Mondays:
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 Tools for Healthy Living (Preregister, Begins Jan 22)
10:00 PBS Our Town: South Kingstown (Jan 23)
10-12 Billiards Room
12:00 Lunch
1:00 Chair Exercise
1:00 History of Music, Bach to Beethoven

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 Tools for Healthy Living (Preregister, Begins Jan 16)
10:00 PBS Our Town: South Kingstown (Jan 23)
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 (Jan 10 & 24)
9:30 SC Home Health & Hospital Wellness Clinic
10:00 Line Dancing
10-12 Billiards Room
10:30 Art History Class
10:30 SK Prevention (Jan 24)
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 (Jan 4 & 18)
10:00 Ancient World
10:00 Line Dancing
10:12 Billiards Room
10:30 Caregiver Support Group (Jan 4)
10:00 Matter of Balance (Preregister, Begins Jan 11)
10:30 YogaMotion (Begins February 22)
12:00 Lunch
1:00 Tai Chi (Back Jan 11)

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

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 January 1st & 15th.
SK Prevention
Wednesday, January 24
10:30 am to 12:30 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, January 22 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.

Beginner Yoga
Mondays at 12 pm, beginning January 22
It is time to roll out your yoga mat and discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe. The beauty of yoga is that you do not have to be a yogi to reap the benefits. No matter your age or body type, yoga has the power to calm the mind and strengthen the body. Yoga is for everyone! Join Cheri as she guides you through a beginners class that will give you a full mind and body exercise.

IN-SIGHT
Monday, January 22 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 Monday, 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!

PBS Our Town: South Kingstown
Tuesday, January 23 at 10 am
Our Town is a documentary project where neighbors and friends share the stories of their community. Part documentary film, part community builder, part fundraiser, and part “day in the life” scrapbook, Our Town offers a collection of local legends, historical events, and personal memoirs from the tight-knit community of Rhode Island’s small towns. Join us as we show the Our Town, South Kingstown documentary.

Upcoming Events

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.

Singles 60+ Supper Club, Kabuki
Sunday, January 14 at 5 pm
Reservations Only, No Walk-Ins
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.
FREE Hearing Screening  
Friday, February 9 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, February 22 to April 11  
$40 for 8 week Session  
10:30 am  
Must pay for class by January 20  
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!

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, January 29 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!!

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
Monday, February 5 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, January 9 at 1 pm
The Center’s Book Club meets the second Tuesday of every month. They will be discussing Simon the Fiddler by Paulette Jiles 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, January 10 & 24 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, January 17 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, January 4 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.

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.

Gait Way to Better Balance
Free Balance Screening

Where: The Rec Center, 30 St. Dominic Road,
South Kingstown
When: Saturday, February 10, 2023
Time: 11:30 am

The URI Physical Therapy Department and the Rhode Island Geriatric Education Center will hold a FREE Balance Screening at The Rec Center. Graduate level physical therapy students will conduct a series of physical tests to assess your fall risk and then will refer you to programs in the area to assist with exercise or balance needs. The screening takes approximately 30 minutes. No insurance required.

During the screening you will:
• Participate in a few brief balance tests
• Receive recommendations about ways to improve your balance and prevent falls
• Discuss different possibilities of exercise programs, balance and more offered in the community
• Individuals that use a walker, cane or other assisted device are welcome to participate.

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

Cyber Senior Program

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.

NATIONAL DIABETES PREVENTION PROGRAM

Beginning in March 2024!!

Diabetes Prevention Program: This FREE program provides the opportunity for people with prediabetes or at risk of type 2 diabetes to reduce their risk of type 2 diabetes and improve their overall health. Call 789-0268 ext. 2 for more information or to sign up.

• 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.
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

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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