor
- 9:30 Human Condition (Dec 20)
- 10:00 ROMPS
- 10:00 Veterans Benefit Counseling (Dec 20)
- 10:00 Healthy Eating (Jan 10, must preregister)
- 10-12 Billiards Room
- 12:00 Lunch
- 12:30 Mah Jongg
- 1:00 Coloring
- 1:00 Trading & Investing (Dec 6)
- 1:30 Yoga

Tuesdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 10:00 Yoga
- 10:00 Healthy Eating During the Holidays (Dec 7)
- 10:00 Rhode Island Attorney General (Dec 7)
- 10:00 Essentials of Estate Planning (Dec 14)
- 10:00 Matter of Balance (Jan 11, must preregister)
- 10-12 Billiards Room
- 12:00 Lunch
- 1:00 Chair Exercise
- 1:00 Book Club (Dec 14)

Wednesdays:

- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 9:00 Crochet
- 9:30 Poetry Table (Dec 8 & 22)
- 9:30 SC Home Health & SC Hospital Wellness Clinic
- 9:30 Ask a Librarian (Dec 1)
- 10:00 Line Dancing
- 10-12 Billiards Room
- 10:30 Art History
- 10:30 Meet The Author (Dec 8)
- 11:30 Yoga
- 12:00 Lunch
- 12-3 Internet Café Computer Lab
- 12:30 Bridge
- 1:00 Women's Cancer Support (Jan 19)

Thursdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:30 Valuing Your Possessions (Dec 16)
- 10:00 Ancient World
- 10:00 Bingo
- 10:00 Retirement Income Planning (Dec 9)
- 10-12 Billiards Room
- 11:30 Holiday Celebration (Dec 16)
- 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
- 12:00 New Years Celebration (Dec 31)
- 12:30 Mah Jongg

**The Center will be closed on
December 27 and January 3.**



Upcoming Events



Daily Lunch at The Center

Stop by and join us for lunch!! 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.



The Year the World Stood Still, Meet the Author Wednesday, December 8 10:30 am

In the beginning of 2020, and for the next 18 months after that, Susan Brescia began journaling through art to showcase the strength of the human spirit during a once in a lifetime pandemic. Whether you are a front-line worker, history buff, or survivor, *The Year the World Stood Still* connects with readers of all ages. This beautiful piece memorializes the endurance of the human spirit and proves that together we can overcome even the worst of times. Stop by and meet Susan and experience her beautiful illustrations.

Holiday Celebration Thursday, December 16 11:30 am

Join us for our Annual Holiday Celebration! The Dinosaurs will be our entertainment. They will play fabulously fun music to get you in the mood for the upcoming holidays and delicious hot apple cider will be served. Stay for our Holiday Lunch that begins at noon. Be sure to wear your favorite Holiday Sweater!! We will even have a surprise visit from Santa and Mrs. Claus! Sign up early for lunch!

New Year's Eve at The Center Friday, December 31 12 pm

Help us Welcome in the New Year at our annual New Year's Eve Celebration meal at The Center. Join us for a casual Brunch served at noon. Make your brunch reservations early.

Mitten Tree



Spread the Warmth & Help Keep Someone Warm This Winter!

"Spread The Warmth" with our Mitten Tree by bringing in new children's mittens, gloves, scarves and hats to adorn our Center Mitten Tree. These items will be donated to local agencies to distribute to children in our community.

Please bring all donations to The Center by Thursday, December 16.

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 while in The Center.

**Singles 60+ Supper Club
Sunday, December 5 at 5 pm**

The 60 Singles Supper Club will meet at Spain, 1144 Ocean Road, Narragansett. Enjoy the spectacular atmosphere as you dine. From Paella to Parmigiana Chicken, you will have a hard time deciding what delicious meal to enjoy. For reservations or further information call 789-0268 ext. 2.

Ask A Librarian

Wednesday, December 1 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. You can also bring in your Library books to be returned!

Operation Stand Down

Veterans Benefits Counseling

Monday, December 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.

Continuing Programs

**Watercolor Painting Classes
Mondays at 9:30 am**

Instructor Martin Hebert will instruct this FREE watercolor class. No matter your skill level, this class is 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.

**Intro to Self-Administered Trading & Investing
Monday, December 6 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!

Bring a Friend to Lunch Tuesdays

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

Book Club

Tuesday, December 14 at 1 pm

The Center's Book Club meets the second Tuesday of every month. They will be discussing *The Hunting Party* by Lucy Foley this month. A library card is required to borrow books.

Yoga

**Mondays at 1:30 pm, Tuesdays at 10 am &
Wednesdays at 11:30 am**

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!

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

Rhonda, a 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.

WALK WITH EASE
a program for better living

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.

Poetry Table

Wednesdays, December 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 the poetry table 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!

Art History Salon Wednesdays at 10:30 am

The Art History group (previously led by Reiko Wim-bush) is back! Each week they will watch Art History videos, have discussions about these videos, and 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.

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.

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.



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.

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!



FREE Financial Workshops

The American Financial Education Alliance (AFEA) will provide 2 financial workshops at The Center. AFEA is a non profit who's mission is to inform and empower Americans to take control of their finances by providing comprehensive financial education in communities nationwide.

Retirement Income Planning Thursday, December 9 at 10 am

Retirement income planning is the process of understanding how much income you will need during your retirement years to support the retirement lifestyle you want, and positioning your assets to provide that income. While there is no such thing as a "one size fits all" plan, there are steps you can take to maximize the possibility of a financially secure retirement.

You will learn:

- How to plan for when your retirement will start, how long it will last, and the retirement lifestyle you want
- Steps to estimate the amount of money you will need in retirement to meet your goals, factoring in health-care costs, taxes and inflation.
- How to supplement fixed income sources such as Social Security and an employer pension with your retirement savings, including the products and investment strategies you should consider, a sustainable withdrawal rate, and the best order to tap various accounts

Essentials of Estate Planning Tuesday, December 14 at 10 am

This course is designed to take the confusion out of estate planning and empower you to design a plan that will protect your assets, and most importantly your loved ones. You will learn how to clearly define your own estate planning objectives and goals and will become equipped with the knowledge and tools necessary to put your plans into action. Upon completion you will know how to properly protect your assets from probate and spend down, accurately devise a plan for income that will last throughout your retirement and your spouses, and take advantage of little known tax tips and strategies that will help you achieve your goals with the least amount of taxes.

You will learn:

- Understanding Probate
- The importance of wills, living wills, health care powers of attorney
- Do you need a trust
- How to guarantee your income for the rest of your life
- How to use current IRS tax codes to create a tax free retirement
- How to keep your estate private
- The most common estate planning traps to avoid



Healthy Eating For Successful Living


The Healthy Eating for Successful Living workshop is for people who want to learn more about nutrition and how lifestyle changes can promote better health. The program stresses heart and bone healthy nutrition strategies that are important to preventing or managing most chronic health conditions and help maintain or improve wellness and independence. You will get the knowledge, skills and support you need to make better nutrition and exercise choices.

Healthy Eating for Successful Living consists of six, two hour sessions for a group of 15 individuals. This workshop teaches you about nutrition and how lifestyle changes can promote better health. Healthy Eating for Successful Living will give you instructions on label reading and portion control followed by detailed nutrition education on the different food groups as well as fats and sweets.

During this class, you will learn to:

- Make nutrition and lifestyle changes to promote better health
- make better nutrition and exercise choices
- reduce your risk of disease
- improve your everyday quality of life
- read a food label
- create a meal plan

For more questions or to sign up for our upcoming January 2022 class, call 789-0268 ext. 2.



Healthy Eating During the Holidays & Beyond
Tuesday, December 7
10 am

Healthy Eating for Successful Living will be at The Center for a Special Holiday Program.

In this workshop you will:

- Discuss ways to enjoy our holiday meals “guilt free”
- Explore ways to modify recipes
- Learn about an upcoming Healthy Eating workshop!



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 10-15 participants. Sessions will be held at The Center in January. 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 January 2022 class, call 789-0268 ext. 2.

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



"How did it get so late so soon? Its night before its afternoon. December is here before its June. My goodness how the time has flown. How did it get so late so soon?"

-Dr. Seuss

It's that time of year again for winter holidays, cold frosty mornings and hot cocoa! I wish you all a happy Holiday Season and a wonderful winter full of fun and games. What a great time to get out of the cold and take part in an exercise class, painting class or poetry group at The Center. Take a glance through the newsletter and try out something new! Our "mitten tree" will be ready to accept your donations of hats, scarves and mittens which will be donated to local agencies or nearby schools. Please help decorate our branches.

Wishing you a Happy Holiday and Merry New Year!

**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. Call 789-0268 ext. 3 to set up an appointment with Jill.

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

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



I Remember

The house, solid enough to hold the three of us,
Strong enough to withstand our taunts
and teases
Shaking with fear.

My small face watched from the kitchen table
the rain fell down.
Even the EL subway shut.

Inside we trembled.
We pressed together
as a jag of light flashed across the sky
crashed through Mom's curtains.

She stood at the window
Her knowing hand
pointed at the pounding rain
mouthing the numbers.
One, two, three... far enough away.
She counted the seconds before the thunder
came.
She made the scare a game.

She gave us courage not to fear that day,
to withstand our own internal battles
large and small.

Despite nature's provocations,
despite our own insinuations,
that day she taught us
to embrace life's events

as only child's play.

Donna Freeman

(Donna 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.)

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

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Christine Stewart, Au.D., Audiologist

Lorrie Florence, HIS, Hearing Instrument Specialist



A Reminder from South County Hearing Services

Have you been having trouble hearing during these past few months?

We have heard from many of you, saying it's been very frustrating. We want you to know that we are "hear" for you.

We at South County Hearing Services are open and operating on an appointment only basis for hearing evaluations. We also offer curbside services for repairs or supply pickup.

Call South County Hearing Services today at 401-789-1906 to learn more about the services we offer.

South County Hearing Services
360 Kingstown Rd Suite 206
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Senior Youth Association, Wakefield, RI

06-5241

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



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