



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 participation in programs.

Remember, you must call 789-0268 to pre-register for all classes.

Check out our current programming:

Mondays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Walking Aerobics
- 9:00 Knitting
- 9:00 Watercolor
- 9:30 Our Human Condition-Things That Matter
- 10:00 Veterans Benefit Counseling (once a month)
- 10-12 Billiards Room
- 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
- 10-12 Billiards Room
- 1:00 Chair Exercise
- 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
- 10:00 Line Dancing
- 10-12 Billiards Room
- 11:30 Yoga
- 12-3 Internet Café Computer Lab
- 12:30 Bridge
- 1:00 Women's Cancer Support (once a month)
- 1:30 Yoga

Thursdays:

- 8-3 Internet Café Computer Lab
- 8:00 Walking Aerobics
- 9:00 Knitting
- 10:00 Ancient World
- 10-12 Billiards Room
- 1:00 Current Events
- 1:00 Tai Chi

Fridays:

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



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 is required for some classes. 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.
- Social distancing (3 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.

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!



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>

New Programs

Chair Exercise

Tuesdays at 1 pm & Fridays at 11 am

Join Richard for this low impact exercise class. Richard will use resistance bands and light weights to help improve strength, balance, flexibility and range of motion! You may sit or stand in this class. Call 789-0268 ext 2 for more information and to sign up.

Our Human Condition...Things that Matter

Monday, June 7

9:30 am

Life happens when you least expect it and wouldn't it be nice to discuss issues with a group of people who are experiencing it too. Facilitator Richard DeMaio will lead this open discussion group and will discuss topics of your concern. Just sharing and caring! Call 789-0268 ext 2 for more information and to sign up.

Operation Stand Down Veterans Benefits Counseling

Monday, June 21

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 789-0268 ext 2 to make an appointment.

Walking Club

Tuesdays at 9 am

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 through 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.)

Let's Go Golfing

S A N D T R A P L P O H L G E L G A E
T R A C F L O G P E A Y W X H R H A T
N B L O C K G A E N O N I E L O H O O
O G R N W R P Z D R H A A P J L V A T
R E R E E P O I C S G D P U Q I E W N
I A D E R K C E U M C I G T D D A N S
E G N O E A H G U O R H T W O L L O F
E S A D P N O H V G W A R D E L L U P
R C H R R Y K E R B U L C F L O G I L
H L V I I K R E G N I W S K C A B I C
T E F V K S O S E R E G G A B D N A S
Y C A I Y L T O D P B E K T E E O F F
A I N N E K N A H S E A W Z E H R U U
W L B G G S W I N G F R V B A L L P B
R S U R O I D W A T E R H A Z A R D I
I R N A B N E E R G E C I T C A R P R
A E K N C O N E L O P G A L F G M O D
F A E G Y D D A C E R O F E D A F O I
E A R E A O F G O L F I N G G P A R E

Word List:

APPROACH

BLOCK

DIVOT

FADE

FORE

GREENKEEPER

HEADCOVERS

PRACTICEGREEN

SANDTRAP

TEE OFF

BACKSWING

BOGEY

DRIVINGRANGE

FAIRWAY

GOLFCART

GREENS

HOOK

PULL

SHANK

THREEIRON

BALL

BUNKER

DRAW

FLAGPOLE

GOLFCLUB

GRIP

HOLEINONE

PUT

SLICE

WATERHAZARD

BIRDIE

CADDY

EAGLE

FOLLOWTHROUGH

GOLFING

HANDICAP

PAR

SANDBAGGER

SWING

WEDGE

Continuing Programs

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.

Poetry Table

Wednesdays, June 9 & 23 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 us 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 to. It is an hour of insight and creativity. All are welcome!

Intro to Self-Administered Trading & Investing Mondays, June 7 & June 21 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

Tuesdays at 10:00 am

Wednesdays at 11:30 am & 1:30 pm

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!



Put your brain to work with a monthly book of word searches, Sudoku, cross-words 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!



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

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".

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!



CROSSWORD PUZZLE

ACROSS

- 1 Metrical rhythm
 6 Poetic contraction
 9 Choke
 12 Sp. chaperon
 13 Cheer
 14 First-rate
 15 Excess of solar year
 16 Bureau of Indian Affairs (abbr.)
 17 Container
 18 Fr. historical provinces
 20 Chemist's pot
 22 Caster
 24 Romanian money
 27 Equal opportunity employer (abbr.)
 28 Toothed formation
 32 Arabian Sea gulf

- 34 One who is (suf.)
 36 Acquired immune deficiency syndrome (abbr.)
 37 Mount Sinai
 39 Heir
 41 Grab
 42 Mex. president
 44 Sleep
 47 Kettledrum
 52 Hardwood
 53 Alabama (abbr.)
 55 Ancient tribe of Britons
 56 Monk
 57 Abet
 58 Extract of cork
 59 Noun-forming (suf.)
 60 Energy unit
 61 Golf score

DOWN

- 1 Project

I	C	T	U	S		O	F	T		G	A	G		
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- 2 Copper (pref.)
 3 Nipple
 4 Uncanny (Scot.)
 5 Irony
 6 Sphere
 7 Azores island
 8 Gr. author
 9 Worthless trifle
 10 Field
 11 General (abbr.)
 19 Shortly
 21 Fertilizer ingredient
 23 Soft (Ger.)
 24 Exclamation
 25 Stir
 26 Grandfather of Saul
 29 Tenth of a sen
 30 Recommended daily allowance (abbr.)
 31 Asbestos (abbr.)
 33 Verne's captain
 35 Watercock
 38 Fair
 40 Heed
 43 Gr. quadrennial festival
 44 Couch
 45 Sleep (pref.)
 46 Affirmative
 48 Scientific name (suf.)
 49 Ice mass
 50 Indigo plant
 51 Queue
 54 Append

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59					60				61			

From the Director's Desk
Susan DiMasi

"It is the month of June, The month of leaves and roses, when pleasant sights salute the eyes and pleasant scents the noses." Nathaniel Parker Willis

The month of June seems to signify the beginning of summer for many of us. With it comes the warmer weather, beach outings and outdoor fun. Hoping you are all healthy and looking forward to a wonderful summer season. Come to The Center and enjoy our patio, a walk around the grounds or connecting with friends in a class. We have missed you and are looking forward to welcoming you all back.

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 Jill at 789-0268 ext 3 to set up an appointment today.



Natural You

They say that existence of soul,
our wisdom, insight and humor
survive...
 when our outward appearance,
 beautiful or otherwise...fades.
Why do so many people
 "not get" this?
We age and feel young.
Many want only to feel and look younger.
The smart ones
 cultivate the best of their looks...
 naturally...
 and feel the spark inside instead...
The Spark of knowing more,
loving more,
caring more,
laughing more,
just plain feeling more -
 the confidence of finally
 being old enough
 to know what's best about themselves
 and reveling...

 in all the contentment.

by Cheryl Resmini

(Cheryl 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

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



The Center Staff

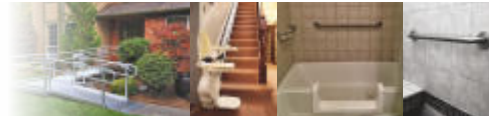
Susan DiMasi, Senior Services Director
Chasity Cheng, Program Coordinator
Jill Creamer, Information Specialist
Aiden Hockhousen, Kitchen Aide
Ashley Howarth, Front Desk Aide
Chris Mathewson, Senior Transportation Driver
David Sampson, Facilities Manager

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



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