



Narragansett Community Center, 53 Mumford Road, Narragansett, RI 02882
Narragansett Senior Association Newsletter January, 2021

New Year, Same Continued Guideline's

As we continue to limit our doors being opened, only registered individuals will be allowed to enter the Community Center. We have implemented new policies and procedures for entry. We will be following the states guideline in order to slowly reopen to the public. New cleaning protocols have been implemented to allow for a safe and clean environment. We appreciate your understanding during this transitional period. We are working very hard towards offering our programs in a safe, healthy environment.

Boxed Lunches

We hope you will join the program on a weekly basis or any day that you choose. Our staff continues to deliver daily Monday through Friday. If you are interested in learning about the program, please call The South Kingstown Center at 789-0268. Our daily lunch program has a suggested/anonymous donation of \$3.00 per meal or the amount that you can afford.

Narragansett High School Donation

I'm pleased to announce that the Narragansett High School made a generous donation of Poinsettia plants to our Center. We are very grateful and they were distributed in the month of December.



A Positive Gesture

We were recently blessed to receive a generous donation from the Knights of Columbus. They were able to provide our seniors with 20 gift cards worth \$500.00 along with many warm gloves, hats, and scarfs. The seniors of the town were very pleased to have such a kind and thoughtful gift during these difficult times. These donations were distributed during weekly lunch deliveries. We are very thankful for this selfless act of kindness and support for the seniors in our community!





Do you need help using your smartphone, tablet, or computer?

Cyber-Seniors' trained Tech Mentors are young People who teach technology to older adults.

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Fitness Room

- Available Monday - Friday 9am until 4pm.
- Workout time will consist of 1 hour.
- Only two individuals allowed in Fitness Room at a time.
- Hand Sanitizer and wipes provided
- Wiping machines before and after usage is required
- Registration required in advance
- For more information, call the Community Center @ 401-782-0675.



FREE HEARING TESTING

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Alyssa Allen

Hearing Instrument Specialist, License #460

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rbarstow@lpi-seniors.com or (800) 950-9952 x6457

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THE OUTDOOR HEATERS
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OUTSIDE” CAMPAIGN
ALL CLASSES ARE HELD
AT OUR PAVILION AREA

Chair Yoga

An excellent way for loosening and stretching painful muscles and reduces stress, and improves circulation.

Monday and Friday at 10:00 am

Free Classes

Dancing

Come enjoy a fun way to exercise and meet new friends while dancing to some great tunes.

Friday 11am

Free Classes; Please Register in advance

TAI CHI

Tai Chi is a low impact exercise that promotes health and longevity.

Outside Classes: Monday 11am, Wednesday 10am,
Thursday 11am (**\$5 per person**)

Indoor Zoom Classes: Wednesday 11am (**FREE**)

Contact jngee@icloud.com with any questions!



QIGONG

It's a mind body spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self message, sound and focus intent.

Outside Class: Wednesdays 11 am.

Free Classes; Please Register in advance

SENIOR TRANSPORTATION

This comes with great news that the Town of Narragansett has purchased a **new bus** for the Center.

- Senior transportation available during the pandemic
- Will be **limited** windows for transportation from **10:30am-2pm** for Medical appointments due to lunches being delivered at that time
- All accommodations will be on a case-by-case basis
- Passengers must maintain proper distancing guidelines and must wear face coverings
- Hand sanitizer and disposable wipes are available for all patrons

Shopping Transportation Update:

- **Grocery Shopping Available Wednesday mornings with pick up times starting at 9am**



Thinking of others

I would like to recognize and thank a special individual named Claire Clarke. She provided over 40 handmade masks to the Center. These masks were distributed during our box lunch deliveries. If anyone needs a mask, please contact the Community Center!





Bird Watching

K A U R E P I P D N A S C T R D E K
 R K E E C R O W E M T H A O G G R E
 I N C L G R W B A B I O B H U B U S
 W I H K O G L G A C R I W L E L T T
 A L A C O I P N K H N O L C L A L R
 R O W A S I A A T T L H W U G C U E
 B B K R E N D E C L U O O C A K V L
 L O D G A E U W A M K N O K E B H I
 E B A Q E L O W M T I N D O P I R I
 R E U A B R S I C O N C P O I R R N
 H I A R R N N I P R G N E C G D E O
 T O A A E G R A W I F I C T E P P O
 N R P R B H R E C O I S K F O N I L
 E S C I S A E O T L S S E I N O P M
 R E R U K N N O O E H K R N E C D D
 W D R E A D I S O R E Y L C U L N H
 E H E R O T E R G E R E E H R A A G
 T T C R D R I B G N I K C O M F S B

Word List:

CROW
 SPARROW
 WARBLER
 SANDPIPER
 SWALLOW
 WREN
 MAGPIE
 PARAKEET
 BLACKBIRD
 EGRET

KESTREL
 HUMMINGBIRD
 ORIOLE
 EAGLE
 OWL
 FINCH
 CUCKOO
 BLUETHROAT
 HAWK
 CRANE

ROBIN
 FALCON
 THRUSH
 BANANAQUIT
 GOOSE
 TERN
 CHICKADEE
 GRACKLE
 SANDPIPER

WOODPECKER
 LOON
 MOCKINGBIRD
 PIGEON
 KINGFISHER
 VULTURE
 GULL
 BOBOLINK
 CONDOR

**Senior Association
Senior Officers & Board of Directors
2020-2021**

Elaine Stannard, President
Barbara Gabriele, Vice President
Jane Gemma, Secretary
Sandra Rodrigues, Interim Treasurer

Board of Directors
Don Sullivan
John Roberts
Sally Cooper
Olga Catalano
Margo Matheson

Narragansett Senior Association is a non profit association in collaboration with the Senior Coordinator for the Department of Parks and Recreation for the purpose of developing and implementing programs for our senior population. If you are interested in becoming a member call the office and the fee for yearly dues is \$10.00.

Upcoming Trip

The Narragansett Senior Association is planning a trip to the Newport Playhouse. This venue is still closed to the public. We will inform everyone on the date and time when it becomes available.

AARP Tax Preparation

Due to COVID-19 a start date of the tax preparation is on hold. If and when it starts it will be very different to the participants. They will have strict new guidelines. Check back with the office on a start date.

TAX HELP



Dinosaurs

A	S	M	I	N	C	O	L	Y	T
L	U	V	I	M	E	P	H	A	L
L	R	E	A	S	T	S	P	I	E
O	U	L	A	P	R	H	P	N	S
S	A	O	R	N	O	U	O	O	U
A	R	C	A	O	D	S	L	S	R
N	O	I	S	A	U	R	O	A	U
K	T	R	A	R	C	H	I	A	S
Y	P	A	T	S	U	L	A	T	U
L	O	S	A	U	R	A	R	U	R

Find all the words from the word list (ignore spaces and dashes, if any):

ALLOSAURUS

ANKYLOSAURUS

ASTRODON

MINMI

PARASAUROLOPHUS

SPINOSAURUS

TALARURUS

TARCHIA

TYLOCEPHALE

VELOCIRAPTOR

SPREAD THE WORD

A Thriving, Vibrant
Community Matters



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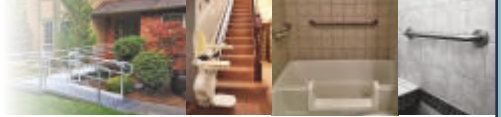
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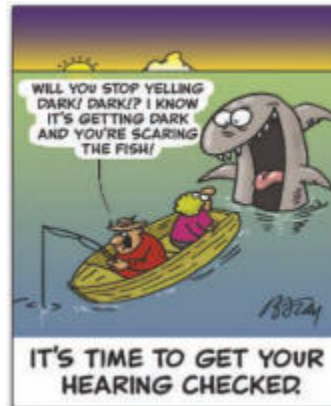


South County Hearing Services

Turn over a new leaf for better communication

Christine Stewart, Au.D., Audiologist

Lorrie Florence, HIS, Hearing Instrument Specialist



A Reminder from South County Hearing Services

Have you been having trouble hearing during these past few months?

We have heard from many of you, saying it's been very frustrating. We want you to know that we are "hear" for you.

We at South County Hearing Services are open and operating on an appointment only basis for hearing evaluations. We also offer curbside services for repairs or supply pickup.

Call South County Hearing Services today at 401-789-1906 to learn more about the services we offer.

South County Hearing Services
360 Kingstown Rd Suite 205
Narragansett, RI 02882

Office hours: Mon-Thur 8:30-5:00 | Fri 9:00-2:00.

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