

The Jamestown Senior Center



Senior Center Address:

6 West Street

Jamestown, RI 02835

Senior Center Director:

Molly Rose

Mconlon@jamestownri.net

Phone: 401-423-9804

Website: jamestownri.gov

Congregate Meal Site

Coordinator:

Eileen Donnelly

Meal Site Number: 401-

423-2658

Senior Center Hours: 8:30

AM - 4:30 PM

Closed weekends and

Holidays

Congregate dining meal
reservations require 48 hour
notice.

The Weekly Meal Calendar
appears in the Jamestown

Press and on the website

at jamestownri.net

Reservations requested for
activities.

Call or register online at

Jamestown.recdesk.com

or register by phone at

401-423-9804.

Volume 4

Jan, Feb, March 2024

Quarterly Newsletter

December 2023

Inside This Issue:

*The Blue Zones

*Photos from JSC R&R Days

*Winter Activities

*Good To Know Updates &
Info

The Secrets of the Blue Zones

Jose Bonafacio Villegas will soon turn 103. At age 103, Jose still rides his horse in his native home in Nicoya Peninsula, Costa Rica. Nicoya Peninsula, in Costa Rica, is one of five studied locations in the world classified as a Blue Zone. A Blue Zone is a location where people live, or have lived, to 100 years old-older than average.

The habits of the people living in Blue Zone areas can be seen chronicled in a four part docuseries by author, explorer, producer and storyteller, Dan Buettner, in the Netflix Series, "Live to 100: Secrets of the Blue Zones".

The docuseries showcases his findings of longevity hot spot communities around the world. Besides Nicoya Peninsula, the four other Blue Zones suggested are: Okinawa Prefecture in Japan, Icaria in Greece, Sardinia in Italy and Loma Linda in California.



Jose Bonafacio Villegas



In the pursuit of longevity and well-being, the residents of Blue Zones have honed a set of principles and traditions that shape their daily lives. These overarching principles, and how many of these are accomplished in their daily lives over long periods of time, can be seen in the chart to the left.

Through Dan's research we find that each of the Blue Zone locations share similar elements. These elements shared include: moderate and regular physical activity as part of their normal life routines, areas with purpose and outlook, regions that eat moderately and plant based diets and that also drink moderate amounts of alcohol and lastly the five recognized blue zone locations include spiritual and/or religious beliefs that seem to provide people with support and a sense of belonging.

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We also see that all five blue zones focus on family and caring for their loved ones as well as have way to decrease stress including: meditation, prayer, social gathering, or whatever works for each person. Lastly, we see that a common element shared is longevity in locations where people are surrounding themselves with people who share common values and habits. This is popularly referred to as, "finding ones tribe".

Based on these findings, Dan Buettner began an "experiment" in a Minnesota town. In this small town, Dan incorporated mechanisms to support town's residents engagement within nine habits, all shared within the research of the five blue zones, in order to try to increase longevity and foster vibrant aging. Dan made walking more accessible to all, supported community gardens, created incentive to grocery stores and local restaurants so they would feature healthier foods linked to increased longevity and created more opportunities for volunteerism in the community. When looking at the statistics of this experience, using a vitality tool that showed after implementation of these strategies were introduced to this town and practiced by some of the residents that according to the collected data, the town increased its average life expectancy by 3 years.

Here at the Jamestown Senior Center we aim to host opportunities that foster a sense of community and belonging. We hope you will join us in our programs that we offer. At many of the programs we notice a sense of comradery that is created among those involved. A good fun social opportunity will be a comedy filled show titled, Aging Disgracefully. This hilarious show will be performed by Rhode Islanders, Charlie Hall and Doreen Collins and is an amusing look at getting older.



Join us for a laugh...

Save the Date

Thursday, March 28th 2024

*Please continue to check your emails for more
info about this event.*

Photos from our recent "Jamestown Senior Center Rest and Relaxation days"



Sound Bath Meditation

Make your own zen garden activity





Exercise Programs

NEW!

Tai Ji Quan Moving for Better Balance (TJQMBB)

TJQMBB, was developed by Fuzhong, Li, PhD., a neuro-scientist from Oregon Research Institute.

Dr. Li utilized a contemporary form of Tai Ji as a base and augmented it with movements that enhance its effectiveness in both fall prevention as well as cognitive enhancement.

This program consists of twice a week, one-hour sessions, for 24 weeks.

The Jamestown Senior center will be hosting a free TJQMBB Program courtesy of Carelink, Inc.

Participants are required to participate in balance and hearing screenings prior to the beginning of the program.

Screening Date:
January 10th from 12-3 PM

Classes will begin on January 22nd, at 3 PM, at the Jamestown Senior Center.

CALL MOLLY TO REGISTER @
401-423-9804



Bones, Strength & Balance January Wednesday Session

Dates: 1/3/24, 1/10/24,
1/17/24, 1/24/24, 1/31/24
Who: Adults 55+
Where: Jamestown
Recreation Center
Time: 10:15 AM- 11:15 AM
Cost: \$25

Bones, Strength & Balance January Friday Session

Who: Adults 55+
Where: Jamestown
Recreation Center
Dates: 1/5/24, 1/12/24,
1/19/24, 1/26/24
Times: 10:30 AM-11:30 AM
Cost: \$20

Bones, Strength & Balance February Wednesday Session

Dates: 2/7/24, 2/14/24,
2/21/24, 2/28/24
Who: Adults 55+
Where: Jamestown
Recreation Center
Time: 10:15 AM- 11:15 AM
Cost: \$20

Bones, Strength & Balance February Friday Session

Who: Adults 55+
Where: Jamestown
Recreation Center
Dates: 2/2/24, 2/9/24,
2/16/24, 2/23/24
Time: 10:30 AM-11:30 AM
Cost: \$20

Bones, Strength & Balance

March Wednesday Class

Who: Adults Ages 55+
Where: Jamestown Rec Center
Dates: 3/6/24, 3/13 & 3/27/24 (no class on 3/20)
Time: 10:15 AM -11:15 AM
Cost: \$20 residents

Bone Strength & Balance

March Friday Class

Who: Adults Ages 55+
Where: Jamestown Rec Center
When: 4 Friday mornings
Dates: 3/1, 3/8, 3/15 (No class on 3/22 and 3/29)
Time: 10:30AM – 11:30 AM
Cost: \$15

Chair Yoga

Who: Adults 55+
Where: Upstairs at the Jamestown Senior Center
When: Mondays beginning on January 8th (8 week session)
Dates: 1/8/24, 1/22/24, 1/29/24, 2/5/24, 2/12/24, 2/26/24, 3/4/24 & 3/11/24
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.

Exercise Classes (continued)

Tai Chi for Arthritis

Who: Adults Ages 55+

Where: Program will meet upstairs at the Senior Center during the Winter

When: Mondays at 9:00AM

Dates: ONGOING

Cost: No Cost

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.

Aqua Therapeutics at St. Clare's

Who: Ages 55+

Where: St. Clare's (located at 309 Spring Street in Newport RI 02840)

When: Monday for 6 Weeks

Time: 10 AM

Dates: 1/22/24, 1/29/24

2/5/24, 2/12/24, 2/26/24 &

3/4/24 (No Class 2/19/24)

\$80 Resident, \$85 non-resident

Are you interested in swimming in a heated indoor, saltwater pool?!

This class is located at St. Clare's in Newport, RI.

In this class you will be led by a certified therapy assistant with individual attention. Travel to St Clare's is on your own. Participants will find the entrance to the parking

lot by using the lot entrance off of Dennison Street.

Class is limited to 8 participants



NEW CLASS!

Line Dancing

Who: Adults 50+

Where: Recreation Center Gymnasium

When: Fridays in January

Dates: 2/5/24, 2/12/24, 2/19/24, 2/26/24

Cost: \$20

Instructor: Steve Westerman

Line Dancing is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. You do not have to have a partner and there is no prior experience required.

Heart-Wise Walking

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

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 423-1617 to confirm location.

Zumba Gold

Who: Adults Ages 55+

Where: Upstairs, Senior Center

Time: 10 AM- 11 AM

Dates: 1/17/24, 1/24/24, 1/31/24, 2/7/24, 2/14/24 & 2/21/24

Cost: \$30 for Residents

Instructor: Ellen Cullom,

Looking for a way to stay warm during the winter? 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.

Cards and Games

BINGO

Hosted by the 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

Please call Molly Rose at 423-9804 to register. 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 5-7 PM & Friday

Mornings from 9:30

AM-11:30 AM

Dates: ONGOING

Do you 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.

Cost: No Cost



Creative Endeavors

Rusty Pens Writing & Storytelling Workshop

Who: Adults Ages 55+

Where: Program will meet upstairs at the Senior Center

When: Mondays, ONGOING

Time: 10:30AM-11:30AM

Cost: FREE

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. No homework needed.



Floral Arranging "Valentine Flowers"

Who: Adults Ages 55+

Where: Upstairs, Senior Center

When: Thursday, February 1, 2024

Time: 1:00-2:30 PM

Cost: Resident \$23.00/ Non-resident \$25.00

Instructor: Sally Gruber

You can be sure that Sally will have a great floral arrangement in honor of Valentine's Day. Sally will provide more detail as the date nears.

The SEWING CIRCLE RETURNS! Winter Session

Sewing Circle: Winter Session

Who: Adults age 55 or greater

Where: Central Baptist Church, 99 Narragansett Ave

When: Thursdays for 8 weeks beginning Jan 4th

- 2024

Dates: 1/4/2024, 1/11/2024, 1/18/2024, 1/25/2024, 2/1/2024, 2/8/2024, 2/15/2024 & 2/22/2024

Time: 1:30-3:30 PM

Cost: \$45

Instructor: Peggy Burse

Class is limited to 6 participants.

Participants will discuss their projects with the instructor before beginning and will receive guidance and instruction.

Sewing machines are provided. Bring your own material,

pattern, etc. This is an open class. Participants work on their own projects.

To sign up for this program please call Molly at 401-423-9804

Sewing Circle: Spring Session

Who: Adults 55+

Where: Central Baptist Church

When: Thursdays for 8 weeks

Dates: 3/7/24, 3/14/24, 3/21/24, 3/28/24, 4/4/24, 4/11/24, 4/18/24 & 4/25/24

Time: 1:30-3:30 PM

Cost: \$45

Instructor: Peggy Burse

Class is limited to 6 participants.

Additional Programs are added on an ongoing basis. The senior center uses a program called "My Senior Center" to send out constant contact with new offerings.

*** Emails will come from myseniorcenter.**

If you would like to be added to our MySeniorCenter email list please call 401-423-9804 or email mconlon@jamestownri.net

Ongoing Health Clinics

WELLNESS CLINICS w/ RN Lisa Stedman from 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: 1/2/24, 2/6/24 & 3/5/2024

Blood pressure and consults, **no charge**. It's a great opportunity to ask a nurse about your health status, medications, etc. *Call Molly at 423-9804 to make an appointment.

Tina The RI Foot Nurse (certified foot nurse)

Who: Adults Ages 55+

Where: Senior Center, upstairs

When: Thursday, January 11th 2024

Time: Appointments will be scheduled between the hours of 9 AM- Noon

Cost: \$45

Routine foot and nail care including, nail clipping, reduction of thickened nails, callus and corn reduction, light massage to lower legs and feet, foot care education/ materials.

Apt required

Call Molly at 423-9804

Hand Massage

Who: Adults 55+

Where: The Jamestown Senior Center (upstairs)

When: Fridays 9:30 AM-11:30 AM *no appointments on 3/29/24

Cost: \$12

*Call Molly at 423-9804 to make an appointment.

Instructor: Edwina Cloherty

Having your hands massaged not only feels good, but can help ease muscle tension and may even reduce pain.



Ongoing Health Clinics (continued)

Hearing Screenings with Atlantic Audiology

Who: Adults Ages 55+

Where: Jamestown Town Hall, Conference Room

When: Thursday, February 15th, 2024

Time: 9:00-12:00 PM

Cost: FREE

Appointment is required. Call Molly at 423-9804 to make an apt.

Ear Acupuncture

Who: Adults :55 and older

Where: Jamestown Senior Center

When: Wednesday, February 7th 2024

Time: 1:30PM - 3:30 PM

Cost: \$10

Instructors: Gail Roy, LICSW and Kelly Doyle, LCMHC
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.

Chair Massage

Who: Adults 55 +

Where: The Jamestown Senior Center

When: Wednesday, January 3rd 2024

Time: Appointments scheduled between 10 AM -12PM

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

Massages by Angela Paraskevaka, LMT From Jeka Wellness Center

A resident of Rhode Island since 1992, Angela is 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!

Call Molly at 401-423-9804 for apt.

Hand and Foot Reflexology

Who: Adults 55+

Where: Jamestown Town Hall, Conference Room

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

Dates: 1/29/24, 2/26/24, 3/25/24

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

Certified Reflexologist: Mary Carpenter

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



Additional Resources

The POINT, On-Site

Who: Adults 55+

Where: Downstairs at Jamestown Senior Center

Facilitator: Maria Sol Cuesta

When: January 17th 2024, February 21st 2024, March 20th 2024

Time: 1:30-3:00 PM

Cost: Free

Maria will assist with eligibility, application, referrals and resources for seniors and disabled. This includes assistance with; SNAP benefits, Health Insurance, Medicare Counseling, Pharmaceutical & Heating Assistance, Care at Home
To make an appointment call Molly at 401 423 9804

AARP TAX ASSIST

Who: Adults 55+

Where: Jamestown Senior Center Upstairs
When: Begins in February and ends April 15th 2024

Tuesdays and Thursdays

Times: TBD

Appointments will not yet be scheduled.

Appointments will be scheduled in mid January 2024. Emails will be sent to senior center participants notifying you of this date.

USDA Grants and Loans for Jamestown Homeowners

Who: Homeowners who live in their own homes (income \$51,200 or less)

When: January 25th 2024

Time: 1-3 PM

Cost Free

Facilitator: Gina Sayles, Loan Technician
USDA

In Jamestown, there is eligibility for loans for repairs, improvements or to modernize For homeowners who live in their home & meet income requirements.

There are also grants available for homeowners living in their homes age 62 or greater, that meet income guidelines and are in need of home health & safety repairs/changes.

Cyber Seniors Ipad Program: Intergenerational Technology Program



CYBER-SENIORS Ipad Program - Intergenerational Technology Program

Who: Adults Ages 55+

Where: Senior Center

When: February 2024, exact dates TBD

Cost: FREE

This program offered to us by the University of Rhode Island helps increase technology access and decrease isolationism among older adults. The iPad Cyber Senior Program is available due to partnership of industry, government, and community. The goal is to digital divide for older adults, linking them to the technology and virtual opportunities that underpin modern life and help keep us all, ya know, connected.

Our focus:

- Device Access
- Internet Connectivity
- Training Programs
- Online Content

The program is free for seniors. Participants may receive a free iPad (based on availability) and URI student tech mentoring.

Please call Molly Rose at 423-9804 to learn more about registering for this program and to learn more about program requirements.



Sponsored by:



Do not miss the following programs....

Brian Wallin is Back!

Thursday January 18, 2024 at 2PM

Torpedo Station Newport

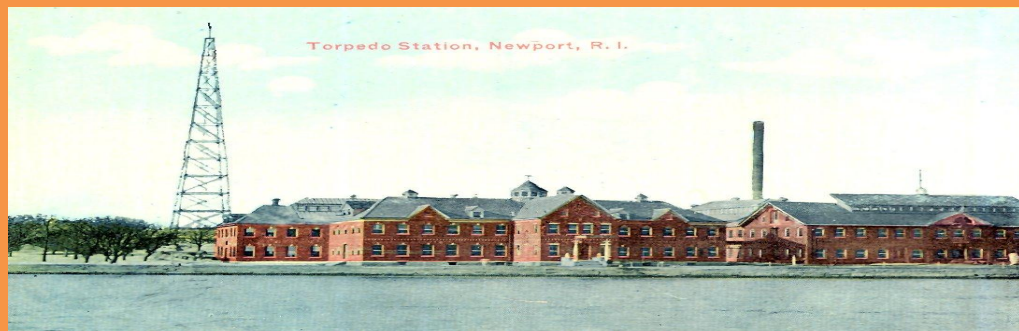
Just after the Civil War, in 1869, the Navy established a facility on Goat Island in Newport to develop and test underwater weapons, from mines to automobile (self-powered) torpedoes.

This is the story of Rhode Island's role in the evolution of the Navy's underwater weapons systems. Considerable attention was focused on the station during World War 2 when, thanks to reduced budgets, poor planning, a lack of testing and outmoded production methods, the Navy's torpedoes failed to achieve the promised results. It took personal action by Navy's Commander in Chief, Admiral Ernest King, to finally remedy the problem.

The presentation includes rarely seen visuals of torpedo launches and anecdotes about weapons that went astray on the bay. Eventually, some 14,000 people would be employed at the station during World War 2. Jamestown residents have played significant roles at the station from its early days.

Today, more than 150 years after its establishment of the Naval Torpedo Station, the Navy continues to advance underwater weapons development initiatives at Newport, exploring cutting edge technology in partnership with academia, researchers and civilian manufacturers at the Naval Undersea Warfare Center.

This program is free courtesy of The Jamestown Senior Center but reservations are required call Molly at 401 423-9804



A NEW YEAR OF AGING GRACEFULLY and GRATEFULLY

My Story is Not Done

Who: Adults : 55+

Where: Upstairs at The Jamestown Senior Center

Cost: \$40 for 4 sessions

When: Fridays in January 1;30-2:30 PM

1/5/24,1/12/24.1/19/24.1/26/24

Facilitator: Diane Westerman, MA

Discussion Topics:

Major Life Changes,Life Lessons, Self Care,Life Purpose

Ageism, Reflection





**ON THE
ROAD**

**Lunch and Shopping Trip to Rathskellar
Restaurant and Hack and Livery Store**

Who: Adults 55+

When : Thursday January 11. 2024

Bus leaves at 10:30 AM from JSC
Shopping then lunch at approximatley
12:30PM

Cost: Transportation \$2, cost of lunch is on
your own.

Newport Farmers Market Trip

Where: Stoneacres Garden
151 Swinburne Row, Newport (indoor)

When: Saturday January 13 , 2024

Time: Town bus will pick up participants at the
Pemberton Apartments at 9:15 AM followed by
the Senior Center at 9:25 AM (2nd pick- option)

Cost: FREE

After an hour-an hour and a half of time to walk
around to shop, the bus returns to Jamestown.

SHOPPING TRIPS TO WALMART SUPERCENTER IN NORTH KINGSTOWN

Who: Adults 55+

Where: Seniors will be picked up from their home and dropped back off at their home

When: Wednesday January 10, 2024,

Wednesday, February 14, 2024

Wednesday, March 13, 2024

Time: Participants will be picked up at their homes around 9 AM

Shoppers will be allotted an hour and thirty minutes to shop at the Walmart Supercenter in
North Kingstown. The Supercenter includes everything from household necessities, electronics
to groceries. Reservations will be made up to 1 full business day in advance. Maximum limit is
three 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 12 passengers.

Please call Eileen Donnelly at 401-423-2658 to make a reservation to shop.

Special Lunches

Valentines Day Lunch

Doors open at 11:15 AM

When: Thursday,
Feb 14th, 2024

*Live Music by Larry Lewis
Music Begins at 11:30 AM
For Reservations, please
call Eileen Donnelly
at 401- 423-2658 Space is
limited. Reserve by 2/9/24



St Patricks Day Luncheon

Doors open at 11:15 AM

When: Thursday,
March 14th, 2024

*Live Music by Larry Lewis
Music Begins at 11:30 AM
For Reservations, please call
Eileen Donnelly
at 401- 423-2658.
Reservations are due by 3/9/
24. Space is limited

GOOD TO KNOW

OPEN ENROLLMENT FOR MANAGED MEDICARE PLANS

From January 1 thru March 31, 2024 you can SWITCH from one Medicare Advantage Plan to a different Medicare Advantage Plan

FILE OF LIFE

A File of Life assists medical professionals provide appropriate care in the event of an emergency, The Jamestown Senior Center has all the materials needed. Stop in to create your File of Life, courtesy of the Jamestown Fire Department's Community Outreach and Support Team (COAST)

HOME REPAIR GRANTS AND LOANS

USDA Grants and Loans are available for certain Home Repairs for those who live in Jamestown and earn \$51,200 or less annually

FREE COVID TEST KITS

You can order four free test kits per household through COVIDtests.gov.

MEDICAL EQUIPMENT

The Jamestown Fire Department would like to remind townsfolk there is a medical equipment loan closet in town. It is well stocked with walkers, crutches, commodes, shower chairs, wheelchairs, braces and two hospital beds (with air mattresses). They also have an ample supply of adult diapers, bed pads and other supplies. If interested, please call 360-6636 and leave a message.

**SHIP : (Medicare Counseling Services) at Edward King
House 35 King St, Newport, RI**

On Mondays, walk in SHIP counseling from 10AM - 2 PM. Or you can call Katie at 401 846 7462 to make an apt at the Edward King House