



WELCOME TO OUR Newsletter

we're so glad you're here!



Looking Back at 2024

We invite you to join us in reflecting on the many accomplishments and milestones of 2024. Last Year was a time of growth, connection, and community, and we're excited to share some of the highlights with you:

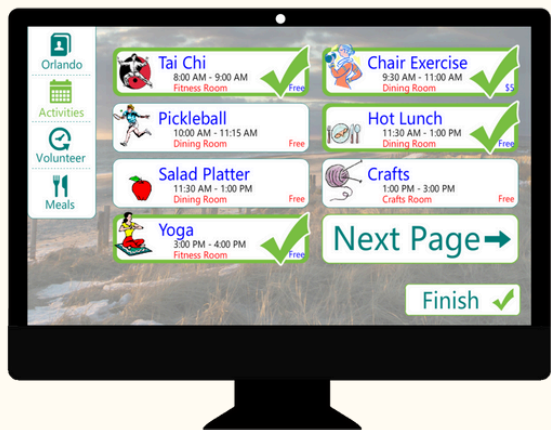
A Heartfelt Thank You

We are deeply grateful for the generous support from the following organizations, whose contributions have made our programs and events possible:

- Friends of Jamestown Seniors
- The Jamestown Rotary
- Blue Cross Blue Shield of Rhode Island
- United Healthcare

Technology Advancements

In 2024, JSC proudly launched My Senior Center, our online platform, which allows you to easily access and register for programs at your convenience. Additionally, we introduced "James," our check-in kiosk, designed to streamline data collection and enhance the registration experience.



Exciting Events

- The first-ever Halloween Stroll down Narragansett Avenue.
- Jamestown's inaugural Senior Prom in April, which hosted 100 seniors who danced to music underneath the light of the disco ball, enjoyed the photobooth and food, and shared wonderful memories.
- The Second Annual Aging Resource Fair in June, held at the Fort Getty Pavilion.
- Our Annual Summer Picnic, along with four special holiday lunches, all accompanied by live music.

A New Year, New Team Member & a New Transition

Eileen Donnelly transitioned from Dining Manager to Program Assistant, bringing her expertise to a new role.



Joanne Walsh-Arouth joined us as Dining Manager, and we are thrilled to have her as part of our team.



- **FITNESS AND WELLNESS:**
 - OUR MOBILITY CLASSES, INCLUDING EXERCISE, DANCE, TAI JI QUAN, AQUATICS, YOGA, AND HEART-HEALTHY WALKING, CONTINUE TO PROVIDE PHYSICAL WELL-BEING OPPORTUNITIES FOR OUR SENIORS.
 - WELLNESS SERVICES SUCH AS HEARING SCREENINGS, THE MONTHLY SOUTH COUNTY HEALTH NURSE CLINIC, "A MATTER OF BALANCE," FALL PREVENTION PROGRAMS, AND ACCESS TO AGING AND DISABILITY RESOURCES TO ENHANCE HEALTH AND SAFETY.
- **ENGAGING ACTIVITIES:**
 - REGULAR PROGRAMMING SUCH AS BRIDGE, MAH JONGG, AND RUSTY PENS WRITING GROUP KEEP OUR SENIORS MENTALLY STIMULATED AND SOCIALLY ENGAGED.
 - SELF-CARE OFFERINGS LIKE HAND MASSAGE, REIKI, REFLEXOLOGY, CHAIR MASSAGES, AND HAIRCUTS PROVIDE OPPORTUNITIES FOR RELAXATION AND REJUVENATION.
 - ARTS AND CRAFTS CLASSES, INCLUDING FLUID ART, FLOWER ARRANGING, AND SEWING, CONTINUE TO INSPIRE CREATIVITY AMONG OUR COMMUNITY MEMBERS.
- **EXCURSIONS AND EDUCATION:**
 - WE'VE TAKEN OUR MEMBERS ON EXCITING TRIPS TO THE TROLLS, ROUGH POINT, TWIN OAKS, THE SUPREME COURT OF RHODE ISLAND, THE CANDLELIGHT ROCK ORCHESTRA, AND CELTIC PERFORMANCES.
 - EDUCATIONAL LECTURES INCLUDED TOPICS SUCH AS BRIAN WALLIN'S THE LIGHTHOUSE KEEPER AND BOB CURLEY'S INSIGHTFUL DISCUSSION ON RI CLIMATE CHANGE.
- **TRANSPORTATION:**
 - MONTHLY TRIPS TO WALMART SUPERCENTER WERE A POPULAR SERVICE FOR THOSE IN NEED OF TRANSPORTATION.
- **COMMUNITY SUPPORT:**
 - JSC PROUDLY SUPPORTS TWO LOCAL VOLUNTEER ORGANIZATIONS—THE JAMESTOWN FIRE DEPARTMENT COMMUNITY OUTREACH AND SUPPORT TEAM (COAST) AND THE JAMESTOWN VILLAGE OF THE VILLAGE COMMON RI.



2025 HIGHLIGHT
THE POINT AT JSC



3RD WEDNESDAY OF THE MONTH

AS WE WELCOME 2025, WE WANT TO GIVE A SPECIAL SHOUT-OUT TO CARLA SABATINO! CARLA IS AN INFORM USA CERTIFIED COMMUNITY RESOURCE SPECIALIST AT THE POINT, RHODE ISLAND'S AGING AND DISABILITY RESOURCE CENTER.

CARLA IS AVAILABLE FOR ONE-ON-ONE APPOINTMENTS WITH RESIDENTS ON THE THIRD WEDNESDAY OF EACH MONTH. SHE OFFERS ASSISTANCE WITH ACCESSING RESOURCES, DETERMINING ELIGIBILITY, AND GUIDING INDIVIDUALS THROUGH APPLICATIONS FOR VARIOUS STATE PROGRAMS. CARLA'S EXPERTISE IS ESPECIALLY VALUABLE FOR THOSE AGED 55 AND OLDER, ADULTS LIVING WITH DISABILITIES, AND CAREGIVERS. BEST OF ALL, THIS IS A FREE SERVICE!

GET VALUABLE INFORMATION AND ASSISTANCE ON:



HOME AND COMMUNITY-BASED CARE

RESOURCES FOR CAREGIVERS AND THEIR FAMILIES

ASSISTANCE WITH PLANNING FOR MEMORY AND COGNITIVE CARE

ACCESS TO PUBLIC ASSISTANCE PROGRAMS SUCH AS MEDICARE AND MEDICAID, SNAP, HEATING AND UTILITY ASSISTANCE

INFORMATION AND ANSWERS TO YOUR COVID-19 QUESTIONS

INFORMATION REGARDING OTHER VALUABLE RESOURCES IN THE COMMUNITY

LONG TERM SERVICES AND SUPPORTS (LTSS)

HOME CARE

MEDICARE PROGRAMS

HEALTHSOURCE PLANS

ADULTS WITH SPECIAL NEEDS BEHAVIORAL HEALTHCARE, DEVELOPMENTAL DISABILITIES SERVICES (BHDDS) APPLICATIONS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

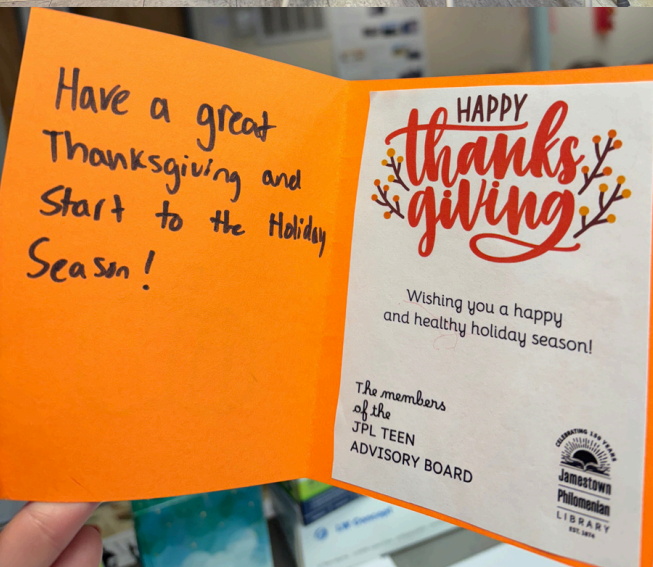
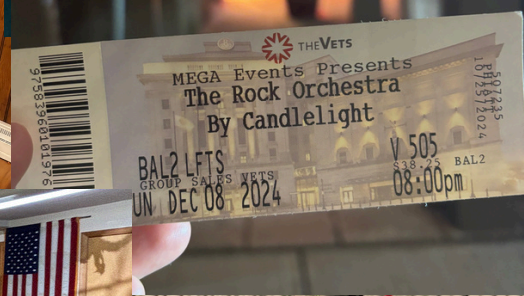
LOW-INCOME SUBSIDY

MEDICARE SAVINGS PROGRAMS

PRESCRIPTION MEDICATIONS (LINET)

HOUSING

TO SCHEDULE AN APPOINTMENT, PLEASE CONTACT EILLEN DONNELLY AT 401-423-9806 OR VIA EMAIL AT EDONNELLY@JAMESTOWNRI.NET.



THE POINT, ON-SITE ASSISTANCE

CARLA SABATINO FROM THE POINT, WILL ASSIST WITH ELIGIBILITY, APPLICATION, REFERRALS AND RESOURCES FOR SENIORS AND DISABLED. THIS INCLUDES ASSISTANCE FOR THINGS SUCH AS; SNAP BENEFITS, HEALTH INSURANCE, MEDICARE COUNSELING, PHARMACEUTICAL & HEATING ASSISTANCE, CARE AT HOME, HOUSING AND MORE.

TO MAKE AN APPOINTMENT, CALL EILEEN AT 401-423-9806

WHO: ADULTS 55+

WHERE: DOWNSTAIRS, JAMESTOWN SENIOR CENTER

WITH: CARLA SABATINO, INFORM USA CERTIFIED, COMMUNITY RESOURCE SPECIALIST AGING & DISABILITIES

WHEN: MARCH 19TH 2025, APRIL 16TH 2025, MAY 21ST 2025, JUNE 18TH 2025

TIME: 1:30-3:00PM (APPOINTMENT REQUIRED)

COST: FREE

HEALTH & WELLNESS CHECKS W/ RN LISA STEDMAN FROM SOUTH COUNTY HEALTH

BLOOD PRESSURE AND CONSULTS, NO CHARGE.

A

GREAT OPPORTUNITY TO ASK A NURSE ABOUT YOUR

HEALTH STATUS, MEDICATIONS, ETC.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: FIRST TUESDAY OF EACH MONTH

TIMES: APPOINTMENTS ARE SCHEDULED BETWEEN 10:00 AM AND NOON.

UPCOMING DATES: APRIL 1ST 2025, MAY 6TH 2025 & JUNE 3RD 2025

*CALL EILEEN AT 423-9806 TO MAKE AN APPOINTMENT.

SOUND BATH WITH SHRI YOGA

IN THIS SOUND EXPERIENCES, YOU'LL LIE BACK, GET COMFORTABLE, AND DO ABSOLUTELY NOTHING EXCEPT SOAK IT IN AND RECEIVE THE VIBRA-ACOUSTIC ORCHESTRATION OF SOUND. BRING YOUR BLANKETS / YOGA MATS IF WANTED, CHAIRS WILL BE PROVIDED FOR THE 60 MINUTES.

LET THERE BE NOTHING ELSE FOR YOU TO DO AND NOWHERE ELSE FOR YOU TO BE. DRESS COMFORTABLY AND PREPARE TO RELAX DEEPLY.

WHO: AGES 55 PLUS

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: MARCH 12H

TIME: 5:30 PM-6:30 PM

COST: \$8.00

HAND OR FOOT REFLEXOLOGY

REFLEXOLOGY, IS AN INTEGRATIVE HEALTH PRACTICE. IT USES

UNIQUE MANUAL TECHNIQUES TO DELIVER PRESSURE TO NEURAL

PATHWAYS, ASSISTING THE BODY TO FUNCTION OPTIMALLY. APPOINTMENTS ARE SCHEDULED WITH MARY CHAPMAN, CERTIFIED REFLEXOLOGIST.

WHO: ADULTS 55+

WHERE: JAMESTOWN TOWN HALL, CONFERENCE ROOM

TIME: APPOINTMENTS WILL BE SCHEDULED BETWEEN 12:30 PM-3:30 PM

DATES: MARCH 24TH 2025, APRIL 21ST 2025, MAY 19TH 2025 & JUNE 16TH 2025

COST: 30-MINUTE SESSION/\$30 CASH OR CHECK MADE OUT TO MARY CHAPMAN

*CALL EILEEN AT 423-9804 TO MAKE AN APPOINTMENT.

HAND MASSAGE WITH EDWINA CLOHERTY

HAVING YOUR HANDS MASSAGED NOT ONLY FEELS GOOD, BUT CAN HELP EASE MUSCLE TENSION AND MAY EVEN

REDUCE PAIN. JOIN EDWINA FOR AN INCREDIBLE MASSAGE! YOU WON'T BE DISAPPOINTED!

WHO: ADULTS 55+

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: FRIDAYS

TIME: APPOINTMENTS ARE SCHEDULED BETWEEN 9:30 AM-11:30 AM

COST: \$20.00

*CALL EILEEN AT 423-9804 TO MAKE AN APPOINTMENT.

MEN AND WOMEN'S HAIRCUTS

STOP BY FOR A HAIRCUT WITH ANITA DALTON, A LICENSED HAIR STYLIST AND BARBER FOR OVER 35 YEARS!

WHO: ADULTS 55+

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN:

MONDAY, APRIL 14TH FROM 10:30 AM-NOON

THURSDAY, MAY 22ND FROM 10:30 AM-NOON

MONDAY, JUNE 23RD FROM 10:30 AM-NOON

COST: \$20.00

PLEASE CALL ANITA DALTON, OWNER OF ANITA HAIRCUT, AT 401-363-1194 TO SCHEDULE AN APPOINTMENT. WALK-INS ARE WELCOME!

A MATTER OF BALANCE: FREE WORKSHOP!

IN THIS EVIDENCE-BASED 8-WEEK WORKSHOP YOU WILL LEARN PRACTICAL STRATEGIES TO MANAGE FALLS, IMPROVE BALANCE, FLEXIBILITY AND STRENGTH, SET GOALS FOR INCREASING ACTIVITY AND MAKE CHANGES TO REDUCE FALL RISK AT HOME. CALL EILEEN AT 401-423-9806 TO REGISTER

WHO: SENIORS 55+'

FACILITATOR: COMMUNITY HEALTH NETWORK

WHERE: THE JAMESTOWN SENIOR CENTER, UPSTAIRS

WHEN: THURSDAYS FOR 8 WEEKS STARTING APRIL 17TH*

NO WORKSHOP ON MAY 8TH

TIME: 1 PM-3 PM

COST: FREE

BONE STRENGTH & BALANCE FITNESS PROGRAM

FACILITATED BY JAMESTOWN RESIDENT, PATTY WOODWARD THIS CLASS OFFERS SLOW PACED MUSCLE CONDITIONING FOR

IMPROVED BALANCE AND COORDINATION.

BONE STRENGTH & BALANCE MARCH: WEDNESDAY CLASS

WHERE: JAMESTOWN RECREATION CENTER

DATES: 3/5, 3/12, 3/26

TIME: 10:15 AM- 11:15 AM

COST: \$15

BONE STRENGTH & BALANCE MARCH: FRIDAY CLASS

WHERE: JAMESTOWN RECREATION CENTER

DATES: 3/7, 3/14, 3/28

TIME: 10:30 AM- 11:30 AM

COST: \$15

BONE STRENGTH & BALANCE APRIL: WEDNESDAY CLASS

WHERE: JAMESTOWN RECREATION CENTER

DATES: 4/2, 4/9, 4/16, 4/23, 4/30/2025

TIME: 10:15 AM- 11:15 AM

COST: \$25

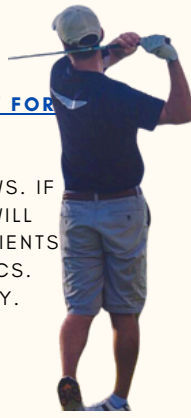
BONE STRENGTH & BALANCE APRIL: FRIDAY CLASS

WHERE: JAMESTOWN RECREATION CENTER

DATES: 4/4, 4/11, 4/25/2025 *NO CLASS ON 4/18 (CLOSED IN OBSERVANCE OF GOOD FRIDAY) *

TIME: 10:30 AM- 11:30 AM

COST: \$15.00



GOLF POWER AND GOLF FITNESS: PHYSICAL THERAPY FOR GOLF, PRESENTED BY BERT REID, DPT

30-MINUTE WORKSHOP. BODY FLAWS CAUSE SING FLAWS. IF WE MOVE BETTER, WE PLAY BETTER. BERT REID, DPT WILL PRESENT PHYSICAL THERAPY FOR GOLF. BERT SEES PATIENTS IN PAPPAS OPT'S MIDDLETOWN AND WAKEFIELD CLINICS.

PAPPAS OPT IS PHYSICAL, SPORT AND HAND THERAPY.

WHEN: WEDNESDAY, APRIL 9TH

TIME: 5:00 PM

WHERE: JAMESTOWN CLUB HOUSE, 2ND FLOOR
(245 CONANICUS AVE, JAMESTOWN RI 02835)

FREE

BERT REID DPT (PHYSICAL THERAPY FOR GOLF)

- DOCTOR OF PHYSICAL THERAPY
- GIFT FELLOWSHIP SPORTS BIOMECHANICS
- TITELIST PERFORMANCE INSTITUTE CERTIFIED
- NIKE GOLF NG260 CERTIFIED
- GRAY INSTITUTE GOLF SPEC. CERTIFIED
- CAPTAIN, TULANE GOLF TEAM, DIV. 1
- ACADEMIC ALL AMERICAN

"I HAVE ALWAYS SENT MY GOLFERS TO BERT. IN FACT, HE HAS PATCHED ME UP MULTIPLE TIMES, ALLOWING ME TO RETURN TO SURFING AND ROCK CLIMBING"

-DR. ROBERT CARRELLAS MD

"AS A PGA PROFESSIONAL FOR OVER 30 YEARS I HAVE HAD MY SHARE OF INJURIES. BERT HAS HELPED ME THROUGH HIS KNOWLEDGE OF INJURY CARE, AND THAT ALONG WITH HIS GOLF EXPERIENCE MAKE HIM MY CHOICE FOR THE FOREMOST GOLF STRENGTH AND CONDITIONING COACH ANYWHERE"

-EDDIE KIRBY, PGA GOLF PROFESSIONAL

TAKING THE INWARD JOURNEY WITH LINDA MORSE

EXPERIENCE THE BENEFITS OF RELAXATION, MOVEMENT, AND STRETCHING. SESSIONS WILL BE INTERACTIVE, EACH WEEK FOCUSING ON A DIFFERENT TECHNIQUE DESIGNED TO ENHANCE WELLNESS THROUGH A GENTLE MIND-BODY APPROACH: SIX MOVEMENTS FOR A HAPPY SPINE, BREATH TECHNIQUES, YOGA, AYURVEDA, THE CHAKRA ENERGY SYSTEM, AND MEDITATION.

THESE SESSIONS WILL PROVIDE AN OPPORTUNITY FOR DEEP PERSONAL GROWTH. NO PRIOR EXPERIENCE IS NEEDED, AND ALL LEVELS OF ABILITY ARE WELCOME. PRACTICE AT YOUR OWN PACE! PLEASE WEAR COMFORTABLE CLOTHING AND BRING A YOGA MAT IF YOU HAVE ONE. THIS PROGRAM MAY BE ENJOYED FROM A CHAIR.

WHO: AGES 55 PLUS

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: 6 SESSIONS; WEDNESDAYS FROM 3-5 PM

DATES: 4/9, 4/16, 4/23, 5/7, 5/21 & 5/28/2025

NOTE: NO CLASSES ON APRIL 30 AND MAY 14TH

CALL EILEEN TO REGISTER AT 401 423 9806

COST: \$5.00 PER CLASS

THE BEATLES WITH BRETT MORSE

IN THE EARLY 1960S THE MUSIC OF THE FAB FOUR EMERGED AS BEATLEMANIA, AND LATER, AS THEIR MUSIC GREW AND CHANGED THROUGH EXPERIMENTATION, IT CAME TO BE PERCEIVED AS AN EMBODIMENT OF THE IDEALS SHARED BY THE COUNTERCULTURE OF THE 1960S. THE BEATLES LED THE MUSIC CHARGE OF THE BRITISH INVASION AND WENT ON TO BECOME THE BEST-SELLING BAND IN THE HISTORY OF MUSIC, WITH ESTIMATED SALES OF OVER 600 MILLION RECORDS WORLDWIDE. THEY BECAME THE MOST INFLUENTIAL MUSIC GROUP IN THE ROCK ERA. EXPLORE THEIR CAREERS FROM THEIR BEGINNINGS AS THE QUARRYMEN IN LIVERPOOL, TO THEIR HISTORIC LANDING ON U.S. SOIL IN 1964, TO THE EVENTS THAT CAUSED THEIR BREAKUP IN 1970, AND THEIR INDIVIDUAL SUCCESSES THEREAFTER.

WHO: AGES 55 PLUS

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: 6 CLASSES; WEDNESDAYS 3-5 PM BEGINS JUNE 4, 2025

DATES: 6/4/, 6/11, 6/18, 6/25, 7/2, AND 7/9

CALL EILEEN TO REGISTER AT 401-423-9806

COST: \$5.00 PER CLASS

LINE DANCING WITH NANCY CARTER

THIS CLASS IS FOR ALL LEVELS. THIS LINE DANCING IS A CONTEMPORARY LINE DANCING CLASS BUT DOES INCLUDE SOME COUNTRY MUSIC. THIS CLASS WILL BE TAUGHT BY DONNA CARTER. DONNA TEACHES LINE DANCING IN NK, PAWTUCKET AND NORTH ATTLEBORO. DONNA HAS BEEN TEACHING DANCE FOR OVER 31 YEARS AND OWN AND OPERATED HER OWN DANCE STUDIO FOR THOSE 31 YEARS. LINE DANCING IS A FUN WAY TO GET YOUR STEPS IN! COME JOIN US!

WHO: ADULTS 55+

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: MONDAYS

DATES: MARCH 10TH, MARCH 17TH, MARCH 24TH, MARCH 31ST, APRIL 7TH AND APRIL 14TH 2025

TIME: 3:30-4:30PM

COST: \$2.50 PER CLASS

MEDICAID PLANNING ASK-A-LAWYER OFFERED VIA RI BAR ASSOCIATION

ATTORNEY DAPHNE HAMILTON WILL EXPLAIN MEDICAID LONG TERM CARE PROGRAMS, INCLUDING WHO QUALIFIES AND HOW TO PROTECT YOUR ASSETS. QUESTIONS AND ANSWER POST PRESENTATIONS.

DAPHNE EARNED HER J.D. FROM ROGER WILLIAMS UNIVERSITY SCHOOL OF LAW. AT THE FIRM, DAPHNE WORKS WITH CLIENTS ON ESTATE PLANNING, ELDER LAW, PROBATE ADMINISTRATION, AND REAL ESTATE TRANSACTION CASES. HER PASSION FOR ESTATE PLANNING AND ELDER LAW SPARKED AFTER EXPERIENCING A SITUATION MANY OF HER CLIENTS DEAL WITH, A DEMENTIA DIAGNOSIS FOR A GRANDPARENT.

DAPHNE IS A MEMBER OF THE NATIONAL ACADEMY OF ELDER LAW ATTORNEYS (NAELA), THE RHODE ISLAND CHAPTER OF NAELA, THE NORTHERN CHAMBER OF RHODE ISLAND'S WOMEN'S BUSINESS COUNSEL, THE RHODE ISLAND BAR ASSOCIATION, THE RHODE ISLAND BAR ASSOCIATION'S PROBATE AND TRUST COMMITTEE, THE RHODE ISLAND BAR ASSOCIATION'S ETHICS AND PROFESSIONALISM COMMITTEE, AND THE CONNECTICUT BAR ASSOCIATION.

WHO: AGE 55 AND OLDER

WHERE: JAMESTOWN SENIOR CENTER, 2ND FLOOR

WHEN: MARCH 27, 2025 4PM

COST: FREE

CALL EILEEN AT 401 423-9806 TO REGISTER

DOWN TO THE SEA BY RAIL PRESENTED BY BRIAN WALLIN

THE QUIRKY LITTLE NARRAGANSETT PIER RAILROAD OPERATED BETWEEN KINGSTON AND NARRAGANSETT PIER STARTING IN 1876. THE EIGHT-AND-A-HALF-MILE SHORT LINE WAS THE BRAINCHILD OF MILLIONAIRE SOUTH COUNTY MILL OWNER ROWLAND GIBSON HAZARD. THE HAZARD FAMILY STARTED THEIR FREIGHT AND PASSENGER LINE TO SERVE THE NEEDS OF THEIR PEACE DALE MILL. IT SOON BECAME POPULAR WITH VACATIONERS WHO HAD DISCOVERED THE JOYS OF SUMMERS ON THE PIER. BUT ALL WASN'T ROSES FOR THE HAZARDS. THEY LEARNED THAT RUNNING A RAILROAD WASN'T AS EASY AS THEY HAD THOUGHT. NUMEROUS PERIOD ILLUSTRATIONS TRACE THE RISE AND FALL OF THE NPRR, WHICH ENDED OPERATIONS IN THE 1980'S. TODAY, THE LINE'S RIGHT OF WAY IS ONE OF THE STATE'S MOST POPULAR BIKE PATHS.

WHO: AGES 55 PLUS

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: MAY 8TH AT 1PM

COST: FREE FOR RESIDENTS (SPONSORED BY THE FRIENDS OF JAMESTOWN SENIORS, 501C-3)

CHAIR YOGA WITH LINDA MORSE

HAVE YOU BEEN INTERESTED IN PARTICIPATING IN YOGA BUT FEEL A BIT UNEASY ABOUT GETTING UP AND DOWN FROM THE FLOOR? HAVE YOU BEEN INTERESTED IN IMPROVING YOUR FLEXIBILITY AND STRENGTHENING? CHAIR YOGA CAN BENEFIT YOU IN SIMILAR WAYS TO FLOOR YOGA. COME JOIN-NO EXPERIENCE REQUIRED

WHO: AGES 55 PLUS

WHEN: MONDAYS (ONGOING- NO CLASSES ON MONDAY HOLIDAYS)

TIME: 1PM-2:15 PM

COST: \$5.00 PER CLASS

CALL EILEEN AT 401-423-9806 TO SIGN UP

HEART-WISE WALKING

THERE'S NOTHING BETTER THAN STARTING THE DAY OFF WITH A BRISK WALK AND CONVERSATION! THE GROUP WALKS FOR APPROXIMATELY 30 MINUTES-45 MINUTES.

WHO: ADULTS AGES 55+

WHERE: MEETS AT SENIOR CENTER, 6 WEST ST.

WHEN: MONDAYS, WEDNESDAYS & FRIDAYS, 9:00AM - 9:30AM (APPROX.)

DATES: ONGOING

COST: FREE

*CALL ELLIE CHASE AT 423-1617 TO CONFIRM LOCATION.

ZUMBA GOLD WITH ELLEN

LOOKING FOR A WAY TO STAY ACTIVE? ZUMBA GOLD IS A LATIN & INTERNATIONAL RHYTHMS-BASED FITNESS PROGRAM THAT IS EASY & FUN! IT IS LOW IMPACT AND SUITABLE FOR A WIDE RANGE OF FITNESS LEVELS. NO PRIOR EXPERIENCE NEEDED.

WHO: ADULTS AGES 55+

WHERE: JAMESTOWN SENIOR CENTER

DATES: MARCH 17, MARCH 24, MARCH 31, APRIL 21, APRIL 28

NO CLASS ON 4/7, 4/14

TIME: 10:30-11:30 AM

COST: \$5 PER CLASS

CALL EILEEN TO REGISTER AT 401-423-9806

EVERYBODY YOGA WITH LAURA CLARKE CERTIFIED YOGA INSTRUCTOR

IF YOU HAVE WANTED TO TRY YOGA BUT FEEL INTIMIDATED OR ARE NERVOUS ABOUT WHAT IS INVOLVED

EVERYBODY YOGA IS FOR YOU! YOGA IS AN INSIDE JOB, SO MODIFICATIONS AND PROPS WILL BE ON HAND TO ASSIST WITH ANY LIMITATIONS THAT YOU MAY HAVE IN SPINE, SHOULDERS AND HIP AND WRISTS. WEAR COMFORTABLE CLOTHING! PLEASE BRING A YOGA MAT.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: THURSDAYS 9:00-10:00 AM

DATES: APRIL 17TH THRU JUNE 5, 2025

COST: \$10 PER CLASS

CALL EILEEN AT 401-423-9806 TO REGISTER

HAND HEALTH FOR GARDENING AND BEYOND PRESENTED BY KRISTEN BAXTER, PT, CERTIFIED HAND THERAPIST

OUR HANDS TAKE A BEATING DOING ALL THAT THEY DO! LEARN WAYS TO PROTECT YOUR HANDS AND LESSEN INJURIES AND/OR PAIN PARTICULARLY DURING THE UPCOMING GARDENING SEASON! HAND SCREENINGS WILL BE AVAILABLE AFTER THE PRESENTATION.

WHO: ADULTS 55 +

WHERE: THE JAMESTOWN CLUBHOUSE, 2ND FLOOR GREAT ROOM (245 CONANICUS AVE, JAMESTOWN RI 02835)

WHEN: MAY 15TH

TIME: 1:00 PM

COST: FREE

A GILDED AGE TALE OF MURDER, MONEY AND MADNESS PRESENTED BY KAY ADAMS AND NANCY MARKEY

IN 1885, THE UNEXPECTED DEATH OF THE BELOVED BENJAMIN J. BURTON POLARIZED THE CLOSE-KNIT COMMUNITY OF NEWPORT AND MADE HEADLINES ACROSS THE COUNTRY. BURTON WAS A TRAILBLAZING ENTREPRENEUR ONCE THOUGHT TO BE THE WEALTHIEST BLACK BUSINESSMAN IN RHODE ISLAND. THE PRIME SUSPECT IS HIS SON-IN-LAW, A DASHING MEDICAL STUDENT SET TO BECOME ONE OF THE COUNTRY'S FIRST BLACK SURGEONS. THE RESULTING TRIAL TEARS THE TOWN IN TWO. THE AUTHORS PRESENT TO YOU THIS TRUE STORY OF MONEY, MURDER AND MADNESS.

WHO: ADULTS 55+

WHERE: THE JAMESTOWN CENTER (UPSTAIRS)

WHEN: APR 23, 2025

TIME: 10-11:30 AM

COST: FREE

WRITE YOUR LEGACY LETTER WORKSHOP PRESENTED BY JAY SHERWIN

A LEGACY LETTER (ALSO CALLED AN ETHICAL WILL) IS A WRITTEN DOCUMENT THAT ALLOWS PEOPLE TO SHARE THEIR LIFE LESSONS, EXPRESS THEIR VALUES, AND TRANSMIT THEIR BLESSINGS TO FUTURE GENERATIONS. A LEGACY LETTER IS SHORTER THAN A MEMOIR, TYPICALLY ONLY A FEW PAGES. WRITING ONE IS A REWARDING EXPERIENCE THAT CREATES AN ENDURING GIFT FOR FAMILY, FRIENDS, AND LOVED ONES. THIS WORKSHOP INCLUDES DISCUSSION AND BRIEF WRITING EXERCISES TO HELP YOU EXAMINE YOUR LIFE HISTORY, EXPLORE YOUR VALUES, AND CAPTURE IMPORTANT INSIGHTS. IT OFFERS ADVICE, ENCOURAGEMENT, AND A MODEL STRUCTURE TO HELP YOU DRAFT AND COMPLETE YOUR OWN LEGACY LETTER.

IN THIS ENGAGING ZOOM WORKSHOP, JAY SHERWIN WILL INTRODUCE THE CONCEPT OF LEGACY LETTERS AND HELP YOU CRAFT YOUR OWN LEGACY LETTER. IT INCLUDES DISCUSSION AND A FEW BRIEF WRITING EXERCISES. SHERWIN WILL OFFER ADVICE TO HELP YOU COMPLETE YOUR LEGACY LETTER, SHARE IT WITH LOVED ONES AND PRESERVE IT FOR FUTURE GENERATIONS. THE CLASS WILL INCLUDE THE OPPORTUNITY TO SHARE YOUR WORK, ASK QUESTIONS, AND GET FEEDBACK. SHERWIN'S PROGRAM SEEKS TO MAKE THIS DAUNTING TASK MORE ACCESSIBLE.

WHO: AGES 55 PLUS

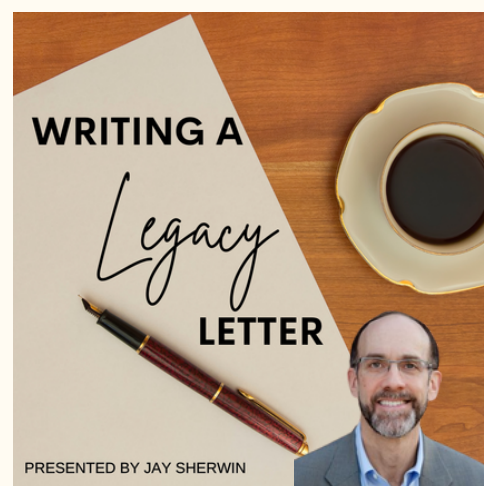
WHERE: *VIRTUAL PRESENTATION: WE WILL BE STREAMING THIS PRESENTATION AT THE JAMESTOWN SENIOR CENTER VIA ZOOM.

WHEN: MAY 14, 2025

TIME: 4:00PM -5:30 PM

CALL EILEEN TO REGISTER AT 401-423-9806

COST: \$5.00 PER PERSON



JAY SHERWIN HAS PRACTICED LAW AND SERVED AS A HOSPITAL CHAPLAIN. DRAWING ON THOSE EXPERIENCES, JAY CREATED THE LIFE REFLECTIONS PROJECT TO EDUCATE PEOPLE ABOUT LEGACY LETTERS AND ETHICAL WILLS; HE NOW TEACHES CLASSES AND WORKSHOPS ON LEGACY WRITING AND HELPS PEOPLE CREATE THEIR OWN LEGACY DOCUMENTS. YOU CAN READ MORE ON JAY'S WEBSITE AT WWW.JAYSHERWIN.COM.

RUSTY PENS WRITING AND STORYTELLING WORKSHOP

ACTIVATE THE WRITER AND YOUR MEMORIES OF LIFE'S EXPERIENCE. THIS CREATIVE WRITING WORKSHOP IS DESIGNED TO ELICIT REFLECTIONS ON YOUR OWN STORIES, MEMORIES OR NEW IDEAS. BEGINNERS ARE WELCOME AS WELL AS THOSE WHO SIMPLY WISH TO WRITE FOR FUN.

WHO: AGE 55 PLUS

WHERE: THE JAMESTOWN LIBRARY

WHEN: MONDAYS

TIME: 10:30 AM-11:30 AM

COST: FREE

TAI CHI FOR ARTHRITIS

START THE WEEK OFF RIGHT AND TREAT YOUR BODY WITH THE GIFT OF TAI CHI. THIS PROGRAM IS BASED ON A MEDICALLY PROVEN FORM OF GENTLE MOVEMENT DESIGNED BY SPECIALISTS TO RELIEVE PAIN, HELP PREVENT FALLS AND IMPROVE OVERALL HEALTH AND WELLNESS.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER UPSTAIRS CLASS WILL MOVE TO THE FORT GETTY PAVILION FROM LATE JUNE-SEPTEMBER.

WHEN: MONDAYS

TIME: 9:00 AM

DATES: ONGOING (NO CLASSES ON MONDAY HOLIDAYS. NO CLASS ON 5/26/25, 9/1/25, 10/13/25)

COST: FREE

CYBER SENIORS TECHNOLOGY ASSISTANCE

PARTICIPANTS WILL RECEIVE 1-ON-1 TECH MENTORING FROM UNIVERSITY OF RHODE ISLAND STUDENTS. CYBER SENIORS CAN ASSIST WITH IPHONES, IPAD AND OTHER DEVICES. CYBER SENIORS IS PART OF A RESEARCH PROJECT LED BY SKYE LEEDAHL, PHD.

WHO: ADULTS 55+

WHERE: THE JAMESTOWN CENTER (DOWNSTAIRS)

WHEN: FRIDAYS; NOW THROUGH MAY 2ND 2025

NOTE: NO CYBER SENIORS ON 3/14, 3/28 & 4/18

TIME: 30 MINUTE OR 1-HOUR APPOINTMENTS ARE SCHEDULED BETWEEN 9 AM-11 AM

COST: FREE

APPOINTMENTS: CALL EILEEN AT 401-423-9806

BINGO: HOSTED BY THE FRIENDS OF THE JAMESTOWN SENIORS

WHO: ADULTS 55+

WHERE: JAMESTOWN SENIOR CENTER, UPSTAIRS

WHEN: EVERY FRIDAY

TIME: 1 PM- 3 PM

FLUID ART WITH COFFEE BELL

FLUID ART USES ACRYLICS WITH A RUNNY CONSISTENCY TO CREATE PSYCHEDELIC PAINTINGS.

THERE ARE ENDLESS CREATIVE POSSIBILITIES THANKS TO DIFFERENT WAYS TO COMBINE ACRYLIC PAINTS AND THERE'S SOMETHING SO SATISFYING ABOUT WATCHING IT SPILL ACROSS A SURFACE.

WHO: ADULTS 55 +

WHERE: THE JAMESTOWN SENIOR CENTER DOWNSTAIRS

WHEN: THIRD TUESDAY OF THE MONTH

DATES: 3/18/25, 4/15/25

TIME: 1:30 PM-2:30/3 PM

COST: \$5 PER CLASS

BRIDGE (FOR EXPERIENCED PLAYERS)

CALL EILEEN AT 423 9806 TO REGISTER. VOLUNTEER FACILITATOR CONNECTS WITH PLAYERS WEEKLY TO ENSURE FULL TABLES OF PLAY.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: TUESDAYS FROM 1:00 PM - 3:30 PM

DATES: ONGOING

COST: NO COST

MAH JONGG (FOR EXPERIENCED PLAYERS)

NEW GAME SETS, CARDS AND PUSHERS ARE AVAILABLE FOR PLAYERS. MEETS WEEKLY.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: TUESDAY EVENINGS

FROM 4:00-6 PM

DATES: ONGOING

COST: NO COST

MAH JONGG (FOR EXPERIENCED PLAYERS)

NEW GAME SETS, CARDS AND PUSHERS ARE AVAILABLE FOR PLAYERS. MEETS WEEKLY.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: FRIDAY MORNINGS

TIME: 9:30 AM-11:30 AM

DATES: ONGOING

COST: NO COST



BEGINNER MAH JONGG -LESSON ON APRIL 2ND

DO YOU ENJOY STRATEGIC GAMES TO KEEP THE BRAIN BUZZING? THIS GAME ORIGINATED IN CHINA AND IS PLAYED WITH DOMINO-LIKE TILES. TAKE ADVANTAGE OF THIS OPPORTUNITY TO LEARN THIS FASCINATING GAME.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: WEDNESDAY 10:00 -12:00 PM

DATE: APRIL 2ND 2025

COST: \$65



BEGINNER MAH JONGG -LESSON ON APRIL 9TH

DO YOU ENJOY STRATEGIC GAMES TO KEEP THE BRAIN BUZZING? THIS GAME ORIGINATED IN CHINA AND IS PLAYED WITH DOMINO-LIKE TILES. TAKE ADVANTAGE OF THIS OPPORTUNITY TO LEARN THIS FASCINATING GAME.

WHO: ADULTS AGES 55+

WHERE: SENIOR CENTER

WHEN: WEDNESDAY 10:00 -12:00 PM

DATE: APRIL 9TH 2025

COST: \$65

IMPAIRMENT & THE OLDER DRIVER; RECOGNIZING THAT SAFETY COMES FIRST

FOR THOSE 60 + TO PROMOTE EDUCATION AND AWARENESS. THIS INCLUDES PRESENTATION, DEMONSTRATIONS, ACTIVITIES, PRIZES, BINGO. SPINNING WHEEL GAME AND MUSIC! PRESENTED BY THE TORI LYNN ANDREOZZI FOUNDATION

WHO: ADULTS 55+

WHERE: THE JAMESTOWN SENIOR CENTER, 2ND FLOOR

WHEN: WEDNESDAY MAY 21, 2025

TIME: 10:30 AM

COST: FREE

CALL EILEEN AT 401 423 9806 TO REGISTER

GAMES WITH MATTHEW TOTTEN

WHO: ADULTS 55+

WHERE: JAMESTOWN SENIOR CENTER,
DOWNSTAIRS

WHEN: THURSDAYS BEGINNING THURSDAY,



MARCH 20TH

TIME: 1 PM



**JOIN MATT ON THURSDAY'S DOWNSTAIRS AT
THE JAMESTOWN SENIOR CENTER EACH WEEK
FOR CONVERSATION AND GAME PLAY!**

**EXAMPLES OF GAMES/ACTIVITIES INCLUDE,
BUT NOT LIMITED TO; UNO, PUZZLES, BOARD
GAMES**



MEET OUR NEW VOLUNTEER: JAMESTOWN'S MATT TOTTEN! MATTHEW LOVES JAMESTOWN - HE WAS BORN AND RAISED ON THE ISLAND WITH HIS TWIN SISTER JULIA AND PARENTS BART TOTTEN AND LAURA ROSSI TOTTEN. HE GRADUATED FROM MELROSE, LAWN, AND NARRAGANSETT HIGH SCHOOL WHERE MATT WAS A MEMBER OF THE NATIONAL HONOR SOCIETY. MATT PLAYED ON JAMESTOWN SOCCER TEAMS AND WAS THE MANAGER OF NARRAGANSETT'S BOYS SOCCER TEAM WHEN THEY WON THE RI STATE SOCCER CHAMPIONSHIP IN 2020. IN JANUARY 2025, MATT GRADUATED FROM THE SARGENT CENTER EXPANDED ENGAGEMENT POST-SECONDARY PREPARATION/VOCATIONAL PROGRAM. CURRENTLY, MATT NOW WORKS AT MCQUADE'S MARKETPLACE. MATT IS A LIFELONG CAR AFICIONADO WHO VOLUNTEERS AT THE AUDRAIN CAR MUSEUM IN NEWPORT. MATT IS AN AVID PATRIOTS/RED SOX/CELTICS FAN; HE LOVES MUSIC, TRAVEL, FAMILY SAILING, COOL FASHION, AND THE ISLAND (ESPECIALLY EVERYONE AT THE JAMESTOWN FIRE DEPARTMENT!). MATT IS EXCITED TO VOLUNTEER AT THE JAMESTOWN SENIOR CENTER

RHODE ISLAND SCHOOL OF DESIGN ART MUSEUM (RISD) AND LUNCH BUS TRIP

ESTABLISHED IN 1877 AS PART OF A VIBRANT CREATIVE COMMUNITY, THE RISD MUSEUM STEWARDS WORKS OF ART REPRESENTING DIVERSE CULTURES FROM ANCIENT TIMES TO THE PRESENT. WE INTERPRET OUR COLLECTION WITH THE FOCUS ON THE MAKER AND WE DEEPLY ENGAGE WITH ART AND ARTISTS, PRESENTING IDEAS AND PERSPECTIVES THAT CAN BE INSPIRING AND COMPLEX. WE ASPIRE TO CREATE AN ACCESSIBLE AND INCLUSIVE ENVIRONMENT THAT FOSTERS MEANINGFUL RELATIONSHIPS ACROSS ALL COMMUNITIES. LUNCH AT GREGS RESTAURANT, NORTH MAIN STREET.

WHO: ADULTS 55+

WHEN: WEDNESDAY MAY 14, 2025

TIME: BUS LEAVES JAMESTOWN SENIOR CENTER AT 9 AM, RISD MUSEUM FROM 10-11:30 AM

LUNCH AT NOON AT TWIN OAKS

COST: \$3 BUS, LUNCH ON YOUR OWN

NEW BEDFORD WHALING MUSEUM TRIP

JOIN US FOR A TRIP TO THE NEW BEDFORD WHALING MUSEUM. THE MUSEUM IGNITES LEARNING THROUGH EXPLORATIONS OF ART, HISTORY, SCIENCE AND CULTURE ROOTED IN THE STORIES OF PEOPLE, THE REGION AND AN INTERNATIONAL SEAPORT. BUS WILL LEAVE THE SENIOR CENTER AT 9:00AM. TRIP INCLUDES A PRIVATE TOUR AND A 3D MOVIE. LUNCH TO FOLLOW AT MOBY DICK BREWING CO., THE COST OF WHICH IS ON YOUR OWN.

WHO: ADULTS 55+

WHEN: WEDNESDAY, APRIL 30TH 2025

TIME: DEPART FROM THE SENIOR CENTER AT 9:00 AM

COST: \$27.00 PER PERSON

THE ROGER WILLIAMS PARK BOTANICAL CENTER AND LUNCH BUS TRIP

THE ROGER WILLIAMS PARK BOTANICAL CENTER IS NEW ENGLAND'S LARGEST GLASSHOUSE DISPLAY GARDEN. FIND A QUIET REPRIEVE IN ANY ONE OF THE FOUR YEAR-ROUND GREENHOUSES. A WIDE VARIETY OF PLANTS CAN BE FOUND, INCLUDING MAJESTIC 40' TALL PALMS, CARNIVOROUS PLANTS, 10' CACTI, AND SUCCULENTS. LUNCH WILL BE AT TWIN OAKS A LEGENDARY RI LANDMARK OPENED BY THE DEANGELUS FAMILY IN THE 1930S, OPERATING AS A SPEAKEASY DURING PROHIBITION, THE LANDMARK CONTINUES TO SERVE AS A DINING AND FUNCTION DESTINATION TO ITS 650-SEAT VENUE WITH VIEWS OF SPECTACLE POND. THE VENUE IS RUN BY THE THIRD AND FOURTH GENERATION DEANGELUS FAMILY. TWIN OAKS IS THE PERFECT COMBINATION OF TRADITIONAL ITALIAN CLASSICS AND YOUR FAVORITE MODERN PASTA DISHES.

WHO: ADULTS 55+

WHEN: WEDNESDAY JUNE 4, 2025

TIME: BUS LEAVES JAMESTOWN SENIOR CENTER AT 9 AM,
BOTANICAL CENTER FROM 10-11:30 AM

FOLLOWED BY LUNCH AT NOON AT TWIN OAKS
RESTAURANT IN CRANSTON

COST: \$5 FOR ENTRY TO BOTANICAL CENTER AND BUS,
COST OF LUNCH IS ON YOUR OWN

THE FRIENDS OF JAMESTOWN SENIORS INTRODUCES THE SILVER SCHOLARSHIP APPLICATION (FOJS).

IF YOU HAVE WANTED TO LEARN A NEW SKILL OR ENHANCE YOUR KNOWLEDGE IN A PARTICULAR AREA THE FRIENDS OF JAMESTOWN SENIORS HAVE CREATED THE SILVER SCHOLARSHIP WHICH ASSISTS WITH FUNDING THOSE ENDEAVORS FOR OLDER ADULTS. WHETHER THE EDUCATION WILL ENHANCE YOUR EDUCATION OR PROFESSION, OR ALLOW YOU TO LEARN A NEW HOBBY YOU ARE WELCOME TO APPLY FOR FUNDING TOWARDS EXPENSES. APPLICATIONS ARE BEING ACCEPTED NOW AND THE APPLICATION CAN BE FOUND ON THE FRIENDS OF JAMESTOWN SENIORS WEBSITE:

[HTTPS://FRIENDSOFJAMESTOWNSENIORS.COM/SILVER-
SCHOLARSHIP-APPLICATION/](https://friendsofjamestownseniors.com/silver-scholarship-application/)

THE APPLICATION IS VERY USER FRIENDLY!

VIETNAM VETERANS' DAY RECOGNITION EVENT

THE VIETNAM WAR WAS A LENGTHY AND COSTLY CONFLICT BETWEEN LAOS, CAMBODIA, AND VIETNAM. IT OCCURRED FROM NOVEMBER 1, 1955 TO APRIL 30, 1975 A TOTAL OF 19 YEARS. MARCH 29 HAS BEEN DEEMED VIETNAM VETERANS' DAY. THIS EVENT WILL BE CELEBRATED AT THE JAMESTOWN SENIOR CENTER ON FRIDAY MARCH 28, 2025 AS WE UNITE TO THANK AND HONOR VIETNAM VETERANS AND THEIR FAMILIES FOR THEIR SACRIFICE AND SERVICE

WHEN: MARCH 28, 2025 10 AM TO 1PM

WHERE: THE JAMESTOWN SENIOR CENTER



TICKETS ON SALE STARTING
MONDAY, MARCH 17th 2025

Tickets can be purchased at the senior center M-F

The Jamestown Senior Center presents our annual

“Senior”

Prom

April | **25** | Friday
2025 | 6:30PM

Jamestown Recreation Center
41 Conanicus Avenue

Get ready to hit the dance floor and make memories. Tickets are \$10.00 and available at the Senior Center. Call Eileen Donnelly at 423-9806 with any questions. Don't miss your chance ...space is limited!



DJ Mike will be spinning the music.
Raffles, photobooth, food and drink!



Jamestown Village

a part of

The Village Common of Rhode Island

member services

401-661-7203

jamestown@villagecommonri.org

village common main office

401-228-8683

office@villagecommonri.org

245 Waterman Street, Suite

406 Providence, RI 02906

website and calendar

www.villagecommonri.org

Aging Better Together!

**Jamestown Fire Department:
Community Outreach And
Support Team (COAST)**

- free rides to medical appointments with a notice of at least 48 hours is required.
 - A ride home available to residents who are being medically discharged from South County and Newport hospitals.
- *People using this service must be able to get into a vehicle without assistance and receive medical clearance from the hospital.**
- medical equipment loan closet with over 125 items, including crutches, wheelchairs and commodes

For ride or loan requests please contact JFD COAST at 401-423-5904.

**Jamestown Senior Services
Advisory Committee**

Chair: BJ Whitehouse

(bwhitehouse2@cox.net)

Co-Chair: Joyce Watson O'Neil

(roneil1083@gmail.com)

Secretary: Karen Montoya

(karenm60@cox.net)

Member(s):

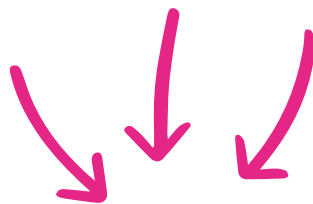
Emilie Tamboe (emschaller@hotmail.com)

Ex Officio Members:

Nancy Beye, Town Council President & Committee Liaison

(jtownelc@aol.com), Molly Rose, Senior Services Director.

*meetings are held on the second Thursday of the month at 1 pm, at the Jamestown Police Department 250 Conanicus Avenue, Jamestown RI 02835)



Programs, events, and trips are scheduled year-round. Stay informed about the latest senior center activities by joining our email list!



To sign up, simply contact the center at 401-423-9806 or email edonnelly@jamestownri.net.

