



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

Activities

The Center Programming:

Mondays:

- 8-3 Internet Café Computer Lab
- 8 & 9 Walking Aerobics
- 9:00 Knitting
- 9:30 Watercolor
- 10:00 ROMPS
- 10:00 Veterans Benefit Counseling (Jan 24)
- 10:00 Healthy Eating (Jan 10, must preregister)
- 10-12 Billiards Room
- 12:00 Lunch
- 12:30 Mah Jongg
- 1:00 Coloring
- 1:30 Yoga

Tuesdays:

- 8-3 Internet Café Computer Lab
- 8 & 9 Walking Aerobics
- 9:00 Woodworking (Jan 18 - \$35 fee)
- 10:00 Yoga
- 10:00 Matter of Balance (Jan 11, must preregister)
- 10:00 French (Begins Feb 1)
- 10-12 Billiards Room
- 11:30 Improv Workshop (Jan 25 - \$30 fee)
- 12:00 Lunch
- 1:00 Chair Exercise
- 1:00 Trading & Investing (Jan 4 & 18)
- 1:00 Book Club (Jan 11)

Wednesdays:

- 8 & 9 Walking Aerobics
- 9:00 Crochet
- 9:30 Poetry Table (Jan 12 & 26)
- 9:30 SC Home Health & SC Hospital Wellness Clinic
- 9:30 Ask a Librarian (Jan 26)
- 10:00 Line Dancing
- 10:00 SK EMS (Jan 12)
- 10-12 Billiards Room
- 10:30 Art History
- 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
- 10:00 Ancient World
- 10:00 Bingo
- 10:00 Dr. Martin Luther King Jr Story (Jan 13)
- 10:00 SK Police Department (Jan 20)
- 10:00 Building a Resilient Brain (Jan 27)
- 10-12 Billiards Room
- 11:00 URI Pharmacy-Hearing Loss (Jan 20)
- 12:00 Lunch
- 1:00 Current Events
- 1:00 Tai Chi

Fridays:

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

All class cancelations and changes will be posted on our Facebook Page
<https://www.facebook.com/skseniorservices>

The Center will be closed on January 3 and January 17.

New Members Welcome!



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 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.

Upcoming Events

New Exercise Programs Coming Soon! Stay Tuned!!

Singles 60+ Supper Club Sunday, January 9 at 6 pm

The 60 Singles Supper Club 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 ext. 2.

South Kingstown EMS Wednesday, January 12 at 10 am

Join Craig Stanley, South Kingstown's Chief of Emergency Medical Services, at The Center. He will discuss signs of a stroke and heart attack, when to call 911, falls and how to make your house fall proof and more. Craig will also discuss and answer all your questions about SK Emergency Medical Services.

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.

The Dr. Martin Luther King, Jr. Story Thursday, January 14 at 10 am

The Center will be showing The Dr. Martin Luther King, Jr. Story. Every January we celebrate the life of a man credited with so many triumphs and advances made during the Civil Rights Movement. Dr. Martin Luther King, Jr. dedicated his life to fighting racial injustices. He received a Nobel Peace Prize by setting an example of non-violence and led the civil rights movement advocating justice for all classes and races.

Woodworking: Make a Bird Feeder

Tuesdays at 9am beginning January 18th, \$35

Join our woodworking instructor Brian Smith for this new class. Brian will go step by step with you on how to make this Bird Feeder. This is an introductory class, so no previous experience necessary! Once you have built your Bird Feeder, you will then put your personal touch on it.

Call 789-0268 ext. 2 by January 10, 2022 to sign up.

South Kingstown Police Department

Thursday, January 20 at 10 am

South Kingstown Police Community Resource Officer, Bryan Monte, will be at The Center on Thursday, January 20.

Officer Monte will discuss:

- The Latest Cyber, Mail, and Phone Scams
- Identity Theft Prevention & Reporting
- Medicine Disposal Information
- Tips how to stay safe at home and online
- How to recognize cons and frauds

URI Pharmacy Outreach-Hearing Loss

Thursday, January 20 at 11 am

The URI Pharmacy Outreach student will discuss hearing loss. They will go over the causes, options for treatments, helpful coping mechanisms and costs associated with hearing aid products.

Operation Stand Down Veterans Benefits Counseling

Monday, January 24 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.

Improv Workshop

Tuesdays at 10 am beginning January 25 \$30 6 week course (must preregister)

Whether you want to improve your communication skills, aspire to perform onstage, or are looking for a fun activity, this class is for you! Maddie, your fearless Improv leader, will teach you how to think fast on your feet, interact with others, and gain insight into the rules and the tools of improv comedy. No previous acting or improv experience is required. No experience? No problem! Everyone is welcome!

Ask A Librarian

Wednesday, January 26 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! **They will give out coupons for 1 FREE book from their ongoing book sale at Peace Dale Library.**

Building a Resilient Brain:

Tips & Tricks to Keep Our Memory Strong as We Age

Thursday, January 27 at 10 am

Have you noticed some changes in your thinking? Perhaps you often misplace your keys or have trouble coming up with the right word in conversations. Is it normal to have more trouble multi-tasking as we age? But how do you know if these changes are a normal part of getting older, or if they might be pointing to a health problem such as dementia? Terry Fogerty, Community Outreach Coordinator from The Alzheimer's Disease & Memory Disorders Center at Rhode Island Hospital, will be here to answer these questions and more. She will also go over simple tips and tricks we can all use to keep our memory strong.

Conversational French

Tuesdays Beginning February 1 at 10 am

Coleen is back!

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!! Join our fabulous instructor Coleen as she teaches you the romance of French.

Continuing Programs

Intro to Self-Administered Trading & Investing

Tuesdays, January 4 & 18 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!

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!

Bring a Friend to Lunch Tuesdays

Join us for lunch every Tuesday in January 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, January 11 at 1 pm

The Center's Book Club meets the second Tuesday of every month. They will be discussing *The Children's Blizzard* by Melanie Benjamin this month. 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, 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.

Poetry Table

Wednesdays, January 12 & 26 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

SYA's Bingo is 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.

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.

How to
Keep Your
Resolutions
This Year



2022 is here and it is time to make those resolutions! Here are 10 simple tips how to keep to your New Year's Resolution.

1. Be realistic
2. Plan ahead
3. Outline your plan
4. Make a Pros and Cons List
5. Talk about your resolution
6. Reward Yourself
7. Track your progress
8. Don't beat yourself up
9. Stick to it
10. Keep trying, Don't give up

Are you interested in receiving an iPad & tech support?

THE
UNIVERSITY
OF RHODE ISLAND



Thanks to a Partnership with the URI Cyber-Seniors program, you could receive:

- Free Apple iPad
- Free Internet connection, if needed (for up to 1 year!)
- Free in-person and/or phone or Zoom-based tech support from University of Rhode Island student mentors
- Free daily online webinars & virtual activities through cyberseniors.org

This is URI Research. The purpose of this research is to evaluate the impacts of the URI Cyber-Seniors Program on technology use and social connectedness for older adults. The research will be conducted over the phone or at the senior/community center.

** You must commit to completing surveys, at least bi-weekly support for 2-3 months, & an interview.*

You are eligible if you are:

- 50 years of age & older
- Interested in a technological device and/or internet connection & willing to take part in the study.

Computer skills help you stay connected, informed, & healthy.

Please call us at (401) 789-0268 ext. 2 if you are interested.



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.



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.



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.



New Snow

The winds had died and the storm had ceased:
That ancient moment of magic for Sun to shine,
which he did, sliding his lips along the ground,
bringing a blush to each iridescent crystal
to give Earth a softened rainbow glow.
The kissing sun gliding his love across the earth
to where she lay, in perfect shining winter white:
white that washes the hills and fields, bathes
roofs
and lakes alike. The clean fresh look of laun-
dered sheets
spread evenly over all. Purging any hint of sin or
stain.
New snow on earth: a precious moment to up-
hold.
Too soon, fresh fallen snow, the hardest glow to
keep,
is sullied into slush. And crusted in remnants of
Earth's debris,
scraped up by shovels on drive ways and plows
on roads.
Yet, what constant peace and joy she brings to
hopeful eyes:
New Snow on Earth. Before she meets fate's
sure demise.

Written by M A 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.)

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.



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. Call Tri-County Community action at 401-351-2750 for more information.

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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
Narragansett, RI 02882

Office hours: Mon-Thur 8:30-5:00 | Fri 9:00-2:00.

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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

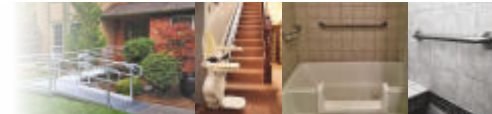
Susan DiMasi, Senior Services Director
 Chasity Cheng, Program Coordinator
 Jill Creamer, Information Specialist
 Aiden Hockhousen, Kitchen Aide
 Ashley Howarth, Front Desk Aide
 Chris Mathewson, Senior Transportation Driver
 David Sampson, Facilities Manager

Hours of Operation
 Monday through Friday
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