

Town of Jamestown Parks & Recreation

Spring Program Guide

Session Dates 3/1/17 - 5/20/17

INSIDE:

- ADULT PROGRAMS
- YOUTH PROGRAMS
- TEEN PROGRAMS
- SENIOR PROGRAMS
- SPECIAL EVENTS
- COMMUNITY PROGRAMS



Jamestown Parks & Recreation

Main Office: 423-7260 Senior Center: 423-7261 Teen Center: 423-7261

Director of Parks & Recreation: Andrew Wade

Recreation Supervisor: Deb Hagie

Teen Center Coordinator: Molly Conlon

Senior Program Coordinator: Ellen Vietri

Foreman: Ron Parfitt, Greg Pimentel

NOW HIRING!!!

Currently the Parks and Recreation Department is accepting applications for the following seasonal job opportunities.

- Fort Getty - Gatehouse & Park Security
- Mackerel Cove - Lifeguards & Lot Attendants
- Seasonal Maintenance
- Summer Camp Counselors

[CLICK HERE FOR AN APPLICATION](#)



What's new in the world of Parks & Recreation in Jamestown???

The Recreation Center lobby gets a facelift!

Recently, the lobby of the Recreation Center received some TLC in the form of new paint on the walls and ceiling. New flooring was installed as well on the Union St. entrance to match the previously updated flooring installed last spring. The building, originally opened in 1942, has seen many uses since its inception. Initially a USO, it was given to the town to be utilized as a community building after the war. To celebrate its 75th year in existence, the Parks & Recreation Department has partnered with the Jamestown Historical Society to bring to the community a day filled with free events at the Recreation Center culminating with a dance to be held in the evening that will feature music from all the decades of the buildings operation.



New Program Display!!!

We have new place in the center to display all the programs we offer Jamestown each session. Check it out the next time you visit us!

Playground Committee Formed

The Jamestown Town Council approved formation of the Jamestown Community Playground Renovation Committee. The committee has begun to meet with the goal of developing a plan for the renovation of the 27 year old playground. All meetings are open to the public and located at Town Hall. Meeting times and dates TBD. Any questions please feel free to reach out to Andy Wade, Parks & Recreation Director at 423-7266.



Youth & Teen Programs

Guitar and Drum Class

Who: Youth ages 8-12 years old

Where: Jamestown Teen Center

When: Saturdays; April 8th-May 20th (7 weeks)

Cost: \$50 Resident, \$60 Non-Resident

Beginner guitar, bass and drum class will offer instruction in a small setting to learn basic chords, strumming patterns and playing techniques. Class will also provide opportunity for learning songs. All abilities and types of string instruments are welcome! Students are encouraged to bring their own instrument, but some will be provided. Don't miss a "beat" on this as class size is very limited! Private classes are also offered, call Deb for more information.



Karate w/ Sensei Bobby Benner from Narragansett Bay Budokai

Who: First Class: Ages 3-5 years old,

Second Class: Ages 6-12 years old.

Where: Jamestown Recreation Center

When: Wednesdays; April 5th-May 24th

First Class: 3:30-4:00 pm (3-5 years old)

Second Class: 4:00-4:45 pm (6-12 years old)

Cost: \$50 for Resident, \$60 Non-Resident

Allow your child to grow physically and mentally by practicing Karate. Karate offers many benefits such as improved concentration, stress reduction, positive mental focus, discipline as well as flexibility and balance. Children learn to respect themselves and others.



Gymnastics II w/ Aim High Academy

Who: First Class: Grades K-2nd

Second Class: Grades 3rd-5th

Where: Jamestown Recreation Center

When: Thursdays; April 6th-May 25th

First Class: 4:30-5:15 (K-2nd grade)

Second Class: 5:15-6:00 (3rd-5th grade)

Cost: \$100 Residents, \$120 Non-Residents

Program offers 8 weeks of gymnastics at the Recreation Center. Practice floor routines, tumbling, low beams, vault & more! Professionally trained staff from Aim High Academy, work with each individual student with the goal of getting better each week! Staff encourage each student to "Aim High" and have fun. Space is limited.



Girls Youth Softball

Who: Ages 7-14 years old

Where: Lawn Ave Fields

When: Practices & Games, Weeknights and some Saturdays starting on April 29th-June 24th

Cost: \$50 Residents & \$60 Non Residents

Swing into spring by joining girls' softball with the Recreation Department! Youth will develop skills weekly. During team practices youth will learn a stronger sense of gameplay in areas such as hitting, fielding, pitching and catching. Dust off your mitts and cleats...its game time!



Youth Volleyball

Who: 5th-8th grade students

Where: Recreation Center Gym

When: Mondays, starting April 3rd- May 22nd, 5-6pm

Cost: \$40 for Residents and \$50 for Non-Residents

Set, serve & game on! Back by popular demand- please join us in learning basic volleyball skills such as passing, serving, digging and hitting. For those who have already learned such skills in the previous volleyball session, we will be adjusting the class to meet the needs and appropriately challenge each youth! This program is taught by Matt Ferreira, a two-time All-American volleyball player at Rivier University and the current assistant volleyball coach at Salve Regina in Newport.



Fun with Felt

Who: 5th-8th grade students

Where: Jamestown Teen Center

When: Mondays starting April 3rd-May 22nd, 3:30-4:45pm

Cost: \$50 for Residents and \$60 for Non-Residents

Our beloved crochet instructor, Lealah O'Neill, is also quite crafty in other areas and will now be teaching youth to create their own felt projects! If you are someone who enjoys crafts-this class is for you! There are so many patterns to choose from, from animals- to monsters and more! Youth will be able to work on a project over the course of the 8-week session and will leave with their very own, finished product!



[Call 423-7260 or visit here for registration information.](#)

Youth & Teen Programs

Youth Pickleball

Who: 5th-8th grade students

Where: Rec Center Gym

When: Wednesdays April 5th-May 24th from 5-6pm

Cost: \$30 for Residents, \$40 for Non-Residents

Pickleball is becoming more and more popular all around the United States and we have it here at the Recreation Center! Pickleball is a racquet sport that combines elements of badminton, tennis and table



tennis. Pickleball has gained popularity amongst adults in Jamestown and we are hoping to give youth the opportunity to enjoy this exciting game as well. Youth will learn the rules and skills and will be able to play matches with their friends!

Culinary Kids Part 2

Who: 5th-8th grade students

Where: Jamestown Teen Center

When: Tuesdays April 4th-May 23rd 6:00-7:00pm

Cost: \$40 for Residents, \$50 for Non-Residents

We had so much fun in our winter cooking class that we are now offering a spring class! Our spring class will focus on healthier meals, as well as some



practice learning how to cook with a grill. Youth are able to give input into meals they would be interested in learning how to make. Our culinary kids will help in cooking all meals and are able to taste their delicious culinary creations!

Circuit Training for Youth

Who: Students in grades 5th-8th

Where: Jamestown Rec Center

When: Wednesdays, April 5th-May 24th



6-7pm

Cost: \$30 for Residents, \$40 for Non-Residents

During this program we will partake in circuit training exercises such as, relay races, jumping rope, hop scotch, sprints, etc. Youth will have the circuit explained to them in the beginning of the class and instructors will demonstrate the proper exercise at each station before beginning the circuit. Circuits will last a half an hour. During the last half hour of each class will play a sport/game such as; basketball, soccer, volleyball and more!

Youth Leadership Group

Who: 6th-10th grade students

Where: Jamestown Teen Center

When: Thursdays April 6th-May 25th from 5-6pm

Cost: \$10 for Residents, \$20 for Non-Residents

Come join us on Thursdays to become a more involved Jamestown citizen. This advisory group



will plan community service projects, social events here at the recreation center and will encourage leadership development. This group is offered to students in grades 6th-10th. This group also serves as a terrific resume builder. The group will meet for an hour. Snacks provided.



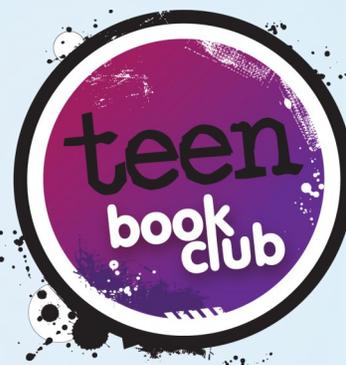
Rabid Readers Book Club

Who: Students in grades 5th-8th

Where: Jamestown Teen Center

When: Thursdays April 6th-May 25th 5-6pm

Cost: FREE! & includes the reading material



Join us in our first ever "rabid readers" book club! We will meet each week to have lively discussions about our age appropriate book! Light snacks will be provided at each club meeting. Join us and become a part of our fun, new reading club! Let the reading begin...

Call 423-7260 or visit here for registration information.

Youth & Teen Programs



Parents Night Out

Who: Youth ages 6-10 years old

Where: Jamestown Recreation Center

When: Friday, April 7th
Friday, April 21st
Friday, May 5th
Friday, May 12th

Cost: \$10 per person, \$20 per family
For youth ages 6-10 years old parents can drop children off @ Recreation Center and enjoy a night to them-selves! Go shop, dine hang with friends...whatever your heart desires. Staff will actively engage children in games, activities, movies and even provide DINNER. There is nothing like a safe, structured place for you family to be while you go OUT to enjoy the night.

We want your ideas!!! If you have a suggestion for a class or program that we should be offering call Deb Hagie, our Recreation Supervisor today!!! 423-7360 or send Deb an email at: dhagie@jamestownri.net

JTN TEEN CENTER *Dodgeball* **TOURNAMENT**

3rd Annual Dodgeball Tournament w/ Teen Center and Jamestown Police Department

Who: Youth in grades 5th & up

Where: Lawn School Gym (55 Lawn Ave, Jamestown RI)

When: Friday, April 14th 2017

Cost: \$10 to play (includes a t-shirt)

*Free to spectators

The Jamestown Teen Center and Jamestown Police Department together will host the 3rd Annual Dodgeball Tournament. There will be food available at this family-friendly event, as well as a raffle! Last year we had over 150 people attend and we would love for you to all join us again this year. Teams will be put together prior to the tournament. Please call Molly Conlon, at 423-7261, to sign up for a spot on a team by the registration deadline: Monday, April 10th. Waivers are required to play and are available at the Teen Center. Hope you will join us!



Call 423-7260 or visit here for registration information.

Adult Programs

Adult Basketball

Who: Adults (30+)

When: Wednesdays; 7:30pm-9:00pm starting April 5th-May 24th

Where: @ Lawn Avenue Gym

Cost: Residents \$30, Non-Residents \$40

Sign up for some BALL! Held right in the gym at Lawn Avenue school every Wednesday! Opportunity for some great exercise and pickup Basketball games. All abilities welcome. Teams are formed each night and games are informal.



Level II Dog Obedience

Who: Adults (18+)

Where: Jamestown Recreation Center

When: Thursdays starting April 6th-April 27th (4 week class)

Cost: Residents \$85, Non-Residents \$100 (Max Enrollment 10 people)



Using clickers and positive reinforcement, learn how to train your dog to walk on a loose leash, come when called, do sit, and down stays. A well-mannered dog is 4 weeks away. Our method is dog and people friendly! Open to dogs of all

ages. Vaccination certificates for rabies, parvo, distemper, etc. must be presented at the first class.

Please do not bring your dog to the first class. Instructor: Diana Caldarelli & Beth Mcguire have been teaching and training dogs for over 19 years.

They're gentle approach and love of both dogs and people is evident!

Intro to Bike Maintenance



Who: Ages 10 and Up

When: Saturday May 20th, 10am-12:30pm

Where: Recreation Center

Cost: \$25.00

We have partnered with Jamestown Outdoors bring you this class. Designed to introduce you to bike assembly and maintenance, from handlebars & brakes to pedals and tires, we got you covered!

Line Dancing with Nan Beaulieu

Who: Adults (18+)

When: Mondays 6:00-7:00pm, starting April 3rd-May 22nd

Where: Recreation Center

Cost: Residents \$40, Non Residents \$50 (max enrollment 20 people)

Come on in and join the fun! Learn line dances to not just your favorite country songs, but also Uptown Funk by Bruno Marks and Emergency by Icona Pop. It's a work out for both your body and your mind and a great way to meet new friends. No experience needed, but a smile is!



Pickleball

Who: Adults (18+)

When: Tuesdays from 9-11am starting April 4th-May 23rd and Fridays from 11am-1pm starting April 7th-May 26th

Where: Recreation Center

Cost: Residents \$10, Non-Residents \$20

Swing into it with Pickleball! It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players. All levels of play are welcome!



Adult Volleyball

Who: Adults (18+)

When: Mondays 7:30-9:00pm starting April 3rd- May 22nd

Where: Recreation Center

Cost: Residents \$20, Non-Residents \$30

Serve it up! Come to the Recreation center and bump, dig, volley and spike. All skill levels encouraged and games are informal.



Wanna get away?

We are happy to share with you that we have teamed up with South Kingstown Parks and Recreation to join them on their upcoming trips! These trips are open to all ages. However, youth under 16 must be accompanied by a guardian. To sign up for any of the below events or for answers to any questions, please call Deb Hagie at, 423-7260 or by email at:

recreationinfo@jamestownri.net

<u>DATE</u>	<u>TRIP</u>	<u>PAYMENT DUE</u>
April 20 th	Boston Symphony Orchestra Open Rehearsal	April 1 st
May 2 nd	Boston Trolley Tour/ Boston Adventure	April 15 th
May 13 th	9/11 Memorial and Museum	April 15 th
June 15 th	Blackstone Valley Tour	June 1 st
July 18 th	Isles of Shoals, Portsmouth, NH	July 1 st
July 20 th	Boston Red Sox vs. Toronto Blue Jays	July 1 st
August 8 th	Provincetown Fast Ferry	July 15 th
August 20 th -21 st	Saratoga Racing	June 28 th
September 14 th	Westport Rivers Winery	August 15 th
October 5 th	Covered Bridges Tour, Troy NH	September 15 th
December 2 nd	Christmas in NYC	November 15 th



Senior Meal Service

Weekday Full Service, 3-Course Luncheon

Who: Seniors

Where: Senior Center, 1st floor

When: Every Weekday from 11:30am - 12:45pm starting April 3rd-May 25th

Cost: Suggested donation of \$3

Meet your friends and relax over a lovely 3-course meal. We invite you to reserve a place at the West Street Café. Offered each weekday, you enjoy a nutritious, three-course meal or lighter options such as salads and sandwiches. Reservations are required 48 hours in advance by calling 423-2658.

April 6 through May 25 after lunch is being offered. Watch for other special event listings and weekly menus in the *Jamestown Press*.

TRANSPORTATION TO MEALSITE ON THURSDAYS APRIL 6 THROUGH MAY 25

Take advantage of our new Transportation Service on Thursdays! Catch a ride from home to go to the Senior Center with a return trip after lunch. Please call Ellen Vietri to reserve a spot at least 48hrs in advance by calling 423-2658.

Special event Luncheons

(Reservations required)

St. Patrick's Day Celebration – Thursday, March 16th at 11:30am
Served in the upstairs hall. Live music from Patchy Caubeens (Tom Perotti, Tom McGuire and Jack Wright)

St. Joseph's Day Celebration – Tuesday, March 21st at 11:30 am

Thursday Hall Luncheons April 6 – May 26 – Enjoy our caterer's most winning meals served to your table. We are offering this new opportunity in conjunction with transportation to and from the senior center to take advantage of our lovely light-filled space. So come and have a hearty meal with some friends for laughter and conversation. Meals on Wheels also available onsite. Give us a try! You won't be disappointed.

For Registration Information Call Ellen Vietri Senior Coordinator: 423-2761

Senior Programs

Tai Chi for Arthritis

Who: All Adults

Where: Senior Center, 2nd floor

When: Mondays (except holidays) session starts April 3rd-May 22nd

Cost: No cost to participants
Give yourself a gift and start the week off gently. This program is based on a medically-proven form of gentle movement designed by arthritis specialists to relieve pain, help prevent falls and improve overall health and wellness.



Rusty Pens Writing Workshop

Who: Seniors

Where: Senior Center, 2nd floor

When: Mondays 10:30 - 11:30am, starting April 3rd-May 22nd

Cost: No cost to participants

Facilitator: Gayen Thompson

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.



Aqua Therapeutics

Who: Seniors

Where: Absolute Fitness in East Greenwich

When: Tuesdays 10:30 - 11:15 am, shuttle leaves Senior Center at 9:30am and returns at 12:00pm starting on April 4th-May 23rd

Cost: **Fee for Seniors:** \$20 for 4-week package, or \$40 for 8-week package

Fee for Younger Adults: \$32 for 4-week package, or \$64 for 8-week package

Glide into the comfort of a heated to 86 degree salt water pool for this gentle aerobics program.

The benefits of this class include decreasing swelling, improving circulation, increasing flexibility, and strengthening and toning muscles -- without putting added stress on your joints from your body weight. Class fee includes use of a steam room, a Jacuzzi and transportation. Bring lock if desired for locker.



Tuesday Afternoon Matinee

Who: All Adults

Where: Jamestown Library, large meeting room

When: Tuesdays 1:30 - 3:30pm, starts April 4th - May 23rd

Cost: No cost to participants

Now's the time to get out and enjoy the Oscar winners and those independent gems specially chosen for our regular audience members. The films are shown on the latest audio visual technology on wide. Refreshments are provided courtesy of the library.



Heartwise Walking

Who: All Adults

Where: Recreation Center Gym in inclement weather, and meet at the senior center on nice days

When: Wednesdays and Fridays from 9:00 - 10:00am, starts April 5th-May 26th

Cost: No cost to participants
There's nothing's better than starting the day off with a brisk walk and conversation.

For the winter, we walk in the gym at the Community Center to varied intervals of speed music to help keep to a quick pace and warmup and warm down safely.



Open Studio for Portrait Artists

Who: All Adults

Where: Senior Center, 2nd floor

When: Wednesdays 10am, starts April 5th - May 24th

Cost: No cost to participants



Facilitator: Tom Martino
Practice your portrait skills with live models.

This is an unstructured open studio for experienced artists looking to practice skills on various mediums. (Bring your own materials.) Older adult models sign-up and see what magic artist Tom Martino can do with an acrylic portrait on canvas for you to keep!

Senior Programs

Yoga Tools for Wellness™

Who: All Adults

Where: Central Baptist Church, Clarke Hall

When: Wednesdays from 1:00 – 2:00pm, starts April 5th – May 24th

Cost: Fee for Seniors: \$12 for 4-week package, or \$24 for 8-week package

Fee for Younger Adults: \$32 for 4-week package, or \$64 for 8-week package

Instructor: Certified Yoga Therapist & Instructor, Janet Larson



Our unique spring workshops will include a yoga practice along with beneficial life-style suggestions to reduce the effects of Osteoporosis. Yoga has been shown to support both skeletal strength and

alignment and emotional well-being. Yoga poses create resistance and stretch the bones from many angles that may stimulate the formation of healthy bone structure. Yoga mats provided.



Duck Pin Bowling

Who: Seniors

Where: Wickford Lanes

When: Fridays starting April 7-May 26th from 9:30-11:30am (shuttle leaves senior center at 9am)

Cost: \$20 for 4-week package or \$40 for eight-week Bowling is a sport of individual accomplishment and competitiveness. It used to hold the title of “the sport of everyone” and the reason was everyone can play at their level and enjoy themselves. Includes transportation, three games, shoes and even a complimentary cup of coffee!

The Sewing Circle

Who: Teens and All Adults (Beginner through Intermediate)

Where: Central Baptist Church, Clarke Hall

When: Thursdays from 4:30-6:30pm starting April 6th – May 25th

Cost: Fee for Seniors: \$35

Instructor: Peggy Burse, Bring together the spirit of community and creativity by learning to sew or developing your skills further. This program is intended for anyone interested in having fun while learning new techniques – helping boost your confidence in tackling projects on your own.

All equipment and tools are provided. Bring your own patterns and material to start or finish a project.



Get Together for Mah Jongg

Who: All Adults

Where: Senior Center, 2nd floor

When: Fridays 10:30-Noon, starts April 7th – May 26th

Cost: FREE

Do you enjoy strategic games to keep the brain buzzing? We have formed a Mahjong group on the island that meets weekly. The game originated in China and is played with domino like tiles. Game sets and new 2017 cards will be available in April.



Crocheting Class

Who: All Adults

Where: Recreation Center

When: Tuesdays at 6:30-8:00pm from April 6th – May 25th

Cost: Fee for Seniors: \$35

Instructor: Lealah O’Neill

There’s been a resurgence of crocheting recently so come on out to learn the basics at your own pace. These and other crafts are not only productive, they are proven to reduce stress and keep the hands nimble. In this adults-only class, you’ll learn beginner-level skills by the talented Lealah O’Neill. She will help you along on the project of your choosing so get on Pinterest and scout out something that looks fun. All supplies provided.



Pet Massage Therapy Workshop

Who: Seniors

Where: Senior Center

When: 10am – Noon on Saturday, May 6th

Cost: \$30

Instructor: Certified Pet Massage Therapist, Amber Lockspeiser, CAMT

Relax and relieve pain for your dog. This two-hour training class includes hands-on training with your dogs (50lbs or under) to improve the human/ animal bond and support your pet’s improving overall wellness. Well-socialized dogs only with proof of up-to-date vaccinations required upon registration. Class size limited to 8.



Senior Trips, Events & Speakers

Guided Tour of New Bedford Whaling Museum and Lunch at Tia Maria's European Café

Who: Seniors

When: Tuesday, March 28th from 9:30am to 4:30pm

Cost: \$20 includes museum pass and transportation (lunch not included in fee)

Walking Level: Moderate

Join us for an afternoon filled with many mysteries. Enjoy a customized guided 2-hour tour with a docent and an exhibit curator to learn and explore the rich history, art and culture of the whaling world through exhibitions and an in-depth scrimshaw, paintings, Yankee whaling implements, etc. Before the tour, we'll experience a local Azorean-inspired lunch at a family-run restaurant right next door to the museum.



Tips and Strategies About Elder Law

Who: All Adults

Where: Jamestown Library, Wright Museum Room

When: 10am - 11:30am on Tuesday, April 4th

Cost: FREE

In this workshop, you will learn invaluable information on basic estate planning (wills/trusts), asset protection, Medicaid eligibility, reverse mortgages VA benefits, and much more in this information from an experienced attorney from the RI Bar Association.

Overview of Rhode Island's Affordable Housing Initiatives for Seniors

Who: All Adults

Where: Senior Center

When: Talk starts at 11:30am, lunch served at Noon on Thursday, April 6th

Cost: FREE

Executive Director of the RI Housing Authority, Barbara Fields, will join us for lunch and for a forum afterwards to provide an overview of the latest initiatives in the state's efforts in expanding access to affordable housing for seniors and building livable, sustainable communities for the aging. Fields has deep expertise in affordable housing finance and community real estate development as well as a strong track record of developing successful collaborations among government, private sector, nonprofit and community partners. Within the past few years she served as HUD's New England Regional Administrator representing the HUD Secretary as liaison to mayors, state and local officials, members of press, private and non-profit developers, public housing authorities and the



Con-media.

Unveil the Hidden Benefits of Your Health Plan

Who: Seniors (for those with BlueCHIP for Medicare or another plan)

Where: Jamestown Library, Large Conference Room

When: 10am - 11:00am on Tuesday May 9th

Cost: FREE

In this informative workshop, you will learn invaluable, otherwise less promoted information about health insurance benefits (including allowed home care (PT, RN, etc.) reimbursements, prescription drugs, vision components, health and wellness features, fitness center membership discounts, etc. This is not a sales promotion program, only an education session to have you able to best use your benefits before the next enrollment period in the fall.



To register for these programs, contact 423- 2761 or email evietri@jamestownri.net between 10am - 1pm M-F. Jamestown Senior Center, 6 West Street. Registration forms can be [downloaded here](#).