

# JAMESTOWN SENIOR CENTER



## SAILING INTO SUMMER

**Jamestown Senior Center**  
6 West Street  
Jamestown, RI 02835

**Senior Center Director**  
**Molly Rose**

[mconlon@jamestownri.net](mailto:mconlon@jamestownri.net)

Phone: (401)-423-9804

Website: [jamestownri.gov](http://jamestownri.gov)

### Congregate Meal Site

Meal Site Number:  
401-423- 2658

Meal Site Menu can be found  
in the Jamestown Press weekly  
Meal reservations require 48  
hour notice.

### Senior Center Hours:

8:30 AM-4:30 PM

**Closed Weekends and  
Holidays**

### To Register for Programs:

Call 401-423-9804 or email  
[mconlon@jamestownri.net](mailto:mconlon@jamestownri.net)

A Message from Molly Rose, Director of Jamestown Senior Services:

We have been busy! We hope you were able to join us for April's Senior Prom! It was great fun both to plan and attend, creating an atmosphere of excitement and happiness. We are looking forward to next year's event. In addition, another big event was our Senior Resource Fair: Demystifying In-Home Care Resources, which was held at the Fort Getty Pavilion in June. This event provided valuable information for aging in place right here in Jamestown, accompanied by music from Larry Lewis. We hope you were able to make it and pick up some helpful information for you or a loved one.

As Director of Senior Services for the Town of Jamestown, my goal is to offer resources, wellness, and recreation programs that positively affect all of our seniors. Below I've written brief overviews of three senior-focused groups that are working to help the Senior Services Department achieve these goals.

The growing awareness that Jamestown has a large senior population (over 30% aged 65 or older) has led our town to initiate a **Senior Services Advisory Committee**. This committee was created to prioritize the needs of the senior population and bring further awareness to the community. Committee members were interviewed and appointed by the Town Council. The advisory committee meets monthly at the Jamestown Police Department on the second Thursday at 1 PM. All meetings are public and you can find the meeting dates listed on the monthly senior center activity calendar, posted at the senior center, on the Town website, Secretary of State website and in the Jamestown Press. Meeting minutes are available at the senior center and on the Town of Jamestown Website ([jamestownri.gov](http://jamestownri.gov)). You will find the members' names listed on page two.

Another group that is fairly new to Jamestown is **The Village Common of RI (TVC)**. TVC has recently created a Jamestown Village Steering Committee in our community. This volunteer committee is actively collaborating with TVC to initiate a “Village” here in Jamestown. TVC is a non-profit, volunteer-driven, membership organization that aims to support older adults who wish to age in their home via a network of local villages – communities of mutual support – in Rhode Island. Jamestown would join six existing villages across RI. Volunteers assist members in various ways, from driving to and from medical appointments and social events all the way to running errands, helping with household chores, minor repairs, and technology support for TVs, phones, and computers. The Village volunteers will also make friendly calls and visits to members. While membership in a Village has a suggested fee, TVC is dedicated to a pay-what-you-can model, which has been attractive to Jamestown residents. Check out their website, [villagecommonri.org](http://villagecommonri.org) for more information. You may also call TVC at 401-228-8683 or email [jamestown@villagecommonri.org](mailto:jamestown@villagecommonri.org). Jamestown Village Steering Committee members can be found to the right of this column.

Last, but certainly not least, **The Friends of Jamestown Seniors (FOJS)** are a long-standing non-profit organization that contributes funding to support senior programs. Recently, FOJS sponsored a comedy show at the center called Aging Disgracefully which sold out. FOJS also recently sponsored the Senior Center’s first ever “Senior” Prom. Their generous donation helped make the prom night a special one for us all. Last month FOJS co-sponsored the senior resource fair that we held at the Fort Getty Pavilion on June 26th. The funding provided by this group has been exceedingly valuable over the years. This group meets on the third Wednesday of each month, at 4 PM, upstairs at the Jamestown Senior Center. Meetings are open to the public and members are listed on this page, to the right of this column.

### Senior Services Advisory Committee

- **BJ Whitehouse, Chair**
- **Joseph Cannon, Co-Chair**
- **Karen Montoya, Secretary**
- **Joyce Watson O’Neill, Member**
- **Emilie Tamboe, Member**

#### Ex-Officio Members

- **Nancy Beye, Liaison to Town Council**
- **Molly Rose, Senior Services Director**

### The Friends of Jamestown Seniors 501(c)(3)

- **Fred Pease, President**
- **Larry Bartley, Treasurer**
- **Cynthia Smith, Secretary**
- **Coffee Bell, Member**
- **Eileen Tiexiera, Member**
- **Ron Lurgio, Member**
- **Fernando Pereira, Member**
- **Nancy Beye, Member**

### Jamestown Village (TVC)- Steering Committee

- **Emilie Tamboe, Co-Chair & Volunteer Liaison**
- **Nancy Beye, Co-Chair & Membership Liaison**
- **Joyce Watson O’Neil-Membership Liaison**
- **Connie Slick**
- **Nancy Bennett**

# SENIOR RESOURCE FAIR

6.26.24



JSC's "Senior Prom 2024"



# Exercise Programs

## Bone Strength & Balance (July Wednesday Class)

Where: Fort Getty Pavilion

Dates:

- 7/3/24
- 7/10/24
- 7/17/24
- 7/24/24

Time: 10:15 AM - 11:15 AM

Cost: \$20

## Bone Strength & Balance (July Friday Session)

Where: Jamestown Recreation Center

Dates:

- 7/5/24
- 7/12/24
- 7/26/24
- 7/31/24

Time: 10:30 AM - 11:30 AM

Cost: \$20.00

## Tai Chi for Arthritis

Where: Class is held at the Fort Getty Pavilion from June - September

When: Mondays

Time: 9:00 AM

Dates: Ongoing

NO CLASSES ON:

- 8/12/24
- 9/2/24
- 10/14/24
- 11/11/24

Cost: FREE

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.

## Bone Strength & Balance August (Wednesdays)

Where: Fort Getty Pavilion

Time: 10:15 AM - 11:15 AM

Dates:

- 8/7/24
- 8/14/24

\*no class on 8/21/24

- 8/28/24

Cost: \$15.00

## Bone Strength & Balance August (Fridays)

Where: Jamestown Recreation Center

Dates:

- 8/2/24
- 8/9/24
- 8/16/24
- 8/23/24

\*no class on 8/30/24

Time: 10:30 AM - 11:30 AM

Cost: \$20.00

## Chair Yoga

Who: Adults 55+

Where: Upstairs at the Jamestown

When: Mondays beginning on July 15th (8-week session)

Dates:

- 7/15/24
- 7/22/24
- 7/29/24
- 8/5/24
- 8/19/24
- 8/26/24
- 9/9/24
- 9/16/24

No Class on: 8/12/24 & 9/2/24

Time: 1:00 PM - 2:15 PM

Cost: \$30

Instructor: 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.

## Zumba Gold

Who: Adults Ages 55+

Where: Jamestown Senior Center

Dates:

- 8/8/24
- 8/15/24
- 8/22/24
- 8/29/24
- 9/5/24
- 9/12/24

-Cost: \$30

Instructor: Ellen Cullom

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.

## Heart-Wise Walking

Who: Adults Ages 55+

Where: Meets at Senior Center, 6 West St.

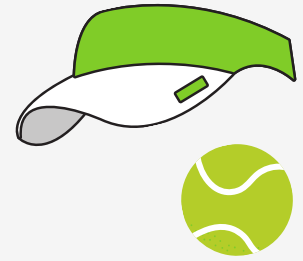
When: Mondays, Wednesdays & Fridays, 9:00 AM - 9:30 AM (approx.)

Dates: Ongoing

Cost: FREE

There's nothing better than starting the day off with a brisk walk and conversation! The group walks for approximately ½ hour.

Call Ellie Chase at (401)-423-1617 for questions.



# \*NEW PROGRAM\*

## Senior Tennis

Who: Adults 55+

Where: Jamestown's Lower Tennis Courts

Time: 4:00 PM-5:30 PM

When: Thursdays for 5 weeks

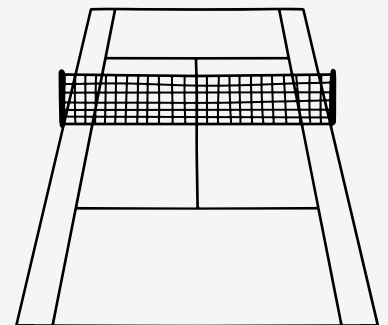
Dates:

- 8/1/24
- 8/8/24
- 8/15/24
- 8/22/24
- 8/29/24

Cost: \$10.00

The lower tennis courts will be reserved for the senior center from 4-5:30 PM on Thursdays starting August 1st through August 29th. This is for beginner/intermediate level players and is not instructional. This program is meant for pick-up games amongst players with similar experience.

If you are interested in participating you must register by calling 401-423-9804.



# Cards, Games & Creative

## Endeavors

### BINGO



#### Bingo

Hosted by: Friends of the Jamestown Seniors  
Who: Adults 55+  
Where: Jamestown Senior Center, Upstairs  
When: Fridays  
Time: 1 PM - 3 PM

#### Bridge (for experienced players)

Who: Adults Ages 55+  
Where: Senior Center

When: Tuesdays from 1:00 PM - 3:30 PM  
Dates: Ongoing  
Cost: No Cost

Registration: Please call Molly Rose at 423-9804 to register.

Details: Volunteer facilitators connect with players each week to ensure full tables of play.

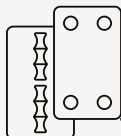
#### Mah Jongg (for experienced players)

Who: Adults Ages 55+  
Where: Senior Center  
When:

- Tuesday Evenings from 4-6 PM  
Friday Mornings from 9:30-11:30 AM

Dates: Ongoing  
Cost: No Cost

Details: Enjoy strategic games to keep the brain buzzing. This game originated in China and is played with domino-like tiles. New game sets, cards, and pushers are available for players. Meets weekly.



#### Rusty Pens Writing & Storytelling Workshop

Who: Adults Ages 55+

Where: Fort Getty Pavilion

When: Mondays, Ongoing

Time: 10:30 AM - 11:30 AM

Cost: FREE

Details: Activate the writer within and your memories of life's experiences. 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. No homework!



#### Wellness Checks with Lisa Stedman, RN, South

##### County Health

Who: Adults Ages 55+

Where: Senior Center

When: First Tuesday of each month

Times: Appointments are scheduled between 10:00 AM and Noon

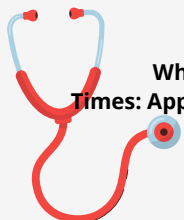
Upcoming Dates:

- August 6, 2024

- September 2, 2024

Services: Blood pressure and consults, no charge. It's a great opportunity to ask a nurse about your health status, medications, etc.

Appointment: Call Molly at 423-9804 to make an appointment  
NO COST



## On-Going Health Clinics

#### Ear Acupuncture

Who: Adults 55+

Where: Jamestown Senior Center

When: Monday, August 19, 2024

Time: 10 AM - 12 PM

Cost: \$10



Details: Ear acupuncture uses a set of points located in the outer ear that addresses a variety of physical and emotional symptoms related to toxic stress, depression, and anxiety. Treatment consists of inserting thin sterile needles into these points. The needles most often are noted as painless or slight pinch.

#### Relaxation

Who: Adults 55+

Where: The Jamestown Center (upstairs)

When: Fridays starting September 2024

Time: 9:30 AM - 11:30 AM

Cost: \$20



Details: Hand Massage - to relax your body and Reiki - to calm your spirit. Enjoy both with Edwina Cloherty. Call Molly at 423-9804 to schedule an appointment.



#### Chair Massage

Who: Adults 55+

Where: Jamestown Senior Center

When: Thursday, August 8, 2024

Time: Appointments scheduled between 10 AM - 12 PM

Cost: 15-minute massage / \$20 (cash or check)

Massages by: Angela Paraskevaka, LMT from Jeka Wellness Center

Appointment: Call Molly at 401-423-9804 for an appointment. Details: Angela is a resident of Rhode Island since 1992, incredibly talented in working with a diverse population including the elderly and those with physical and intellectual disabilities. As a member of the AMTA, Angela received advanced training in myofascial release. Passionate about providing massage therapy services to all members of the community. Enjoy a relaxing massage with Angela!



#### Hand or Foot Reflexology

Who: Adults 55+

Where: Jamestown Town Hall, Conference Room

When:

- August 19, 2024

- September 16, 2024

Time: Appointments will be scheduled between 12:30 PM - 3:30 PM

Cost: 30-minute session / \$30 (cash or check)

Certified Reflexologist: Mary Chapman

Details: Reflexology is an integrative health practice. It uses unique manual techniques to deliver pressure to neural pathways, assisting the body to function optimally.

Appointment: Call Molly at 401-423-9804 for an appointment.



# Additional Programs, Events & Resources

# Don't Miss The Following!

## Friends of Jamestown Seniors

Meetings: The Friends of Jamestown Seniors (FOJS) meet on the third Wednesday of each month at the Jamestown Senior Center. Meetings begin at 4 PM. Agendas and minutes are posted at the Jamestown Senior Center. Please feel free to check the bulletin board anytime Monday to Friday from 8:30 AM to 4:30 PM.

## The POINT, On-Site

Who: Adults 55+  
Where: Jamestown Senior Center  
Facilitator: Maria Sol Cuesta  
When:  
- July 17th, 2024  
- August 21st, 2024  
- September 18th, 2024  
Time: 1:30 - 3:00 PM  
Cost: FREE

Assists with eligibility, applications, referrals, and resources for seniors and adults with disabilities. Programs available include SNAP, heating assistance, prescriptions, care at home, and health insurance counseling.

## Cyber-Seniors Intergenerational Technology Program

Who: Adults 55+  
Where: The Jamestown Senior Center  
When: By appointment on  
Mondays/Wednesdays  
Dates:  
-7/17/24  
-7/22/24  
7/24/24  
-7/25/24  
7/31/24  
8/5/24  
8/7/24  
8/14/24  
8/26/24  
8/28/24

HELP



Time: Appointments available between  
8:00 - 11:00 AM  
Cost: FREE  
Seniors will receive technology assistance  
from students attending URI.

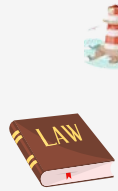
## Haircuts for Men and Women

By Licensed Hair Stylist & Barber Anita Dalton, owner of Anita's Haircuts  
Who: Adults 55+  
-Where: The Jamestown Senior Center  
-When: Thursday, July 25  
Appointments scheduled between 9:00 AM - 1:00 PM  
Men & Women's haircuts  
-Cost:  
-\$25 for women's cuts  
-\$20 for men's cuts



Call Anita at 401-363-1194 to schedule an appointment. Walk-ins welcome. Anita has been licensed for over 30 years!

## Medicare and Medicaid ASK-A- LAWYER



Sponsored by The Rhode Island Bar Association and The Jamestown Senior Center

When: Thursday, July 18, 2024  
Time: 2-4 PM

Where: Upstairs, Jamestown Senior Center  
No Cost

Please join us for a presentation focused on Medicare/Medicaid Planning. Attorney Samantha McCarthy will explain these programs, including who qualifies and how to protect your assets. Q&A session post-presentation.

## Chinese Health Philosophy



Learn about Chinese health philosophy, the law of the five elements, and how it's used in the stained glass artwork of Barbara Cunha, RN, artist, and Jamestown resident.

Who: Adults 55+

Where: The Jamestown Senior Center  
When: Wednesday, September 18th 2024  
Time: 10 - 11:30 AM

## Climate & Energy Presentation



When: Wednesday, August 8th  
Time: 4:30 PM  
FREE



Where: Jamestown Senior Center, upstairs  
Energy expert Michael Armenia, Naval Research Officer, CAPT USN (retired) and Industry Executive will discuss energy types and environmental impacts. In the military and private industry spanning 50 years he developed power plants using fossil fuel, wind, solar, batteries and nuclear power. He will compare them on cost, practicality and environmental impacts. He will discuss global efforts to minimize Green House Gases. Please bring your questions including your energy bills - RI has the highest rates of any state in the country. Find out why.

Please call Molly at Jamestown Senior Center to let us know you are coming. 401-423- 9804.

This is a free event .

## Falling Safely and Fall Recovery Program

Led by Licensed Physical Therapist, Jamestown Resident & COAST member, Alison Delessio  
Date: September 25th  
Time: 10 AM

Where: Upstairs at the Jamestown Senior Center



## Floral Arranging Class with Sally Gruber

When: Thursday, September 19th 2024  
Time: 1:00 PM-2:30 PM  
Where: Upstairs  
Cost: \$23.00 per person.

## Brain Health Presentation



Speaker: Lulu Saraiva, Outreach Coordinator, Memory and Aging Program, Butler Hospital

When: Thursday, August 15th 2024  
Time: 10:00 AM  
Where: Upstairs, Jamestown Senior Center  
Cost: FREE

Aging and Memory Loss: What's normal? what's not, and how to make a difference.

Join Outreach Coordinator, Lulu Saraiva, for a free presentation on Alzheimer's disease and exciting new research opportunities at Butler Hospital's Memory and Aging Program. Hear about what can be normal in memory loss as we age, what you can do to maintain brain health at any age and exciting breakthroughs in Alzheimer's prevention research. Learn more about identifying Alzheimer's disease risk including the APOE4 risk gene and amyloid PET scans conducted as part of pre-clinical Alzheimer's Prevention trials.

## Fluid Art with Coffee Bell

Date: Thursday, August 1st  
Time: 1:30-3:30/4 PM  
Cost: \$5.00 per person

Learn how to create "fluid art" with local artist, Coffee Bell. Fluid art is a fun, abstract expression made with acrylic paint. All paint, canvas and necessary tools will be provided. The creativity will flow and anything goes.





## Bus Trips

### Wal-Mart Supercenter (North Kingstown)

Who: Adults 55+

\*Seniors will be picked up and dropped off at their home

When: 9/10/24

Shoppers will be allotted 1.5 hours at the Walmart Super Center in North Kingstown. The Super Center includes everything from household necessities,

electronics to groceries. Reservations will be made up to 1 full business day in advance. Maximum limit is four reusable shopping bags per person. Bags will be carried off the bus to each passenger's front door. Drivers are not permitted to enter

a participant's residences. Space on the bus is limited to 13 passengers.

To register call: 401-423-2658



### 1776 at the Contemporary Theater

Date: Saturday, August 10th 2024

Time: Bus will leave the Senior Center at 5 PM and head to

dinner at Camden's Bar & Grill Wakefield (cost of food is on your own)

Show Begins at 7 PM at the Contemporary Theater, Wakefield, R.I

Ticket/Bus Cost: \$10 per person

A piece of paper that will shape the world as we know it today is on the table and fights, deals, and history are in the air. In this award-winning musical, the Founding Fathers grapple with the decision to declare our independence.

Musical, Historical



### Trolls at Ninigret Park

When: Friday, September 12th 2024

Time: Depart from the Senior Center at 11:00 AM and head to lunch at The Cove

Restaurant in Charlestown \*cost of lunch is on your own

Cost: \$5.00

Don't be alarmed: They're not the oversized, dim-witted ogres you may remember from fairy tales and *The Hobbit*.

Rather, these trolls are gentle giants, hulking creatures crafted from scrap wood and old wooden pallets who lure visitors with their magical presence and playful poses. They're the work of Danish artist Thomas Dambo, and two of them now call Ninigret Park, home. Join us for lunch and a trip to the park to check out these amazing pieces of art!



**SAVE THE DATE**

### Annual Summer Senior Picnic at the Fort Getty Pavilion

Wednesday, August 21st 2024  
11:30 AM

Ticket Info: \$5.00 Per Person.  
\*\*\*\* Tickets will be available for purchase at the Jamestown Senior Center starting August 1st 2024\*\*\*\*

**good to know!**

### Medical Equipment Loan Closet

Location: Jamestown Fire

Department, Narragansett Ave.  
Available Items: Walkers, crutches, commodes, shower chairs, wheelchairs, hospital beds, Hoyer lifts, adult briefs/pull-ups, bed pans, and more.

Contact: Jamestown Fire Department (COAST) at 401-360-6636 for inquiries or donations.

### SHIP (Medicare Counseling Services)

Location: Edward King House, 35 King Street, Newport, RI.

Counseling Hours: Mondays, 10 AM to 12 PM.

Appointment Required: Contact Katie Jones at 401-846-7462 ext. 4 for appointments or more information.

### Jamestown Senior Services Advisory Committee

Chair: BJ Whitehouse

(bwhitehouse2@cox.net)

Co-Chair: Joseph Cannon Jr.

(josephcannonjr1943@cox.net)

Secretary: Karen Montoya

(karenm60@cox.net)

Members:

Joyce Watson O'Neil

(roneil1083@gmail.com), Emilie Tamboe (emschaller@hotmail.com)

Ex Officio Members:

Nancy Beye, Town Council President & Committee Liaison

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