



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

Activities

We are so happy to have you back in The Center! We thank everyone for their patience and flexibility during this time. Classes are still being added, so call The Center at 789-0268 for an updated schedule.

Before coming back to The Center, please read the new protocols on the next page for participating in programs.

Remember, you must call 789-0268 to pre-register for all classes. We are not accepting walk-ins at this time.

Check out our current programming:

Mondays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 9:00 Knitting
- 10:00 Veterans Benefit Counseling (once a month)
- 11:00 Zumba
- 1:00 Coloring
- 1:00 Trading & Investing

Tuesdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 10:00 Yoga
- 1:00 Chair Exercise with Richard
- 1:00 Book Club

Wednesdays:

- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 9:00 Crochet
- 9:30 Poetry Table
- 9:30 South County Home Health & South County Hospital Wellness Clinic
- 11:30 Yoga
- 12-3 Internet Café Computer Lab
- 1:30 Yoga

Thursdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Knitting
- 9:30 Ancient World
- 1:00 Current Events

Fridays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics



We are happy to announce the launch of The Center's new Facebook page!

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

**You can find us at:
<https://www.facebook.com/skseniorservices>**



For the health, safety and wellbeing of everyone at The Center, the following are the new requirements for participation in classes:

- If you are sick, stay home.
- Pre-registration for each class is necessary. Call The Center at 789-0268 to pre-register.
- There is a participant maximum per class.
- Face masks, covering both the mouth and nose, must be worn within the building unless otherwise stated. Gaiters not permitted.
- Screenings will be performed before or upon entering the building and individuals will be asked to use hand sanitizer prior to entering the building.
- Social distancing (6 feet) must be maintained at all times.
- Enter the building through the main entrance. Exit the building from your classroom door or nearest outside door. Do not exit through the main entrance.
- Water bottles will be allowed but no outside food may be brought into the buildings.
- Restrooms will be in operation with COVID-19 Preventive Protocols in place, limiting the number of individuals in the restroom at a time.
- New cleaning protocols and sanitizing may impact scheduling of classes.
- Please sit in designated spots only. Chairs and tables should not be moved.
- Class participants may enter the building no earlier than 10 minutes prior to start of class and must exit the building immediately after the end of class.

If you have questions or concerns, feel free to contact The Center at 789-0268. We are here for you with your safety in mind. We look forward to seeing you soon!

Internet Café

Monday - Friday

8 am - 3 pm

The Internet Café is back open. Call 789-0268 to sign up for computer time to check your email, surf the web, write a letter, or just play solitaire!



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

Rhonda, the 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.

Operation Stand Down Veterans Benefits Counseling Monday, May 17 10 am to 12 pm

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. Call 789-0267 ext 2 to make an appointment.

Walking Club

Spring is here and it is time to get outside!! Join The Center's Walking Club and enjoy the walking path from The Center to The Commons. Call 789-0268 ext 2 for more information and to sign up.



Daily Lunch is still being served through The Center lunch program. Instead of a hot lunch, we are currently providing boxed lunches that can be either picked up at The Center or delivered to you Monday-Friday. If you are interested in receiving a meal or have any questions, call 789-0268.

(Our daily lunch program has a suggested/anonymous donation of \$3 per meal or the amount you can personally afford. No one eligible for the meals will be turned away because of the lack of ability to contribute.)

Think Spring

H C S F L O W E R S S E H S O L A G
S B S P R I N G T I M E K I T E S H
I A C R O C U S B L O S S O M S A L
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B C H I C K S P U D D L E S C H S C

Word List:

ARTS

BLOSSOM

BUNNIES

CHIRPING

FLOWERS

HATCHING

MARCH

RAIN

SHOWERS

THAW

BASKETBALL

BOUQUET

BUTTERFLY

CLOVER

GALOSHES

IRISH

MELT

RENEWAL

SPRINGTIME

TULIPS

BIRDS

BREEZY

CATERPILLAR

CROCUS

GRASS

KITES

NEW

ROBINS

SPROUTING

UMBRELLA

BLOOMING

BUD

CHICKS

DAFFODIL

GREEN

LEPRECHAUNS

PUDDLES

SHAMROCK

SUNSHINE

WAPPING



Cyber Seniors

The URI Gerontology and Pharmacy Departments are continuing their Cyber Seniors Program at The Center. Instead of having one on one meetings in The Center, everyone who signs up for the Cyber Senior Program will be doing remote learning with the URI students. Cyber Seniors will contact you and teach you in the comfort and safety of your own home over your computer, tablet or phone. Call 789-0268 ext 2 to schedule an on-line appointment.



Age-Friendly Rhode Island is home to a Virtual Community Center. The Virtual Community Center offers a full schedule of free online activities and events when in-person experiences are not possible. These online activities are available to help keep your bodies healthy, minds sharp and spirits high during this time of pandemic and beyond while everyone is staying close to home and limiting their contact with others. They have a variety of the classes and programs available through the Virtual Community Center at agefriendlyri.org, click on “Virtual Community Center” then click on “Events Calendar” or “Tutorials”.



Put your brain to work with a monthly book of word searches, Sudoku, crosswords and more!

You can have your copy of The Center’s Game Book emailed, delivered with your meal, or mailed to you. Call The Center at 789-0268 to sign up to receive your monthly copy!



Ask Me Another

Do you love trivia night? Join host Ophira Eisenberg and house musician Jonathan Coulton for this NPR Podcast full of games, puzzles and music. This show is a lot of fun and you will find yourself playing along.

Jensen & Holes: The Murder Squad

Billy Jensen is an investigative journalist, Paul Holes is a retired investigator and together they are Jensen and Holes: The Murder Squad. In each episode, the pair attempts to solve cold cases using everything from brand new tech to old fashioned know-how. And listeners play an important role here, calling in to offer their own tips and theories along the way. You can be an investigator, too!

Good Job, Brain!

Are you a trivia buff? If so, Good Job, Brain! will be your new favorite. This podcast functions as an interactive quiz show and showcase of strange trivia facts across a diverse range of subjects, making it a potential family activity as well as a method for keeping your mind limber. New episodes air usually once or twice a month but there are more than 190 shows that are recorded so you won’t run out of material.

Guided Meditations

Tara Brach, a psychotherapist and student of Buddhist philosophy, created and hosts this podcast. If you have interest in meditation to deal with life’s stresses or simply to decompress at the end of the day, Guided Meditations can be a big help, providing calm discussions of body and mind in fairly brief episodes lasting between 9 and 25 minutes.

The Alton Browncast

Amateur cooks (or, perhaps, retired chefs) should try the podcast hosted by Food Network star and renowned chef Alton Brown. You’ll hear news about the latest culinary trends as well as recipes and best practices on The Alton Browncast, and Brown often brings fellow cooking masters to aid the discussion.

Living to 100 Club

The Living to 100 Club podcast is all about aging successfully. Topics include staying “positive in the face of adversity, healthy lifestyles, starting new chapters, and doing what you (supposedly) can’t.” Guests share their stories and give wellness advice. Episodes are about an hour long.

CROSSWORD PUZZLE

ACROSS

- 1 Silver (Sp.)
- 6 List-ending abbreviation
- 9 Health resort
- 12 King of Judea
- 13 Rhine tributary
- 14 Stripling
- 15 P.I. ancestral spirit
- 16 Compass direction
- 17 Diminutive (suf.)
- 18 Lead ore
- 20 Bombastic
- 22 Foist
- 24 Dutch commune
- 27 You (Ger.)
- 28 Proverb
- 32 Numerous (pref.)
- 34 Mountain peak
- 36 Two-man fight
- 37 Music sign
- 39 Evil (Fr.)
- 41 As written in

- music
- 42 Gr. author
- 44 Nearsightedness
- 47 Land of King Arthur
- 52 Narrower than AA
- 53 Naut. rope
- 55 Fallacies
- 56 Amyotrophic lateral sclerosis (abbr.)
- 57 Son of Apollo
- 58 Opposite of zenith
- 59 Encountered
- 60 Snow (Scot.)
- 61 Yellow

DOWN

- 1 Destroying (pref.)
- 2 Fugard heroine
- 3 Seed coat

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- 4 Carry
- 5 Youth loved by Venus
- 6 Belonging to (suf.)
- 7 So much: music
- 8 Second wife of Jason
- 9 Small drink
- 10 Buddhist liturgical language
- 11 Irish exclamation
- 19 Mudfish
- 21 Spawning ground
- 23 Sole
- 24 Prussian spa site
- 25 Change color
- 26 Unit of work
- 29 Out (Ger.)
- 30 Gain
- 31 Guido's note (2 words)
- 33 Inspector (abbr.)
- 35 Para-aminobenzoic acid
- 38 Ear inflammation
- 40 Fond
- 43 Fabric
- 44 Lady's title
- 45 Rockies peak
- 46 Kiln
- 48 Jewish month
- 49 Mineral deposit
- 50 Few (pref.)
- 51 Son of Loki
- 54 Last Queen of Spain

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From the Director's Desk
Susan DiMasi



COMMUNITIES OF STRENGTH: MAY 2021



Are You Ready to Adopt a Furry Friend

Having a four-legged, furry companion is good for our mental and physical well-being. To celebrate National Pet month, here are a few tips to think about before you adopt.

Are You Ready to Adopt?

- When adopting, you are making a commitment to care for an animal for the rest of his life.
- Pets have expenses as well such as food and veterinary care. These things can add up.
- Time is also a factor. Dogs benefit from several hours of exercise and companionship every day. Cats are happiest indoors and love to be treated to energetic play sessions. If you are out of the house most days and evenings, this may not be the right time to adopt.
- It is important to consider whether your current pets are able to accommodate the addition of a cat or dog to your household.

What Pet is Right for You?

Your personality and lifestyle, along with challenges such as space restrictions and amount of time spent at home, should be explored to determine what pet is right for your household. Research different breeds and ask shelter staffers for guidance. They are experts at making perfect matches!

Puppies and kittens are adorable, but they have a TON of energy. It can be exhausting just keeping up with them. If you lead a more laid-back lifestyle, you may want to adopt an older animal with less energy than a puppy or kitten. If you have a more active lifestyle, a young animal might be a great companion to have.

When you know, you know

You want to avoid an impulsive adoption, so do all the research and ask your questions. If you know what you want and are patient, when you meet the right pet, you will know it and so will your new dog or cat!

A Message

My heart flutters in delight
When my eyes behold the sight
Of throngs of robins drawn
To happily forage on my lawn
Just as it feels that winter never ends
Spring sends a message via feathered friends

by Pat Beattie



(Pat is a member of our Poetry Table Group. They are always looking for new members. They meet the second and fourth Wednesdays of each month at 9:30 am)

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NARDOLILLOFH.COM



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



The Center Staff

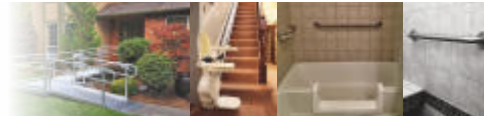
Susan DiMasi, Senior Services Director
Chasity Cheng, Program Coordinator
Jill Creamer, Information Specialist
Aiden Hockhousen, Kitchen Aide
Ashley Howarth, Front Desk Aide
Chris Mathewson, Senior Transportation Driver
David Sampson, Facilities Manager

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



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