

# JAMESTOWN SENIOR PROGRAMS AND SERVICES — FALL SCHEDULE

## HEALTH CLINICS, WORKSHOPS AND S.H.I.P

### “AROMATHERAPY” presentation with Blue Cross Blue Shield RI

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, September 5, 2019 at 1:00PM

Cost: FREE Presentation

Healing with Essential Oils extracted from plants have been used therapeutically for thousands of years to improve physical, emotional, and spiritual well-being. During this workshop, some staple oils will be used as scents strongly influencing emotional and memory-affecting physical, emotional, and mental health. We will explore the oils that help with many conditions, including pain, anxiety, depression and more. \*Register by calling Betsey Anderson at 423-9804.



### BREATH TECHNIQUES with Linda Morse

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Mondays, September 9, 16, 30 & October 7, 2019 \*NO CLASS September 23rd

Time: 1:00PM – 3:00PM

Cost: \$15.00 for 4 weeks

At one time or another, we may have found ourselves dealing with anxiety, fears, panic attacks, sadness, stress, sleep issues, or physical pain. We may have tried a variety of paths to alleviate the condition, but when all else fails...BREATHE!!! The breath is the guide in the journey to balance. This interactive, relaxed and enjoyable program can help you increase lung capacity, build stamina and energy, exercise your lungs and heart, and come to the fullest essence of your being. Please wear comfortable clothing and bring a yoga mat if you have one. This workshop may be fully experienced from the chair. Linda Morse is a 500 hr. professional level yoga teacher certified through the Kripalu Center in MA, and teaching for twenty years. She is also certified Chakra Yoga, and Meditation teacher. \*Register by calling Betsey Anderson at 423-9804.

### “CHRONIC PAIN SELF-MANAGEMENT”

Where: Senior Center, upstairs

When: Wednesdays for 6 weeks 1:00PM – 3:30PM

Dates: September 11, 18, 25 & October 2, 9, 16.

\*Brief informational regarding the program on Thursday, September 5th at 11:40 before lunch. If you would like to attend lunch, please call 423-2658 by August 29th.

Chronic Pain Self-Management is an evidence-based education program offering a unique combination of elements which will empower you to take charge of your health. Topics such as managing pain, improving your sleep, managing medications, eating healthier and improving communications with family and doctors. You will meet new people and find ways to be more active. Pre-registration is required. Please call Betsey at 423-9804.

### INNER PEACE THROUGH THE HOLIDAYS with Janet Larson, Certified Yoga Therapist C-IAYT

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, November 14, 2019

Time: 1:00PM – 3:00PM

Cost: FREE \*Limit of 15 participants.

Holidays bring a flurry of feelings and emotions. The heightened festivity, increased activity and excitement of the season may sometime make us more vulnerable to feeling overwhelmed, frustrated, disappointed and even “blue” when situations arise that are out of our control. Through movement, breath practice, and meditation we can be present to the full spectrum of our feelings and reside in a place of acceptance, balance and

contentment. Join us for this two hour workshop to practice gentle yoga, qigong and meditation to bring inner peace through the holidays and every day.

### FLU CLINIC

Who: Adults Ages 50+

Where: Senior Center, downstairs

When: Wednesday, October 23, 2019 from 10:00AM – 11:00AM

Cost: No Cost – Be sure to bring your insurance card and an ID or license with you.

\*Please call Betsey at 423-9804 to pre-register to ensure that there are enough vaccinations that day\*.

### “POWERFUL TOOLS FOR CAREGIVERS”

Where: Senior Center, upstairs

When: Mondays for 6 weeks 1:00PM – 2:30PM

Dates: October 21, October 28, November 4, November 18, November 25, & December 2. \*No program November 11.

Powerful Tools for Caregivers is an evidence-based education program offering a unique combination of elements designed to help reduce the burden of stress caregivers experience while providing tools and strategies that can immediately be put to use. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life.

Pre-registration is required. Please call Betsey at 423-9804.

### S.H.I.P. COUNSELING

A counselor will be at the Senior Center on Monday, September 9, October 7, November 4 & December 9, 2019 from 10:00AM – 1:00PM.

\*Open Enrollment begins October 15, 2019 and runs until December 7, 2019. \*Appointments on November 4 are necessary. Call 846-7426 ext. 3. Typically, NO appointment needed except during Open Enrollment. First come, first served. Any questions for the S.H.I.P. counselor?

WELLNESS CLINICS w/ RHONDA BRUNERO, RN

Who: Adults Ages 50+

Where: Senior Center, first floor

When: Tuesday, September 3, October 1, November 5, and December 3, 2019 from 10:00AM – 12:00PM.

Cost: Blood pressure and consults, no charge. Take advantage of these monthly health screenings and one-on-one consultations. It’s a great opportunity to ask a nurse about your health status, medications, etc.

## EDUCATION/LIFELONG LEARNING/ARTS/INTERGENERATIONAL

### AARP SAFE DRIVER COURSE

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, September 12, 2019

Time: 1:00PM – 5:00PM

Cost: \$15.00 for AARP members. \$20.00 for non-AARP members. Checks made payable to “AARP”. This 1-day course is intended to help drivers live more independently as they age and remain safe on today’s roads. The course will cover defensive driving techniques and normal changes in vision, hearing, and reaction time associated with aging. Participants receive a comprehensive workbook which includes a thorough review of “the rules of the road”. Participants may be eligible for discounts on their auto policy upon completion of this course, check with your insurance provider. \*\*Checks made payable to: AARP. Register with Betsey Anderson @ 423-9804.

### AURORA COLLABORATIVE CONCERT

Who: Adults

Ages 50+

Where: Senior Center, upstairs

When: Monday, September 23, 2019

Time: 1:00PM

Cost: FREE



### GARDEN CLUB TEA PARTY EVENT with the

Quononoquott Garden Club

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, October 17, 2019

Time: 1:00PM

Cost: FREE \*Limit of 12 participants.

Since the Quononoquott Garden Club (QGC) is celebrating their 70th Anniversary, we thought we’d invite you to come and make fascinators (small fancy hats) followed by a tea party! Register by calling Betsey at 423-9804. \*Registration deadline September 24th.

### “IDA LEWIS: THE LEGENDARY LADY LIGHT KEEPER OF LIME ROCK” lecture with Brian Wallin

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, October 24, 2019

Time: 1:00PM

Cost: FREE Lecture

Ida Lewis was only 11 years old when her father Hosea was appointed keeper of Newport’s Lime Rock Lighthouse in 1853. Four years later, he suffered a debilitating stroke and his teenaged daughter began assisting her mother in tending the light that marked the often stormy harbor. As a young woman, she gained worldwide fame in the late 19th and early 20th century for saving the lives of numerous individuals from the turbulent waters surrounding the light station. Ida devoted her life to her work, spending some six decades at the light. Following the death of her parents, first her father then her mother, she was appointed keeper in 1879 at the annual salary of \$750 making her the highest paid light tender in the country. Ever modest of her achievements, she remained devoted to her duties until her death in 1911. She is buried in Newport’s Common Ground Cemetery. Lime Rock was later renamed in her honor and a yacht club on the site bears her name. The first of a new class of US Coast Guard buoy tenders, now stationed in Newport, also bears her name. This richly illustrated lecture portrays one of the most famous women of the 19th century and highlights the role other women played in the care of lighthouses across the country. \*Consider making a lunch reservation and then stay for the lecture! Lunch is a suggested \$3.00 donation. Reservations can be made by calling 423-2658.

### “THE HEALING POWER OF DREAMS” with Cathy Pagano

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, October 3, 2019

Time: 1:00PM – 3:00PM

Cost: FREE

Dreams speak to us in images whose meanings are often elusive. But once we understand their symbolic language, we can discover the meaning and purpose of dreaming. Everyone dreams, so dreams must be important to our well-being. I believe their purpose is to help us lead a healthier and more conscious life. In this talk, we’ll discuss how other cultures have viewed dreams as well as different types of dreams. And then, we’ll interpret some of your dreams. So bring a dream to share. Cathy Pagano is a Jungian-trained psychotherapist who has been working with dreams for over 30 years, either with individual clients or in Dream Groups. She lives in Wickford and has clients from all over the world.

### “Financial Crimes and Abuse” Presentation by Tara Moniz, Victim Assistance Specialist United States Attorney’s Office

Who: Adults Ages 50+

Where: Senior Center Upstairs Hall

When: Thursday, October 10, 2019 at 1:00PM

Cost: FREE Presentation

Please join representatives from The U.S. Attorney’s Office for the District of Rhode Island and The Rhode Island Department of Attorney General, Elder Abuse Unit for a presentation focusing on Elder Justice. Topics include Consumer Protection Issues, tools to protect yourself from Scams & Identity Theft, red flags of Elder Abuse (physical & emotional), Elder Financial Exploitation, and Medication Safety/Education. Resource materials will be made available along with ample time for a question and answer session.