



TOWN COUNCIL WORK SESSION
Jamestown Town Hall
Rosamond A. Tefft Council Chambers
93 Narragansett Avenue
Monday, May 15, 2017
6:00 PM

The public is welcome to participate in this Town Council meeting. Open Forum offers citizens the opportunity to clarify an item on the agenda, address items not on the agenda, or comment on a communication or Consent Agenda item. Citizens are welcome to speak to the subject of a Public Hearing, and are allowed to speak at the discretion of the Council President or a majority of Councilors present, or at other times during the meeting, in particular during New or Unfinished Business.

Anyone wishing to speak should use the microphone at the front of the room, stating their name and address for the record; comments must be addressed to the Council, not the audience. It is the Town Council's hope that citizens and Councilors alike will be respectful of each other's right to speak, tolerant of different points of view, and mindful of everyone's time.

I. ROLL CALL

II. CALL TO ORDER

III. WORK SESSION

- A) Senior Services in the Town of Jamestown
 - 1) Transition of Past/Present Services and Program Enhancements
 - 2) Trending of Future Program Needs and Services
- B) Public Comment/Review and Discussion

IV. ADJOURNMENT

Pursuant to RIGL § 42-46-6(c) Notice of this meeting shall be posted on the Secretary of State's website and at the Town Hall and the Jamestown Philomenian Library. In addition notice also may be posted at the Jamestown Police Station and on the Internet at www.jamestownri.gov.

ALL NOTE: This meeting location is accessible to the physically challenged. If communications assistance is needed or other accommodations to ensure equal participation, call 1-800-745-5555, via facsimile to 401-423-7230, or email cfernstrom@jamestownri.net not less than three (3) business days prior to the meeting.

Posted on the RI Secretary of State Website May 12, 2017.



Senior Services - Jamestown, RI

Town Council Public Workshop:

Monday, May 15

6:00pm

Jamestown (Newport)

Jamestown is a town located in Newport County with a population of 5,405. About 18% of Jamestown residents are age 65 or older. With the exception of a higher than state rate of excessive drinking, Jamestown older adults fare better than or the same as state estimates on most other health indicators. Child and Family Services part of the state Aging and Disability Resource Center, the POINT Network, provides information, referral and assessment services and case management for seniors receiving state-funded home and community services. Age-friendly community resources include the senior center that offers weekday full-service luncheons, yoga tools for wellness, crazy quilting, knitting, Tai Chi, and line dancing. The Jamestown recreation department facilitates indoor and outdoor walking clubs. The Jamestown Philomenian Library offers special programs such as technology demonstrations and matinee movies. The Town provides some transportation for shopping and appointments.



POPULATION CHARACTERISTICS	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages	5,405	1,052,567
Population 60 years or older as % of total population	25.6%	20.6%
Total population 60 years or older	1,387	217,066
Population 65 years or older as % of total population	18.1%	14.8%
Total population 65 years or older	981	155,558
% 65-74 years	65.5%	50.4%
% 75-84 years	25.1%	32.0%
% 85 years or older	9.4%	17.6%

Jamestown Senior Services

- Prior to January 2016 Senior Services were overseen by the Friends of Jamestown Seniors;
- Friends of Jamestown Seniors Private 501 (c)(3) who received funding from Town of Jamestown to deliver Senior Meal Site Program and offer programs to the elderly population of Jamestown, in addition to securing grant funds and some private donations;
- Programs included: Walking Club, Rusty Pens, Tai Chi, Portrait Drawing, Holiday Meals

Jamestown Senior Services



- **January 2016 - Upon an agreement reached between the Friends of Jamestown Seniors and the Town, the Town has taken on all direct oversight and management responsibilities of all part-time program personnel;**
- **The Parks & Recreation Department was selected to oversee the Senior Program Coordinator and the two meal site staff;**
- **The Town is now a joint lessee of the Grange building along with the Friends of Jamestown Seniors for a 50 – year term;**
- **The Friends of Jamestown Seniors remain active as a advisory body over programmatic services and facility needs.**

Current Senior Facility



- The Grange – Approximately 3,800 sq/ft of useable space
- Meal Site 1,680 sq/ft, Capacity: 45 persons
- Multi-purpose ballroom upstairs – 2,100 sq/ft
 - Exercise Classes (Yoga/Tai Chi/Dance)
 - Passive Recreational pursuits (Arts/Board Games/Reading)
 - Hosts Seasonal Large Group Meals/Events
 - Thanksgiving
 - Christmas Party
 - St. Patrick's Day
- Limited Parking
- In need of updates (floors, HVAC, plumbing)

Senior Center Capital Improvement Plan

2016

\$20,000 Replace Flooring in meal site.

2017

\$15,000 Refinish upstairs floor, update HVAC ductwork in building

Town of Jamestown - Senior Operating Budget

TOWN COUNCIL RECOMMENDED BUDGET 2017/2018

ACCOUNT	EXPENDITURES 2015/2016	BUDGET 2016/2017	TOWN COUNCIL W/CHANGES
SENIOR CENTER OPERATIONS			
.458 Senior Center Operations	76,333.73	0.00	0.00
70650.101 Salaries 3PT	0.00	46,540.00	47,703.00
.302 Fees, Supplies & Dues	0.00	2,500.00	3,000.00
.309 Telephones & Alarms	0.00	1,850.00	1,850.00
.321 Electricity	0.00	5,500.00	5,500.00
.324 Water	0.00	1,000.00	900.00
.341 Trash Removal	0.00	325.00	400.00
.343 Heat	0.00	5,400.00	4,000.00
.344 Repairs & Maintenance	0.00	5,885.00	6,000.00
.380 Programs	0.00	3,000.00	4,000.00
TOTAL SENIOR CENTER OPERATIONS	76,333.73	72,000.00	73,353.00

Town of Jamestown - Senior Operating Budget

- 2017-18 Total Operating Budget: \$73,353.00
- There are other resources extended to Senior Operations
 - Grange and Senior Program liability now covered under Town's insurance – savings of over \$6,000.00
 - Employee Payroll services, Workman's Compensation, FICA all covered by the town.
 - Facility Cleaning \$5,100.00 per year
 - Additional Town staff now dedicates time to supporting senior program
 - Parks & Recreation Director
 - Recreation Supervisor
 - Parks & Recreation Maintenance Crew

**Total Town of Jamestown Funding:
Approximately \$119,000**

Parks & Recreation Management Tree - Senior Services

Parks & Recreation Director



Recreation Supervisor



Senior Coordinator



Senior Program Staff

Program Building - A Strategic Approach

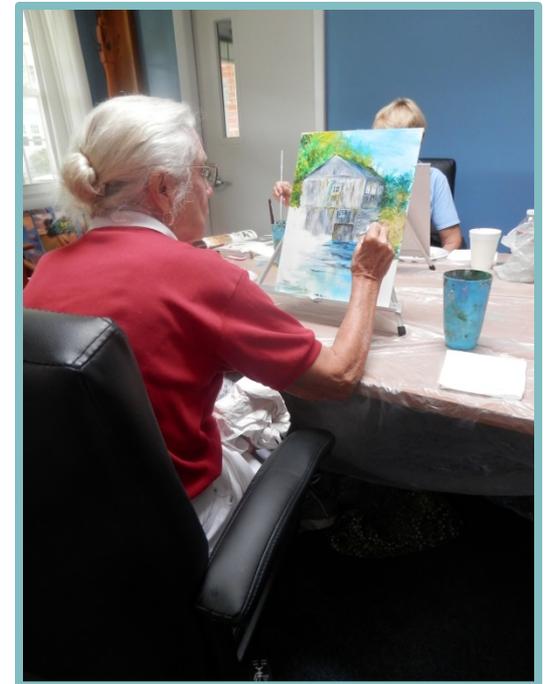
- **Recreation Supervisor Deb Hagie and Senior Coordinator Ellen Vietri design programs**
- **Programs run on quarterly 8 week sessions**
- **Variety of Programs offered to match varied interests and abilities**

Meal Site - Increase in use

- In 2015 a total of 4,870 meals were served out of the Jamestown Senior Center.
 - 3,415 at the Café, 1,455 meals on wheels
- In 2016 a total of 5,897 meals were served out of the Jamestown Senior Center 18% Increase from 2015
 - 4,730 at the Café, 1,167 meals on wheels
- In the 2017 Q1 - 1,730 meals were served out of the Senior Center Projected yearly increase of 30% from 2015
 - 1,385 at the Café, 345 meals on wheels

It's not just a meal site...

- Social Interactions
- Making new friends
- Expanded program offerings
- Off island adventures



Expanded Programs - Utilizing Island Resources

- Senior Programs held at multiple locations to meet programmatic needs;
- Central Baptist Church, The Grange, Jamestown Fitness, the Library, Jamestown Recreation Center, Pemberton Apartments, and the Jamestown Arts Center all used for programs;
- Off island programs held at Absolute Fitness and Wickford Lanes with transportation provided by the Parks & Recreation Department

Program Offerings at a glance...

- **Exercise Programs** (Aqua Therapy, Yoga, Functional Fitness)
- **Speaker Series** (Rep. Deb Ruggiero, Reverse Mortgages, Elder Law)
- **Health Check Series** (Mind Fit/Wellness Screenings/Chronic Condition Management)
- **Tuesday Matinees at the Library**
- **Social Programs** (Mah Jong, Crochet Class, Rusty Pens)
- **Weekly Off Island Adventures** (Bowling & Swimming)
- **Other Trips** (Trinity Rep, New Bedford Whaling Museum, Magical Mystery Tour)

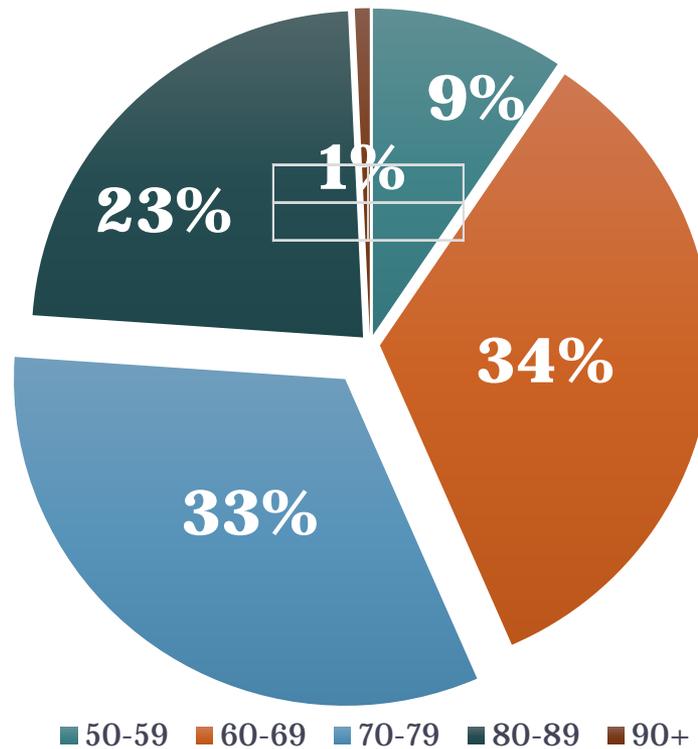


Transportation Needs?

A recent survey conducted by a URI student Kellie Cunningham-Toland as part of her Community Health Project administered to Jamestown residents 50 years of age and older in December 2016. The survey attempted to gather information regarding transportation services provided to Jamestown's aging population.

90 Survey Responders, broken down by Age Group

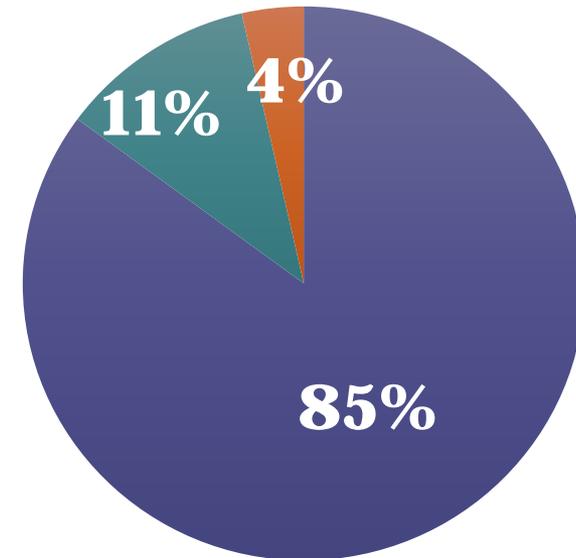
% by Age Category



Transportation

Currently Drive a Motor Vehicle

Percent



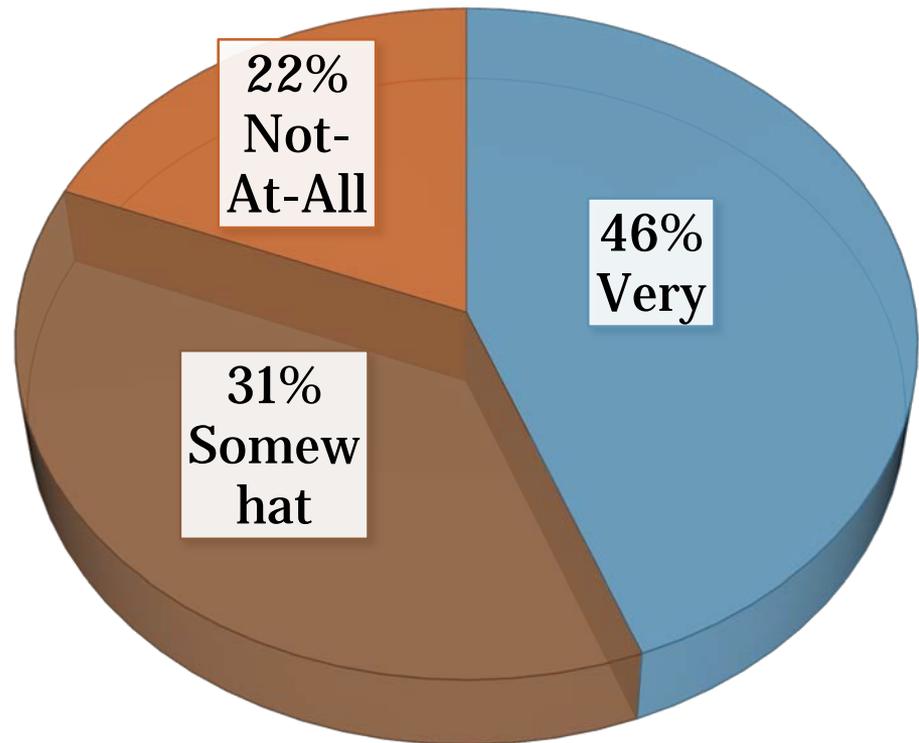
■ Yes ■ No ■ Yes, with limits

- 85% Drive
- 4% Drive with limitations
- 11% Do Not Drive
- 15% of Respondents Reported Transportation as an issue for Participation in Programs

**Level of Interest in Future
Transportation for Off-
Island Health and Leisure
Activities**

46% Very
31% Somewhat
22% Not-At-All

**PERCENT %
INTEREST**



Is there a need for daily transportation to Senior Center Activities?

- Spring 2017 – Trial program for meal site transportation;
- 8 week program promoted in Jamestown Press, Fliers distributed to Meals on Wheels, Posted at Center, Pemberton Apt, word of mouth, etc.;
- To date, 6 total rides given.



Where do we go from here?

- Trial & Error –
Continue to offer new programs
- Gather public feedback
- Expand services as demand requires





Jan – Dec 2015 Meal Summary

Jan – Mar 2015 Meal Summary

	Jan (17 days)	Feb (17 days)	Mar (22 days)	Quarterly Total (56 days)
Meals at Café	160	224	297	681
Meals on Wheels	79	95	154	328
Total Meals Served	239	319	451	1,009

Apr – Jun 2015 Meal Summary

	Apr (22 days)	May (20 days)	Jun (22 days)	Quarterly Total (64 days)
Meals at Café	320	329	309	958
Meals on Wheels	146	137	138	421
Total Meals Served	466	466	447	1,329

Jul – Sept 2015 Meal Summary

	Jul	Aug	Sept	Quarterly Total
Meals at Café	256	312	288	856
Meals on Wheels	152	119	119	390
Total Meals Served	408	431	407	1,246

Oct – Dec 2015 Meal Summary

	Oct	Nov	Dec	Quarterly Total
Meals at Café	314	298	308	920
Meals on Wheels	124	114	128	366
Total Meals Served	438	412	436	1,286



Jan – Dec 2016 Meal Summary

JAMESTOWN SENIOR CENTER MEAL REPORT SUMMARY

- Findings: 1. Meal participation increased 50% in 2016 over 2015**
2. Meal participation increased 30% comparing Jul – Dec 2016 vs 2015

Jan – Mar 2016 Meal Summary

	Jan (19 days)	Feb (18 days)	Mar (21 days)	Quarterly Total
Meals at Café	272	280	344	896
Meals on Wheels	85	96	124	305
Total Meals Served	357	376	468	1,201

Apr – June 2016 Meal Summary

	Apr (21 days)	May (21 days)	Jun (22 days)	Quarterly Total (64 days)
Meals at Café	348	392	351	1091
Meals on Wheels	113	98	71	282
Total Meals Served	461	490	422	1,373

Jul – Sept 2016 Meal Summary

	Jul (20 days)	Aug (22 days)	Sept (21 days)	Quarterly Total
Meals at Café	306	531	453	1,290
Meals on Wheels	40	84	118	242
Total Meals Served	346	615	571	1,532

Oct – Dec 2016 Meal Summary

	Oct (20 days)	Nov (19 days)	Dec (21 days)	Quarterly Total
Meals at Café	441	507	505	1453
Meals on Wheels	112	112	114	338
Total Meals Served	583	619	619	1,791



Jan – Dec 2017 Meal Summary

Jan – Dec 2017 Meal Summary

Jan – Mar 2017 Meal Summary

Meal participation increased 44% from this quarter last year.

	Jan (20 days)	Feb (17 days)	Mar (21 days)	Quarterly Total
Meals at Café	472	403	510	1,385
Meals on Wheels	109	106	130	345
Monthly Total Prepared	581	509	640	1,730

	Apr (days)	May (days)	Jun (days)	Quarterly Total
Meals at Café				
Meals on Wheels				
Monthly Total Prepared				

SENIOR SERVICES SUMMER 2016 PROGRAM REPORT

PROGRAM	DATE(S)	TIME	PARTICIPATION	FACILITATOR	HOURLY RATE	FEE	DEPOSIT
Tai Chi	Mondays	9-10am	~ 13 per week	Gary Girard	N/A	N/A	N/A
Walking Club	Wed&Fri	10-11am	~ 4 per week	Ellie Chase	N/A	N/A	N/A
Yoga	Wednesdays	1-2pm	~ 5 per week	Janet Larson	\$65	\$5/8 per class	223.00
Balance	Thursdays	2:45-3:45pm	~ 5 per week	Bill House	\$40	\$8	275.00
Health Consultations	Aug 2, Sept 6	10-11:30am	18	Rhonda Bernaro	N/A	N/A	N/A
Portland, Me	19-Jul	All day	31	Ellen Vietri	N/A	\$95	2,848.00
Foxwoods	12-Jul	8:30am-2:30pm	5	Nancy Beye	N/A	N/A	N/A
Picnic at Pavilion	24-Aug	11:30am-2pm	158	Ellen Vietri	N/A	\$5	886.00
Rose Island Lighthouse	30-Aug	10am-1pm	23	Deet Dodge	N/A	\$50	1,235.00
New York City Wknd	Sept 3 - Sept 5	Labor Day Wknd	23	Ellie Chase	N/A	\$440/\$505	N/A
Mentoring Talk	9-Jun	12:30-1:30pm	8	Ellen Vietri	N/A	N/A	N/A
Crafts Club	Mondays	5-7pm	~6 per week	Cindy Smith	N/A	N/A	N/A
Knitting Club	Tuesdays	9:30-11:30am	no sign in sheet	N/A	N/A	N/A	N/A
Scrabble Club	Mondays	1-2:30pm	no sign in sheet	N/A	N/A	N/A	N/A
Portrait Painting	Wednesdays	9:30-11:30am	~ 5 per week	Tom Martino	N/A	N/A	N/A
Ask the Pharmacist	14-Jun	12:30-1:30pm	13	Ellen Vietri	N/A	N/A	N/A

SENIOR SERVICES FALL 2016 PROGRAMS REPORT

PROGRAM	DATE(S)	TIME	PARTICIPATION	FACILITATOR
Wellness Clinic - NEW - Flu Vacc, Hearing Screening and Medicare Open Enrollment #1	1-Nov	11:30am-1:30pm	21 flu vacc., 10 hearing screens, 5 insurance consults	Ellen Vietri
Wellness Clinic - NEW - Flu Vacc, Hearing Screening and Medicare Open Enrollment #2	29-Nov	11:30am-1:30pm	13 flu, 10 hearing	Ellen Vietri
Cyber Seniors - NEW	Wed. & Fri	10am - 1:30pm	44 sessions/25 indiv.	Ellen Vietri
NYC Radio City (with FOJS) - NEW		7am-8pm	51	Ellen Vietri/Tom Tighe
Interval Training Class - NEW	Wednesdays	11am - Noon	~6 per week	Sam Pease
Rebecca Schiff Canddiatue Overview - NEW	Thurs., Oct 6	1-2pm	14	Ellen Vietri
Deb Ruggiero Candidate Overview - NEW	Thurs., Oct 20	1-2pm	8	Ellen Vietri
Intergenerational Holiday Wreathmaking with the Quonanicuet Garen Club at The Jamestown Arts Center - 2nd Annual/Expanded	Sun., Nov 27	Noon-2pm	31 adults, 16 middle schoolers	Ellen Vietri/Nicole Contino
Pros and Cons of Reverse Mortgages - NEW - RI Bar Assoc. Attorney Michael Castner	Thurs., Nov 13	1-2pm	5	Ellen Vietri
Balance and Stability -NEW -	Thursdays	2:45-3:45pm	~ 5 per week	Bill House
A Day at Foxwoods - NEW	Fridays	10:00am Noon	~ 4 per week	Ellen Vietri
Intro to Sewing - NEW	Tuesdays	1:30-3:30	~27 per week	Peggy Burse
Basic Portrait Techniques - NEW -	Tuesdays	10-11:30am	~ 10 per week	Wendy Crooks
Tai Chi	Mondays	9-10am	~ 10 per week	Gary Girard
Rusty Pens Writing Wkshp	Mondays	10:30-11:30am	~ 3 per week	Gayen Thompson
Walking Club	Wed&Fri	10-11am	~ 4 per week	Ellie Chase
Yoga Tools for Welness	Wednesdays	1-2pm	~ 7 per week	Janet Larson
Nurse Health Consults	Tuesdays	10:30-Noon	~ 12 per month	Rhonda Bernaro
Tuesday Afternoon Matinee	Mondays	10am - Noon	1	Ellen Vietri/Deb Homer
Open Studio Portraiture	Mondays	2pm-4pm	3	Tom Martino
Mahjong Group Meets	Wednesdays	9:30-11:30am	~ 4 per week	Jill Meyers

SENIOR SERVICES WINTER 2017 PROGRAMS REPORT

PROGRAM	DATE(S)	TIME	PARTICIPATION	FACILITATOR
Warm Water Therapeutics with Bus Transport - NEW	Tuesdays	9:30-11:45	4	Ellen Vietri
MindFit Brain Health Series - NEW	Thursdays	1-3:30pm	17	Ellen Vietri
Mah Jong Course - NEW	Saturdays	Noon-2pm	10	Carol Desforjes
Functional Fitness - NEW	Wednesdays	11-Noon	4	Sam Pease
Johnson & Wales Culnary Arts Museum and Lunch at Brass Monkey - NEW	Friday, Feb. 24	10am - 4pm	14, plus driver	Ellen Vietri/Ellie Chase
Tuesday Afternoon Matinees		1:30-3:30pm	~43 per week	Ellen Vietri/Deb Homer
Caregiver Support Group	Thursdays		~4 per month	Ellen Vietri
Tai Chi	Mondays	9-10am	~ 10 per week	Gary Girard
Walking Club	Wed&Fri	9-10am	~ 10 per week	Ellie Chase
Yoga	Wednesdays	1-2pm	~ 8 per week	Janet Larson
Balance and Stability	Thursdays	2:45-3:45pm	~ 6 per week	Bill House
It's Your Health Health Consultations	Tuesdays	10-11:30am	~12 per month	Rhonda Bernaro
Open Studio Portrait Painting	Wednesdays	9:30-11:30am	~ 5 per week	Tom Martino
Rusty Pens Writing Workshop	Mondays	10:30-11:30am	4	Gayen Thompson
Bolshoi Ballet - Swan Lake in HD	Sat. Fe b 5	1-4pm	0	Ellen Vietri
Metropolitan Opera in HD	Sat., Jan 21	1-4pm	0	Ellen Vietri

SENIOR SERVICES SPRING 2017 PROGRAMS REPORT

PROGRAM	DATE(S)	TIME	LOCATION	INSTRUCTOR/FA CILITATOR	INSTRUCTOR RATE	PER PERSON FEE	PARTICIPAT ION	SUBSIDY APPLIED	BANK DEPOSIT TO DATE	ASSUMPTIONS
Aqua Therapeutics	Tuesdays	10:30-11:30am	Absolute Fitness	Mary	\$6pp/class	\$40/\$5 per class	11 per wk	376	\$560	\$1 subsidy pp/wk. Driver cost of \$288 included in fee (\$12x3 hrsx8wks)
Strength, Balance & Posture (Wed Class) - NEW	Wednesdays	11-11:45am	JFC	Sam Pease	\$35/class	\$24/\$3 class	~12 per wk	288	check cd	\$X subsidy pp/wk. Instructor rate is \$35x8wks at \$280. 12 participants paid \$24 @ \$
Yoga Tools for Wellness - NEW	Wednesdays	1-2pm	CBC	Janet Larson	80/20 split	\$24/\$3 class	~8 per wk	320	\$188	\$3 subsidy pp/wk. Instructor rate is \$50x8wks=\$400
Strength, Balance & Posture (Thurs Class)- NEW	Thursdays	2:45-3:45pm	JFC	Bill House	\$35/class	\$24/\$3 class	~5 per wk	120	check cd	\$3 subsidy pp/wk. Instructor rate is \$35x8wks @ \$280.
Duck Pin Bowling - NEW	Fridays	9:30-11:30am	Wickford Lanes	N/A	\$7 pp/class	\$40/\$5 per class	~7 per wk	448	\$150	\$2 subsidy pp/wk. Driver cost of \$336 included in fee (\$12x3.5 hrsx8wks)
Crotchet Class - NEW	Tuesdays	6:30-8:30pm	Rec Center	Lealah O'Neill	??	\$35	??		\$70	
Chronic Condition Management - NEW	Thursdays	1-2:30pm	Senior Center	Maureen Rozez	N/A	N/A	11 per wk			
The Sewing Circle - NEW	Thursdays	4:30-6:30pm	CBC	Peggy Burse	\$20/class	\$35	6 per wk	15	\$145	Instructor fee is \$20x8wks=\$160
New Bedford Whaling Museum Tour - NEW	28-Mar	All day	New Bedford	Rod Bennett	N/A	\$20	9, plus dr		\$340	Driver cost of \$84 (\$12x7hrs)included in fee. Museum cost \$117. Total cost=\$201
Magical Mystery Tour - NEW	4-Jun	All day	Blackstone Valley	Ellen Vietri	N/A	\$30	14, pl dr	99	\$360	Driver cost of \$84 included in fee (\$12x7hrs). River boat tix \$10pp. 15part.x12= \$150. Brunch cost expected \$15ppx15 participants=\$225. Total cost=\$459
RI Affordable Housing for Seniors	April m6	11:30-1:00pm	Senior Center	Ellen Vietri	N/A	N/A	32			
Pet Massage Workshop - NEW	6-May	Noon-2pm	Senior Center	Amber Lockspeis	\$20pp	\$30	Resched		\$30	
Tips and Strategies About Elder Law -NEW	4-Apr	11-Noon	JPL	RI Bar Assoc Attorney	N/A	N/A	12			
Tai Chi for Arthritis	Mondays	9-10am	Senior Center	Gary Girard	N/A	N/A	~20 per wk			
Rusty Pens Writing Group	Mondays	10:30-11:30am	Senior Center	Gayen Thompson	N/A	N/A	~5 per wk			
Tuesday Afternoon Matinee	Tuesdays	1:30-3:30pm	JPL	Ellen Vietri/Deb Homer	N/A	N/A	~ 42 per wk			
Health Consultations	Tuesdays	10am-2pm	Senior Center		N/A	N/A	15 for May			
Walking Club	Wed&Fri	9-10am	Senior Center	Ellie Chase	N/A	N/A	~10per wk			
Open Studio Portrait Painting	Wednesdays	9:30-11:30am	Senior Center	Tom Martino	N/A	N/A	~6			
Below the Belt Basics - Two-part Workshop - NEW	Thursdays	9-10am	Senior Center		N/A	N/A	7 per wk			
Health Consultations	Thursdays	10-11:30am	Housing Authority	Dale Dupuis	N/A	N/A	9 for Apr			
Mah Jongg (Drop in group)	Fridays	10:30-Noon	Senior Center	N/A	N/A	N/A	~8			
Caregiver Support Group	Thursdays	9:45-11_15am	CBC Hall	N/A	N/A	N/A	~5			
*denotes subsidy applied								1666		

Town of Jamestown Senior Services

Spring Program Guide

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



INSIDE:

- 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](#)



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](#).