

THE CENTER

COMMUNITY - FRIENDSHIP - PURPOSE

**SOUTH KINGSTOWN SENIOR SERVICES,
25 ST. DOMINIC ROAD, WAKEFIELD, RI 02879
401-789-0268**

April 2026

Activities

Mondays:

- 8 & 9 Walking Aerobics
- 9:00 Knitting
- 9:30 SNAP Outreach Table (Apr 13, by appointment)
- 10:00 BCBS Chair Yoga
- 10:00 Veterans Benefit Counseling (April 20)
- 10-12 Billiards Room
- 10:30 Meditating Better
- 11:00 Tai Chi
- 12:00 Lunch
- 12:00 Mah Jongg
- 1:00 Trading & Investing (April 6 & 20)
- 1:15 Mat Yoga

**The Center will Close at Noon and no
lunch will be served on
Friday, April 3rd.**

Tuesdays:

- 8 & 9 Walking Aerobics
- 10:00 Mat Yoga
- 10:00 Issues in History
- 10:00 Insight Vision Group (April 21)
- 10-12 Billiards Room
- 10:30 SAIL (\$60, Pre-Register)
- 11:00 Basic Windows Computer (\$34, Pre-Register)
- 12:00 Lunch
- 12:30 Duplicate Bridge
- 1:00 Chair Exercise
- 1:00 Book Club (April 14)
- 1:00 Brown Bag Medication Review (April 14)

Wednesdays:

- 8 & 9 Walking Aerobics
- 9:00 Crochet
- 9:30 Poetry Table (April 8 & 22)
- 10:00 Line Dancing
- 10:00 Art History Class
- 10:00 Wellness Clinic (by appointment)
- 10:00 Ask-A-Librarian (April 29)
- 10-12 Billiards Room
- 11:00 Very Interesting Book Club (April 15)
- 11:30 Mat Yoga
- 12:00 Lunch
- 12:30 Bridge
- 1:00 Women's Cancer Support (April 22)

Thursdays:

- 8 & 9 Walking Aerobics
- 8:00 1-on-1 Technology Help (by appointment)
- 9:30 Chair55 Pilates/Yoga Experience (\$40, Pre-Register)
- 10:00 Ancient World
- 10:00 Caregiver Support Group (April 2 & 16)
- 10:00 Beginner Mah Jongg (April 16, 23, 30, FULL)
- 10-12 Billiards Room
- 10:30 BCBS Balance & Breath
- 10:30 Cooking for One (April 30, Pre-Register)
- 12:00 Lunch
- 12:30 Cribbage
- 1:00 Tai Chi
- 1:00 Coin Collecting Club (April 16)

Fridays:

- 8 & 9 Walking Aerobics
- 8:30 Movement Medicine (\$30, Pre-Register)
- 9:00 Mushroom Hunting (Apr 10, \$10, Pre-Register)
- 10:00 Cyber Seniors (by appointment only)
- 10:00 Watercolor (April 17, \$10, Pre-Register)
- 10:00 Reiki (by appointment only)
- 11:00 Chair Exercise
- 12:00 Lunch
- 12:00 Mah Jongg
- 1:30 Line Dancing with Donna (\$40, Pre-Register)



SOUTH KINGSTOWN
Rhode Island

**JOIN OR
RENEW
TODAY**

The Center offers countless opportunities to meet new people and participate in programs, activities, and educational workshops. Collected fees assist in supporting the operation of The Center, programming, and other offered services.

Membership is open to anyone 60 years or older. The annual membership fee is \$15 for South Kingstown and Narragansett residents, and \$20 for nonresidents. Please inquire at The Center to sign up or to renew.

Daily Lunch at The Center

Stop by and join us for lunch! Enjoy a hot meal or sandwich at The Center.

You must order your meal by 12pm on Wednesday for the following week. Call 789-0268 to sign up for a meal.

If you have ordered a meal and are unable to attend, please call 789-0268 to cancel.



Bus Service

Our bus provides free local service for South Kingstown residents 60+ to attend lunch and activities at The Center.

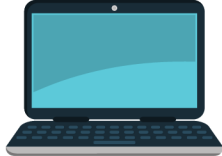
Bus service is also available for South Kingstown residents 60+ to run errands for a \$1 fee per trip. Individuals requesting errands will be assigned a specific day and time. Call 401-789-0268 for more information or to arrange bus service.

Community Information Specialist Jill Cogean

Jill Cogean, our Community Information Specialist, can provide information and assistance with Medicare, housing, legal assistance, transportation, homecare and much more. Please call 789-0268 x3 to set up an appointment with Jill.

Upcoming Events

Basic Windows Computer Program
Tuesdays, April 7-28
11 am - 12 pm
\$34 for 4-week session



This beginner-friendly Windows-based computer class will give you the confidence and autonomy you need to handle everyday online tasks. This program is paced in a way that works for all comfort levels. Participants are welcome to bring their own laptops, but devices are not provided.

In this program you will learn:

- Windows Basics: desktop, icons, mouse/keyboard, opening programs
- Internet & Safety: browsing, search engines, avoiding scams
- Email Essentials: sending messages, attachments, inbox organization
- Everyday Tasks: safe online shopping, entertainment options, video calling, and Q&A

Pre-registration with payment is required. Visit the front desk to register. Call 401-789-0268 x2 with questions.



Spring Mushroom Hunting in RI
Friday, April 10
9 - 10:30 am
\$10



Seeking out fungi is perhaps the best hobby on Earth, combining fascinating science, outdoor adventure, and unbelievable food experiences. With their amazing slideshow of all-local photography, Ryan and Emily Bouchard, creators of The Mushroom Hunting Foundation, will explain the science and the safety rules of mushroom hunting. They will focus on mushrooms that are in season and considered "safe for beginners" to identify and cook. Pre-registration with payment is required. Visit the front desk to register. Call 401-789-0268 x2 with questions.



IN-SIGHT VISION Group
Tuesday, April 21
10 - 11 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, as well as provide an opportunity to share your story.

Contact Lucille Gaboriault at 401-941-3322, x121 or via email at lgaboriault@insight.org for more details. Pre-registration is not required to attend, and all are welcome!

Movement Medicine
 Fridays at 8:30-9:30 am
 April 17 - May 29
 \$30 for 6-weeks



This combination of dance, healing, tai chi, and core conditioning is adapted from Lisa's 25 years of teaching breathing and movement. Benefits include: improved muscle tone, flexibility and balance, better posture, increased stamina, and stress reduction. Pre-registration with payment is required prior to start of session. **There will be no class on Friday, April 24.** Visit the front desk to register.

60+ Supper Club
 Sunday, April 12
 Matunuck Atelier at 5 pm
 Reservations Only, No Walk-ins

Enjoy local restaurant dining with friends, new and old. The Supper Club will meet at Matunuck Atelier, 151 Old Tower Hill Rd, South Kingstown, RI 02879. This restaurant has valet parking ONLY. Please call 789-0268 to make a reservation.

SAIL
 Tuesdays, 10:30 - 11:30 am
 \$60 for an 8-week session
 April 7 - May 26



The Stay Active & Independent for Life (SAIL) program is an evidence-based fitness program proven to enhance mobility, strength, balance, & flexibility. It was created with people 65 and over in mind, however anyone can benefit from it.

Certified SAIL instructor, Sheryl Parente, will guide you through aerobic activity, balance exercises, strength training, and stretching in this hour-long class.

Pre-registration with payment is required. Stop by the front desk to register. Call 401-789-0268 x2 for more information.



Coin Collecting Club
 Thursday, April 16
 1 - 2 pm



Do you love to collect coins? Did you inherit a collection? Join us to learn more about the value of your coin collection. Learn how to determine the grade of your coins, test for counterfeits, and the best auction sites to use when you are ready to sell.

Line Dance with Donna
 Fridays at 1:30 PM
 May 1 - June 26
 \$40 for 8 Weeks



Exercise your body and brain learning all the latest line dance steps and terminology with terrific song choices. Similar to ballroom steps but no partner needed, Donna uses clear cues that will make it easy for all to have fun learning. All levels welcome! Pre-registration with payment is required. **There will be no class on Friday, June 19.** Stop by the front desk to register. Call 401-789-0268 x2 for more information.

Watercolor Painting
 Friday, April 17
 10-11:30 am
 \$10



Join Sue to learn the techniques of painting with watercolors and create this beautiful painting. The cost is \$10, pre-registration is required. Stop by the front desk to register. Call 789-0268 x2 for more information.

Brown Bag Medication Review

Tuesday, April 14
 1 - 2:30 PM



Bring ALL of your prescription medications, over the counter products, vitamins, and supplements and meet with a URI Pharmacy student to make sure they are safe, working well together, and being used properly.

This is a great opportunity to ask questions, learn more about your medications, and improve your medication safety. Call 789-0268 x2 for more information.

Cyber Seniors
 Fridays
 10 am - 12 pm



URI Pharmacy students will be available by appointment to assist one-on-one with your technology needs. Appointments required. Call 401-789-0268 x2 to make an appointment.

1 on 1 Tech Help
 Thursdays
 8-10 am

A volunteer will be available by appointment to assist one-on-one with your technology needs. Appointments required. Call 401-789-0268 to make an appointment.

CONTINUING PROGRAMS

Billiards Club

Monday - Thursday from 10 am - 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.

Walking Aerobics

Monday through Friday at 8 - 8:30 am & 9 - 9:30 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 - 11 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!

SNAP Outreach

Monday, April 13 from 9:30 am - 1:30 pm

The Supplemental Nutrition Assistance Program will be at The Center to answer questions about program benefits, the application process, eligibility, and more. Call 401-789-0268 to make an appointment.

Chair Yoga by BCBS Mondays at 10 - 11 am



Strengthen, stretch, and tone your entire body from head to toe through the combined practice of rhythmic movements, gentle postures, breathing techniques, relaxation and meditation, all while being seated. In addition to providing relaxation, participants will also build upper body and core strength.

Meditating Better - Becoming More Mindful Mondays from 10:30 am - 12 pm

This class, led by Peter Mullen, Ed.D., provides practical tips and exercises to begin or enhance your meditation practice. There will be guided meditations, brief instruction, and questions welcomed. We recommend bringing a cushion for your chair.

Tai Chi

Mondays at 11 am - 12 pm & Thursdays at 1 - 2 pm

Join Jean to explore the world of Tai Chi which 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. Monday's session will use a teacher-lead recording.

Mat Yoga

Mondays at 1:15 - 2:15 pm, Tuesdays at 10 - 11 am & Wednesdays at 11:30 am - 12:30 pm

Come enjoy the benefits of Yoga! Increase your flexibility, balance, muscle strength and tone. Bring your mat and join Cheri on a wonderful journey of yoga!

Intro to Self-Administered Trading & Investing Monday, April 6 & 20 at 1 - 3 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.

Mah Jongg

Mondays at 12 - 3 pm, Fridays at 12 - 3 pm

Mah Jongg has been around for hundreds of years and remains a popular pastime across the globe. Originating in China, the game features beautifully adorned tiles meant to be arranged in specific combinations for a winning hand.

Operation Stand Down, Veterans Benefits Counseling

Monday, April 20 at 10 - 11 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.

Issues in History

Tuesdays at 10 am - 12 pm

Do you like history? This group, using recorded lectures from the Great Courses, explores nuanced moments in history. Next up is History's Greatest Voyages of Exploration.

Duplicate Bridge

Tuesdays at 12:30 - 3 pm

Interested in playing Duplicate Bridge? Join the group for a great afternoon of cards. Drop ins are welcome.

Chair Exercises

Tuesdays at 1 - 2 pm & Fridays at 11 am - 12 pm

This low impact exercise classes combines strength, balance, and flexibility exercises using light weights and resistance bands. You can participate in this class by either sitting or standing.

Book Club

Tuesday, April 14 at 1 - 2 pm

The Center's Book Club meets the second Tuesday of every month. They will be discussing "The Whistling Season" by Ivan Doig. A library card is required to borrow books.

Crochet Company

Wednesdays at 9 - 11 am

Do you love to crochet? 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!

CONTINUING PROGRAMS

Poetry Table

Wednesday, April 8 & 22 at 9:30 - 11:30 am

This group is 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.

Line Dancing

Wednesdays at 10 - 11 am

Join us and learn the latest line dances or just come for the great exercise. Follow along with a series of line dance videos. 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 am - 12 pm

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.

Wellness Clinic

Wednesdays from 10 am - 12 pm

A member of the South Kingstown EMS will be at The Center for blood pressure checks and a variety of health screenings, healthy eating information, and weight tracking. Please preregister. Call The Center at 789-0268 to sign up for an appointment.

Bridge

Wednesdays at 12:30 - 3 pm

Do you like to play Bridge? Join us for a game every Wednesday and have a fun filled afternoon. Drop ins welcome!

A Very Interesting Book Club

Wednesday, April 15 at 11 am - 12 pm

Join Marie Saccoccio for a Very Interesting 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.

Ask A Librarian

Wednesday, April 29 at 10 am - 12 pm

A librarian from The South Kingstown Libraries will answer your questions regarding SK Library Services. They can teach you how to: register for a library card, download eBooks and audio books, reserve books and DVDs online. You may also bring in your library books to be returned!

Women's Cancer Support Group

Wednesday, April 22 at 1 - 2 pm

Led by Marie Saccoccio, this women supporting women group provides a safe space to connect with other women who are dealing with or who have survived any type of cancer.

Marie is a breast cancer survivor who has been working with the American Cancer Society since 2005 and became the coordinator for the "Reach for Recovery" program; a program for women who have been recently diagnosed with Breast Cancer and who want to talk with a woman who has been through the experience.

Balance & Breath by BCBS



Thursdays at 10:30 - 11:30 am

Join us for a fitness strengthening class that uses targeted, lower-body workout techniques to increase stability and improve balance. This class incorporates exercises for strength, balance, endurance, and flexibility.

Caregiver Support Group

Thursday, April 2 & 16 at 10 am - 12 pm

All Caregivers are invited to The Center's Caregiver Peer Support Group. You will meet with other caregivers who are having similar experiences. 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.

Studies of the Ancient World

Thursdays at 10 am - 12 pm

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 past civilizations in this intriguing class. Our next topic will be the Persian Empire.

Cooking for One

Thursday, April 30 at 10:30 am - 12 pm

Tired of leftovers? Join Caroline for this fun-filled workshop. Class ends with a small tasting. **Sign-ups begin on April 1.** Stop by the front desk or call 401-789-0268 to register.

Cribbage

Thursdays at 12:30 - 3 pm

Do you like to play Cribbage? Join us for a fun filled game every Thursday afternoon. Drop ins welcome!

Reiki with Kelley

Fridays by appointment, beginning at 10 am

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing by "laying on hands". Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. Call 401-789-0268 to make a 30-minute appointment.

Coming Soon

Chair55 Pilates/Yoga Experience

Thursdays at 9:30-10:30 am

May 7 - June 25,

\$40 for 8 Weeks



Join us for CHAIR55: A Fun Pilates/Yoga Experience with Adriana! This session is tailored for seniors to improve overall health and well-being. Use a chair for support while you breathe, stretch, and find balance in this enjoyable session. Pre-registration with payment is required. Stop by the front desk to register. Call 401-789-0268 x2 for more information.

Creative Writing Workshop

Tuesdays, 1-2:30 pm

May 5 - 26, \$20 for 4-week session

Join Carol and likeminded people to explore the art and restorative benefits of writing. Prompts will be given on topics and ways of writing, time will be given for writing, and the group will share with each other as they wish. Confidentiality is agreed upon within the group, and it is understood that there are no wrong ways to write. Writing may include journaling, observations, feelings, and experiences. You can expect some insights, catharsis, and self-healing along the way. No experience necessary, all levels welcome.

Pre-registration with payment is required. Stop by the front desk to register. Call 401-789-0268 x2 for more information.



Semiquincentennial Trivia



"1762 - Ann Franklin becomes the first female editor of an American newspaper, the Newport Mercury."

Source: RI250 Commission, Our Journey
<https://rhodeisland250.org/history/>



In case of inclement weather, The Center will be closed if the South Kingstown Schools are closed.

The Center will also post all closures on the local news channels and The Center's Facebook page.

Action Steps: Injury Prevention

& Self Care for Older Adults

Tuesday, May 19

10 - 11:30 pm



Action Steps: Injury Prevention & Self Care for Older Adults is a free educational presentation focused on helping older adults stay safe, healthy, and independent. Participants will learn simple, practical strategies to prevent injuries from falls, improve medication safety, and reduce the risk of accidental overdose. The program will also highlight local resources available to support the health and well-being of older adults in our community.

Attendees will receive free medication lock bags and other medication safety resources, as well as a \$25 grocery gift card for participating. The event will also include Naloxone training provided by the URI Community First Responder Program, along with free blood pressure checks and an opportunity to speak with a pharmacist from the URI College of Pharmacy.

Space is limited; pre-registration is required. **Registration opens May 1st.** Stop by the front desk to register. Call 401-789-0268 ext. 2 for more information.

Poetry Table Feature:

A Reflection on Old Age

By Sue Stanhope

I always knew, in an abstract way, that old age was a time of loss

The losses crept up on me slowly
Some hearing loss, but there was a fix for that
Some vision loss, but there was a fix for that
Dermatitis? there is a cream for that
Acid reflux? there is a pill for that
Heart blockage - there is a pill for that too
Some memory loss, but I can still get by
Muscle loss, bone loss, hair loss - there are fixes even for those

But for the loss of a dear friend in old age -
where is the fix for that?
how can you still get by?

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.gov
click on Senior Services

All class cancelations and changes will be posted on
our Facebook Page:

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



The Center Staff

Susan DiMasi, Senior Services Director
Jill Cogean, Information Specialist
Lauren George, Program Coordinator
Aiden Hockhousen, Kitchen Aide
Brenda Leclerc, Front Desk Aide
Jennifer Thacher, Senior Transportation Driver

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

Bloomin' 4 Good Narragansett Stop & Shop April 1 - 30



South Kingstown Senior Services will receive a \$1 donation for each \$11.99 Bloomin' 4 Good Bouquet sold in April at the Stop & Shop at 91 Point Judith Road, Narragansett. Thank you for your support!

