South Kingstown Senior Services,  
25 St. Dominic Road, Wakefield, RI 02879  
401-789-0268  
December 2023

**Activities**

**Mondays:**
- 8-3 Internet Café Computer Lab
- 8 & 9 Walking Aerobics
- 9:00 Knitting
- 9:30 Valuing Your Possessions (Dec 18)
- 10:00 Veterans Benefit Counseling (Dec 18)
- 10-12 Billiards Room
- 11:00 ROMPS Holiday Concert (Dec 18)
- 12:00 Meditation
- 12:30 Mah Jongg
- 1:00 Trading & Investing (Dec 4 & 18)
- 1:30 Yoga

**Tuesdays:**
- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Ageless Pilates
- 10:00 Yoga
- 10:00 Ancient Civilizations of the Americas
- 10:00 Bow Making (Dec 5) Preregister
- 10:00 SK Prevention (Dec 12)
- 10:00 SK 300th Anniversary Speaker Series (Prerecorded, Dec 19)
- 10:00 Insight (January 2)
- 10-12 Billiards Room
- 12:00 Lunch
- 1:00 Chair Exercise
- 1:00 History of Music, Bach to Beethoven

**Wednesdays:**
- 8 & 9 Walking Aerobics
- 9:00 Crochet
- 9:30 Poetry Table (Dec 13 & 27)
- 9:30 SC Home Health & Hospital Wellness Clinic
- 10:00 Line Dancing
- 10-12 Billiards Room
- 10:30 Art History Class
- 11:00 URI's Tau Beta Sigma Band Sorority Holiday Concert (Dec 13)
- 11:30 Yoga
- 12:00 Lunch
- 12-3 Internet Café Computer Lab
- 12:30 Bridge

**Thursdays:**
- 8-3 Internet Café Computer Lab
- 8 & 9 Walking Aerobics
- 9:45 Diabetes Prevention Program (Dec 7)
- 10:00 Ancient World
- 10-12 Billiards Room
- 10:00 Caregiver Support Group (Dec 7)
- 10:00 Matter of Balance (Preregister)
- 10:30 Yogamotion (Dec 7 & 14)
- 12:00 Holiday Meal & Festivities with Santa & Mrs. Clause (Dec 14)
- 12:00 Lunch
- 1:00 Tai Chi

**Fridays:**
- 8-3 Internet Café Computer Lab
- 8 & 9 Walking Aerobics
- 9:00 Verizon Smart Phone Workshop (Dec 1)
- 9-12 Hearing Screening (Dec 8)
- 10-12 Billiards Room
- 11:00 Chair Exercise
- 12:00 New Year’s Eve Brunch (Dec 29)
- 12:00 Lunch
- 12:30 Mah Jongg

Due to the volume of our membership, we are unable to call when classes are cancelled. All class cancelations and changes will be posted on our Facebook Page https://www.facebook.com/skseniorservices or call 789-0268.

The Center will be closed on December 25 & January 1.
Bow Making
Tuesday, December 5 at 10 am
The Holidays are here and it is time to make Bows! Do you struggle with bow making? Join Catherine as she shows us step by step how to make beautiful Holiday bows for your wreaths, tree, windows and presents. All supplies are provided. Preregistration required, call 789-0268 ext 2.

FREE Hearing Screening
Friday, December 8 from 9 am to 12 am
Hearing impairment is very common but under-reported. Don’t wait to check into your hearing health if you think your hearing is changing. Hearing well is important to living well. The URI Speech and Language Clinic will be at The Center for a FREE Hearing Screening. Call 789-0268 ext 2 to make an appointment.

YogaMotion with Irene Pica
Thursdays Dec 7 & 14, $5 per class, 10:30 am
This unique, transformative mind-body practice explores natural, expressive movement using elements of dance, yoga and meditation. Inspired by the rhythms of world and popular music as well as the five elements of earth, water, fire, air and space, participants will experience being fully alive and present in the body while awakening creativity, self-expression and self-acceptance. Your body will flow through a natural “wave” of movement and you will leave feeling exhilarated, energized and joyful!

Singles 60+ Supper Club, General Stanton Inn
Sunday, December 10 at 5:30 pm
Reservations Only, No Walk-Ins
The 60+ Singles Supper Club will meet at The General Stanton Inn, 4115 Old Post Road, Charlestown. The Inn was recently named one of RI’s best new restaurants. Their menu features ocean fresh and farm to table cuisine expertly prepared by their chefs. For reservations or further information call 789-0268 ext. 2.

SK Prevention
Tuesday, December 12 from 10 am to 12 pm
South Kingstown Prevention will be at The Center with materials on drug prevention and medication safety. They will have medication lock bags, timer caps and medication reminders.

Operation Stand Down
Veterans Benefits Counseling
Monday, December 18 at 10 am
Dan Evangelista, from Operation Stand Down, Rhode Island, will be at The Center to answer your questions about Veterans benefits. All Veterans and family members are invited.

Daily Lunch at The Center
Stop by and join us for lunch!! Enjoy a hot lunch or sandwich at The Center. You must order your meal a week in advance. Call 789-0268 to sign up for a meal.

Upcoming Events

Smart Phone Workshop with Verizon Employee Volunteers
Friday, December 1 at 9 am
Verizon Employee Volunteers will be at The Center to offer a FREE Smart Phone Workshop. They will teach you how to use your phone to its fullest capabilities. From how to download and use apps to the best ways to keep your phone secure, they are here to answer all of your questions. Flip Phones are also welcome! Call 789-0268 ext. 2 to sign up.

Ancient Civilizations of the Americas
Tuesdays at 10 am
Due to popular demand, our Ancient World class has added a second day.

Did you know that before the first pyramid in Egypt was constructed, thousands of people were already living in stone-built cities in Peru? In this class you will journey through the lost worlds of the Americas and discover exotic civilizations and learn about their culture, architecture and history.
The Effects of the 1938 Hurricane in RI
SK 300th Anniversary Speaker Series
Tuesday, December 19 at 10 am
Did you miss the South Kingstown 300th Anniversary Speaker Series? If so, join us as we show "The Effects of the 1938 Hurricane in Rhode Island" presented by Stephen Long, Author, Editor, founder of Northern Woodlands Magazine. (This Speaker Series was prerecorded on September 21, 2023.)

The Center’s Holiday Celebration

Wednesday December 13, 11 am: The holidays are in full swing and it is time to celebrate! Come to The Center and enjoy a festive Holiday Concert featuring The University of Rhode Island’s Chapter of Tau Beta Sigma Band Sorority. Join us and get in the holiday spirit!

Thursday, December 14, 12 pm: Our delicious Holiday lunch begins at noon. Be sure to wear your favorite Holiday Sweater!! We will even have a surprise visit from Santa and Mrs. Claus! Everyone in attendance will receive a fun holiday present. Sign up early for this festive event!

Monday, December 18, 11 am: The ROMPS (Retired Old Musicians Playing Swing) will fill the building with Jolly Holiday Music. Join us for this fun-filled musical experience.

New Year’s Eve at The Center
Friday, December 29 at 12 pm
Get prepared for your big New Years Celebration and join us for lunch. Join us for a casual Brunch served at noon. Make your brunch reservations by December 21, 789-0268.

IN-SIGHT
Tuesday, January 2 at 10 am
Are you living with a visual impairment or supporting someone who is? Join IN-SIGHT at The South County VISION Group meeting on Tuesday, January 2 at 10 am. Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. This VISION group is also an excellent opportunity to share your story, hear about other people’s journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at 401-941-3322, ext. 121 or via email at lgaboriault@insight.org for more details. Pre-registration is not required to attend, and all are welcome!

Continuing Programs

Puzzle Masters
Monday through Friday
Join your fellow enigmatologists (puzzle experts) and collaborate on The Center’s master puzzle. We put out a new puzzle as soon as one is finished. We have many new puzzles to choose from so come and exercise your brain.

Walking Aerobics
Monday through Friday at 8 am & 9 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!!

Knitting
Mondays at 9 am
Gather your yarn, grab your needles, and join our fun Knitting group. If you are a beginner or have been knitting for years, this group is for you. It’s nice to be with people who understand why your stash is so large or your number of works in progress is what it is!

Valuing Your Possessions
Monday, December 18 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. Richard, an antiques dealer with 40 years of experience, will lead this class.

Billiards Club
Monday through Friday from 10 am to 12 pm
Come play a round of pool with friends. The billiards room in The Annex offers everything you need to get the game going. Sharpen your billiard skills and come play a friendly game of pool!!

Meditation with Cheri
Mondays at 12 pm
Meditation is a practice that helps reduce stress, improve memory, lower blood pressure, promote relaxation and much more. Join Cheri as she guides you through this relaxing and reflective meditation class. If you are new to meditation or an experienced practitioner, all are welcome. Relax, rejuvenate and give a one hour gift to yourself every week to help step away from stress.

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

Ageless Pilates  
**Tuesdays at 9 am**
Ruth, certified Pilates instructor, leads this low-impact exercise class that focuses on strengthening muscles while improving your flexibility and posture. Seated Pilates is for anyone and especially for those who getting on the floor is either uncomfortable or unattainable. During a session, the entire body gets a workout by lengthening and strengthening all the muscles.

Chair Exercises  
**Tuesdays at 1 pm & Fridays at 11 am**
These low impact exercise classes combine strength, balance, and flexibility exercises using light weights and resistance bands. You can participate in this class by sitting or standing.

History of Music, Bach to Beethoven  
**Tuesdays at 1 pm**
Music can move us and tell stories of faith, struggle, or love. It is common to all cultures across the world. But how has it changed over the millennia? Retired URI Professor of Music, Dr. Gene Pollart, will teach a History of Music at The Center. From Bach to Beethoven, Dr. Pollart will discuss and share the wonder of music and why it is treasured across the world.

Book Club  
**Tuesday, December 12 at 1 pm**
The Center’s Book Club meets the second Tuesday of every month. They will be discussing Personal Librarian by Marie Benedict and Victoria Murray this month. A library card is required to borrow books.

Crochet Company  
**Wednesdays at 9:00 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!

Poetry Table  
**Wednesdays, December 13 & 27 at 9:30 am**
Betty 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! Read and discuss poems from well-known contemporary poets. Group members are encouraged to share their own work. It is an hour of insight and creativity. All are welcome!

South County Home Health & South County Health Wellness Clinic  
**Every Wednesday from 9:30 to 12 pm**
Lisa, our 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 Lisa. Call The Center at 789-0268 to sign up for an appointment.

Line Dancing  
**Wednesdays 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.

Art History Class  
**Wednesdays at 10:30 am**
Each week, there will be a lecture and the group will watch an Art History video. Participants will be encouraged to discuss the videos and to share their knowledge and/or experience in regard to the subject of the day. There is the possibility of field trips and guest speakers.

A Very Interesting Women’s Book Club  
**Wednesday, December 20 at 11 am**
Join Marie Saccoccio for a Very Interesting Women’s Book Club. There is no reading list!! Simply read whatever book(s) you prefer then come to the meeting to discuss your book and author. This group will meet the 3rd Wednesday of every month at 11 am.

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.

Studies of the Ancient World  
**Thursdays at 10 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.

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.
**Support Groups**

**Caregiver Support Group**  
**Thursday, December 7 at 10 am**
All Caregivers are invited to The Center’s New Caregiver Peer Support Group. You will meet with other caregivers who are having the same experiences you are. This group will be your safe place that provides support, shares resources and helps you to feel less isolated by connecting with others who are in your shoes.

**Women’s Cancer Support Group**  
**Wednesday, January 24 at 1 pm**
Women supporting women who are dealing with or who have survived cancer. Group led by Marie Saccoccio, a breast cancer survivor.

**Healthy Eating For Successful Living**  
**Beginning Monday, January 22 at 10am**
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 classes, call 789-0268 ext. 2.

**Tools for Healthy Living**  
**Beginning Tuesday, January 16, 10 am**  
**6 week FREE workshop**
Are you (or someone you know) living with a chronic condition? Join our FREE Workshop.

Tools for Healthy Living is designed to help people with chronic disease to gain self-confidence in their ability to control their symptoms, learn how to manage their health and help them keep active. Chronic diseases include heart disease, high-blood pressure, pain, anxiety, diabetes, arthritis and obstructive pulmonary disease.

Learn proven techniques that will help you:
- Manage symptoms
- Improve your sleep
- Manage your medications
- Eat healthier
- Improve communications with your family and doctor
- Be more active
- Use action plans and problem-solving for more confident decision-making

For more information or to register call The Center at 789-0268 ext 2.

(Receive a $25 gift card upon completion of the class.)

**A Matter of Balance**  
**Beginning Thursday, January 11 at 10 am**  
**8 week course**
A Matter of Balance is designed for older adults to increase their physical activity level and help reduce their fear of falling.

During the class, you will learn:
- Exercises to increase strength and balance
- How to view falls & fear of falling as controllable
- How to set realistic goals for increasing activity
- How to change your environment to reduce fall risk factors

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

Call 789-0268 ext. 2 to sign up.
(Receive a $25 gift card upon completion of the class.)
Community Information Specialist
Jill Cogean

Jill Cogean, our Community Information Specialist, is currently making 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.

Medicare open enrollment is here!
Call 789-0268 ext 3 to set up an appointment today.

Open Enrollment

Join us in celebrating South Kingstown’s 300th Anniversary!

December 1, 5:30 pm Village Green Tree Lighting

December 14, 5 pm South Kingstown 300th Anniversary Finale– Reception/Speaking Program followed by SKHS Holiday Concert at The South Kingstown High School Auditorium.

Lecture Series at SK High School at 7 pm
December 12 “History of the RI State Police; The Future of South Kingstown; 300th Anniversary Highlights” presented by James Manni, South Kingstown Town Manager.

Visit southkingstownri.com/sk300 for more events.

The Center now has iPad’s to check out!

- Any Center Member with a valid ID may check out an iPad
- iPad’s may be checked out for 2 hrs at a time
- iPads may be checked out between 8 am and 2 pm
- iPads must stay in The Center at all times

Call 789-0268 ext 2 or stop by the front desk to receive further information.

December Musings written by The Center’s Poetry Group

The frosty laughter
Of ice-edged winds
Enjoying the thrill
Of spreading winter’s chill
Pat Beattie

cold snowy mornings
reaching for a thick white mug
the coffee, strong and dark, warms my soul

cold windy afternoons
I choose a porcelain cup
with flowers, for my tea

and a pretty saucer for the scone
Karen Montgomery

Holidays bring memories galore
Of presents, yummy food and more
New adventures await, our joy is not done
Design them with love and lots of fun
Happy Holidays to all!
Cheryl Resmini

And now, we come to the end of the year -
A time of reflection, a time of good cheer -
A time to remember - embrace all we hold dear.
Linda Langlois

(Our Poetry Group meets on the 2nd and 4th Wednesdays of each month at 9:30 am. They make magic happen!)

Mr. Fix It

Don’t throw your damaged things away, FIX IT!! Mr. Fix It is free of cost. He 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.
Medicare can be confusing. Diane Giorgetti is a Licensed Independent Medicare Advisor.

Diane can help you unravel the choices of Medicare.
Diane offers expert guidance tailored to your health care needs.
She will help find providers, resolve billing issues and more.
Diane offers many plans and will be an unbiased resource evaluating the best suitable plan for you.
Diane can be reached at 401-742-4393

We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Please contact medicare.gov or 1-800-medicare to get information on all your options.

WE WOULD love TO MEET YOU!

Take a few minutes to schedule your personal visit today! Call 401.789.8777

57 GrandeVille Court | Wakefield, RI 02879
Independent Living | Assisted Living | Dementia Care

For a Personal Tour, please contact
Dena Maine, Director of Admissions
401-789-3006
Short Term Rehabilitation • Long Term Care
Elderwood of Scallop Shell at Wakefield
55 Scallop Shell Way, Wakefield RI 02879
elderwood.com | ElderwoodWakefield

For a Personal Tour, please contact
Dena Maine, Director of Admissions
401-789-3006
Short Term Rehabilitation • Long Term Care
Elderwood of Scallop Shell at Wakefield
55 Scallop Shell Way, Wakefield RI 02879
elderwood.com | ElderwoodWakefield

LET’S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Steve Persichetti
spersichetti@lpicommunities.com
(800) 888-4574 x3403

Northup’s Service Center
Est. 1963
Fast - Lube
• AUTO REPAIR • ROAD SERVICE • TOWING
1892 Kingstown Road, Peace Dale
782-4280
A winner in the 2022 Southern RI Readers’ Choice Award

PINECREST Golf Club
25 Pinehurst Dr, Richmond
OPEN TO THE PUBLIC
• PRO SHOP • GRILL & BAR
• CLUBHOUSE
401-364-8600
www.pinecrestri.com

South County Hearing Services
Serving all of Southern Rhode Island
• Comprehensive hearing evaluations
• Counseling regarding the type and degree of hearing loss
• Adult Hearing aid selection and fitting
• Hearing aid repair and electroacoustic evaluation
• Cochlear implant evaluation
• Cochlear implant programming

Christine Stewart Au.D & Lorrie Florence, HIS

Monday- Thursday
8:30 am - 5:00 pm
Friday 8:30 am - 1:00 pm
360 Kingstown Rd.
Unit 206, Narragansett,
RI 02882
(401) 789-1906
Office@southcountyhearing.com

Medicare can be confusing. Diane Giorgetti is a Licensed Independent Medicare Advisor.

Diane can help you unravel the choices of Medicare.
Diane offers expert guidance tailored to your health care needs.
She will help find providers, resolve billing issues and more.
Diane offers many plans and will be an unbiased resource evaluating the best suitable plan for you.
Diane can be reached at 401-742-4393

We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Please contact medicare.gov or 1-800-medicare to get information on all your options.
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