

February 2026



# Beechwood

A Center for Life Enrichment

44 Beach Street, North Kingstown, Rhode Island 02852



*"What good is the warmth of summer, without the cold of winter to give it sweetness." John Steinbeck*

Dear Friends,

Although the winter chill still in the air, spring is waiting just around the corner! Just think on Sunday March 8, 2026 we 'spring ahead' one hour for Daylight Savings Time. Something we all look forward to.

February is an ideal time of year to enjoy the comforts of warm beverages, friends and activities at Beechwood! Our staff has been busy planning trips and new programs for you to enjoy.

There is February fun for newcomers and old friends alike. Please review our programs in this newsletter. Let's make February a month filled with **heart** – find something you LOVE to do at Beechwood! Come in and share a smile or a beverage with our staff, volunteers and friends. We look forward to seeing you!

*Marie Marcotte, Director*

## AARP Tax Aide Program

By appointment only,

Tuesday, February 3, 2026 – Thursday, April 9, 2026.

Tuesdays and Thursdays from 9:00 a.m. – 11:00 a.m.

Please see page 6 for appointment details.

Tax Aide Representatives from the AARP Tax Aide Program assist seniors and low-income tax filers with preparation and filing of federal and state returns. All returns will be electronically prepared and transmitted. If you are filing jointly, both individuals must be at the appointment.

We are asking individuals who have returns that are complex to seek sources other than our program to complete your tax returns. The returns that are time consuming include those which require reporting to multiple states, itemizing deductions, and reporting numerous income documents, such as multiple wage statements (W-2's), multiple retirement accounts (1099-R's) and multiple brokerage account (1099-B's). Your cooperation is greatly appreciated.

Please bring the following documents: W-2, 1099-G (Refund or Unemployment), 1099-INT, 1099-DIV, 1099-R (Pensions), 1099-R (IRA's), SSA-1099 (Social Security), 1099-MISC, 1095-A (Mrkt Health), your 2024 Tax Return and a blank check to verify your bank account.

An AARP Tax Aide volunteer will verify your identification, review your intake/questionnaire form and take your documents. All returns will be electronically prepared and transmitted.



## 2025 FILING STATUS GUIDELINES:

IF your filing status is...	AND at the end of 2025 you were	THEN file a return if your gross income was at least
Single	under 65	\$15,000
	65 or older	\$17,000
Married filing jointly	under 65 (both spouses)	\$30,000
	65 or older (one spouse)	\$31,600
	65 or older (both spouses)	\$33,200
Married filing separately	any age	\$5
Head of household	under 65	\$22,500
	65 or older	\$24,500
Qualifying widow (er)	under 65	\$30,000
	65 or older	\$31,600



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**Beechwood will be closed  
on the following dates:**

**February 16, 2026  
Presidents' Day**



## Beechwood Staff

**Beechwood Hours and Contact Info:**  
Monday - Friday / 8:30 a.m. - 4:00 p.m.

**Direct Line: 401-268-1590**

**Fax: 401-294-3020**

### Director

Marie Marcotte ~ 401-268-1593  
mmarcotte@northkingstownri.gov

### Assistant Director

Caroline Tudino ~ 401-268-1596  
ctudino@northkingstownri.gov

### Administrative Secretary/Transportation

Melissa Smith ~ 401-268-1590  
msmith@northkingstownri.gov

### Volunteer/Program Coordinator

Melissa Alyward ~ 401-268-1594  
malyward@northkingstownri.gov

### Social Services and Human Services

Diane Pierce ~ 401-268-1591  
dpierce@northkingstownri.gov

Casey O'Loughlin ~ 401-268-1579  
coloughlin@northkingstownri.gov

### Dining Room (8:30 a.m. - 1:30 p.m.)

Kerri Casey ~ 401-268-1592  
kcasey@northkingstownri.gov

### Kitchen

Madison Denis

### Bus Drivers

Lynn Bourque

### Custodian

Deb Matteson

## North Kingstown Senior Association

### North Kingstown Senior Association, Inc. "Friends of Beechwood"

The North Kingstown Senior Association provides annual funding for the printing and mailing of the Beechwood newsletter and contributes toward Beechwood programs, assisting in keeping our program costs lower for participants. They also donate funds, as needed, towards special purchases for the Senior Center.

## NKSA Membership

### MEMBERSHIP FOR 2026 IS OPEN.

*Completion of a new membership form is necessary for all 2026 membership renewals.*

#### North Kingstown Residents:

\$10 individual / \$15 couple

#### Non-North Kingstown Residents:

\$20 individual / \$25 couple

**Membership is not required to participate in programs or lunch at Beechwood.**



## NKSA Luncheon and Meeting

### North Kingstown Senior Association

Board Meeting will be held at Beechwood  
on **Tuesday, March 17, 2026 at 1:30 p.m.**

### A Special Birthday Invitation For "Friends of Beechwood"

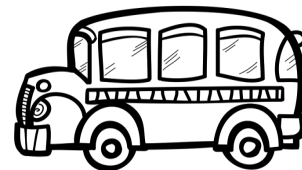
**Members:** North Kingstown Senior Association Board of Directors will offer members who celebrate a birthday in February a free lunch in the Seabreeze Dining Room on **Thursday, February 19, 2026**. Please call Kerri Casey our Dining Room Manager, at 401-268-1592 to make your reservation. Please present your membership card when you check into the Dining Room on Birthday Day.

**Don't forget to renew your memberships for 2026! If you plan on being away for an extended period of time, we kindly ask for you to notify us to pause the mailing of your newsletter. Thank you!**

## Transportation Policies

- If you are sick, please stay home. If you have a fever, cough and/or shortness of breath, contact your health care provider.
- Passengers must choose to shop at Dave's Market or Stop & Shop and will be limited to grocery shopping one day per week at the store they choose.
- There is a maximum limit of four reusable canvas shopping bags per passenger. Large items such as soda, bulk paper towels, cat litter, etc. need to fit into a bag or each large item will be counted as one bag.  
*There are **NO** exceptions.*
- The driver will bring grocery bags to each passenger's front door. They are NOT allowed to bring bags into residences.
- We reserve the right to decline services to anyone who does not adhere to the policies.

**Transportation reservations for grocery shopping will be accepted one full business day in advance. Please call Missy at 401-268-1590 to make a reservation or for additional information.**



## Local Trip



### Market Basket

Wednesday, February 4, 2026

Please call Missy at  
401-268-1590  
to make your reservation.

## Shopping Schedule

### Tuesday Mornings:

Dave's Market, Wickford, 9:00 a.m.

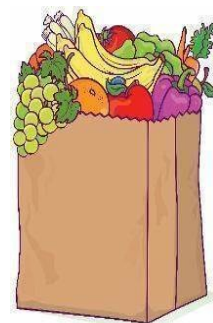
### Thursday Mornings:

Stop & Shop, Frenchtown Road, 9:00 a.m.

### Walmart:

Wednesday, February 11 and 25, 2026

*Shoppers are allotted a maximum time limit of 1 hour and 15 minutes in the store. 4 Bags only. NONE larger than 13 X 15*



## Daily Programs

**\*\*All Programs Are Subject to Change\*\***

### **Monday** Closed February 16, 2026

8:30 a.m. - 11:30 a.m. Billiards  
10:00 a.m. - 11:30 a.m. Beginners Spanish  
1:00 p.m. - 2:45 p.m. Stamp Club (2nd Week)  
1:30 p.m. - 3:00 p.m. Book Club (4th Week)

### **Tuesday**

8:30 a.m. - 11:30 a.m. Billiards  
1:00 p.m. - 3:30 p.m. Hi Lo Jack  
1:15 p.m. - 2:15 p.m. Bereavement (1st Week)  
1:30 p.m. - 3:00 p.m. Caregivers (2nd & 4th Week)

### **Wednesday**

8:30 a.m. - 11:30 a.m. Billiards  
10:00 a.m. - 4:00 p.m. Reflexology/Reiki  
10:00 a.m. - 11:30 a.m. Spanish  
1:00 p.m. - 3:00 p.m. Genealogy

### **Thursday**

8:30 a.m. - 11:30 a.m. Billiards  
1:00 p.m. - 3:00 p.m. Refresher Bridge  
1:15 p.m. - 2:45 p.m. Swingers Choral Group  
(No Swingers Program 2/12)

### **Friday**

8:30 a.m. - 11:30 a.m. Billiards  
10:00 a.m. - 11:45 a.m. Knitting, Etc.



## Beechwood Book Club

### **Beechwood Book Club~**

**Monday, February 23, 2026**  
**from 1:30 p.m. to 3:00 p.m.**

**Coordinated By: Marilyn Harris**

*Love Elixir of Augusta Stern*

*By: Lynda Loigman*

It's never too late for new beginnings. On the cusp of turning eighty, newly retired pharmacist Augusta Stern is adrift. When she relocates to Rallentando Springs, an active senior community in southern Florida, she unexpectedly crosses paths with Irving Rivkin, the delivery boy from her father's old pharmacy and the man who broke her heart sixty years earlier.

**All are welcome.**



## Monthly Programs

**\*\*All Programs Are Subject to Change\*\***

### **Beginners Conversational Spanish Classes~**

**Mondays, February 2, 9 and 23, 2026**  
**from 10:00 a.m. - 11:30 a.m. Instructors: Manuel & Lisa**  
**Registration for this program is closed.**

### **Intermediate Conversational Spanish Classes~**

**Wednesdays, February 4, 11, 18, and 25, 2026**  
**from 10:00 a.m. - 11:30 a.m. Instructors: Manuel & Lisa**  
**Registration for this program is closed.**

### **Senior Tech~**

**Thursdays, February 5, 12, 19, and 26, 2026.**  
**from 9:30 a.m. - 11:30 a.m.**

Need help using your electronic device? Schedule a one-on-one appointment with our senior volunteer. Appointments are 50-minute, private sessions where the volunteer will teach you how to use the device.

**Appointments required, please call Melissa at 268-1594.**

### **Ask-a-Lawyer Clinic~**

**Thursday, February 5, 2026 from 10:00 a.m. - 12:00 p.m.**  
An attorney from the Rhode Island Bar Association will offer free twenty-minute appointments.

**Appointments required, please call Melissa at 268-1594.**

### **Watercolors with Sue Greco, Rhode Island Art Teacher~**

**Tuesdays, February 10 and 24, 2026 at 9:30 a.m.**  
**Cost: \$5.00 per class Max. # of Participants per class: 15**  
*All supplies provided.* Participants can sign up for one session of their choice per month and be put on the waiting list for the other class.

**Registration required, please call Melissa at 268-1594.**

### **Free Legal Assistance~**

**Wednesday, February 11, 2026**  
**from 9:30 a.m. - 11:30 a.m.**

A local attorney will be available to meet for Q&A.

**Appointments required, please call Melissa at 268-1594.**

### **Garden Program- Native Plants Trends in the Nursery World~**

**Wednesday, February 18, 2026 at 1:30 p.m.**  
**Speaker: Jane Case owner of Blue Moon Farm Perennials**  
**Registration required, please call Melissa at 268-1594.**



## Daily Exercise Programs

**\*\* Classes are Subject to Change \*\***

**ALL exercise classes will be held at Beechwood Senior Center until further notice. Due to limited space, please note exercise class changes in schedule. We appreciate your patience and understanding.**

### Beechwood (B)

#### **Monday Closed Feb. 16, 2026**

8:30 a.m. - 10:45 a.m. Fitness Room (B)  
 12:45 p.m. - 1:15 p.m. Beginner Tai Chi (B)  
 1:15 p.m. - 2:15 p.m. Tai Chi (B)  
 2:15 p.m. - 3:00 p.m. Muscle and Tone (B)  
 3:00 p.m. - 4:00 p.m. Pilates (B) {FULL}

#### **Tuesday No Fit Fus. or Flex. Strength Feb. 17, 2026**

8:30 a.m. - 10:45 a.m. Fitness Room (B)  
 9:00 a.m. - 10:00 a.m. Fit Fusion (B)  
 10:00 a.m. - 11:00 a.m. Flexible Strength (B)  
 2:30 p.m. - 3:30 p.m. Modified Yoga (B)  
 5:00 p.m. - 6:00 p.m. Tai Chi/Qigong (B) {FULL}

#### **Wednesday No Fit Fus. or Flex. Strength Feb. 18, 2026**

8:30 a.m. - 12:15 p.m. Fitness Room (B)  
 9:00 a.m. - 10:00 a.m. Fit Fusion (B)  
 10:00 a.m. - 11:00 a.m. Flexible Strength (B)  
 4:00 p.m. - 5:30 p.m. Yoga (B) {FULL}  
 5:30 p.m. - 6:45 p.m. Yoga (B) {FULL}

#### **Thursday No Exercise Classes Feb. 12, 2026**

8:30 a.m. - 10:45 a.m. Fitness Room (B)  
 9:00 a.m. - 10:00 a.m. Line Dancing (B)  
 10:15 a.m. - 11:00 a.m. Strength & Stretch (B)  
 2:30 p.m. - 3:30 p.m. Modified Yoga (B)

#### **Friday No Core Fit Feb. 13, 2026**

8:30 a.m. - 10:45 a.m. Fitness Room (B)  
 9:30 a.m. - 10:30 a.m. Dance & Tone (B)  
 10:45 a.m. - 11:45 a.m. Core Fit (B)



## Fitness Room

A Fitness Room packet must be completed to use the Fitness Room. Packets are available at the Welcome Desk or can be mailed upon request.

One page is a Medical Clearance form that **must be completed by your physician**. Once the completed packet has been submitted and reviewed by a staff member, an orientation will be scheduled. Individuals can reserve fitness room equipment after completing orientation.



**Monday - Friday**  
**8:30 a.m. - 10:45 a.m.**

**Wednesday**  
**8:30 a.m. - 12:15 p.m.**

To reserve equipment or for questions regarding the fitness room, please contact Melissa at 268-1594.

## Exercise Program Guidelines

- All classes prior to 3:00 p.m. are drop-in with a \$2.00 fee.
- Evening classes are pre-registered classes.
- All individuals attending an exercise program must complete a Town Registration Form and an Exercise Release Form before participating in a class.
- Class descriptions are provided at the Welcome Desk.
- Appropriate footwear is necessary (sneakers).
- Water bottles only for classes and fitness room.
- Programs will run if there is an average of seven participants.



For questions regarding exercise programs, please call Caroline at 268-1596.

## Chakra Healing Series

**\*\*All Programs are Subject to Change\*\***

### Chakra Healing Series with Loren Correia~ {FULL}

**Mondays, February 2, 9, and 23,**

**March 2 and 9, 2026 from 10:00 a.m. to 11:30 p.m.**

**Cost 10.00/person Max. # of Participants: 20**

Join us on a transformative 7-week journey through the body's energy centers to restore balance, alignment, and inner harmony. Each week, we'll focus on one of the seven chakras, exploring its physical, emotional, and spiritual aspects. Through guided meditation, breathwork, sound healing, and practical tools, you'll learn how to clear energetic blockages, strengthen your connection to self, and cultivate deeper awareness.

By the end of this series, you'll understand the role of each chakra and how it influences your overall well-being, release stagnant energy and restore flow. Strengthen your intuition, creativity, and sense of purpose. Leave with practices you can integrate into your daily life. This series is perfect for anyone seeking greater balance, healing, and spiritual growth.

Whether you're new to energy work or deepening your practice, each session offers an opportunity for profound self-discovery and renewal.

**This program is full and the waiting list is full.**

## AARP Tax Aide Program

**\*\*All Programs Are Subject to Change\*\***

### By appointment only.

**Tuesday, February 3, 2026 - Thursday, April 9, 2026**

**Tuesdays and Thursdays from 9:00 a.m. – 11:00 a.m.**

**Please call Diane at 268-1591**

**to make an appointment.**

We are asking individuals who have returns that are complex to seek sources other than our program to complete your tax returns. The returns that are time consuming include those which require reporting to multiple states, itemizing deductions, and reporting numerous income documents, such as multiple wage statements (W-2's), multiple retirement accounts (1099-R's) and multiple brokerage account (1099-B's). Your cooperation is greatly appreciated.

Please bring the following documents: W-2, 1099-G (Refund or Unemployment), 1099-INT, 1099-DIV, 1099-R (Pensions), 1099-R (IRA's), SSA-1099 (Social Security), 1099-MISC, 1095-A (Mrkt Health), your 2024 Tax Return and a blank check to verify your bank account.

**Please see the front page for 2025 Filing Status Guidelines.**

## Super Bowl Party



### Super Bowl LX Party

**Friday, February 6, 2026**

**11:00 a.m. - 1:00 p.m.**

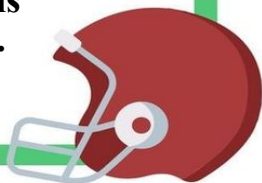
**Lunch is served at noon.**

Eat, play games, win prizes, and enter a guess for the final score raffle.

Wear your favorite team apparel.

**Cost: \$3.00**

**Registration for this program is closed.**



## Nite Owls



**Thursday, April 9, 2026**

**Doors open at 5:00 p.m.**

**Dinner is served at 5:30 p.m.**

**Entertainment:**

**Tony Madalone**

**Cost: \$15.00**

Tickets will be on sale  
Tuesday, March 17, 2026  
at 9:00 a.m. at  
the Welcome Desk.

*Space is limited.*

*No Refunds.*

## Nutrition Programs

**\*\*All Programs Are Subject to Change\*\***

### Mindful Eating~ {FULL}

Fridays, February 20, 27, March 6, 13, 20, and 27, 2026  
from 12:00 p.m. - 1:00 p.m.

Instructor: Danielle McKenney

Maximum # of Participants: 12

Cost: \$10.00/person

This six-week program will help you identify what your body needs and how to make better nutrition choices using the 80/20 approach. This is a sustainable and balanced method that avoids the all or nothing diets. You will build out your own personalized nutrition plan, while keeping track of your caloric intake and being mindful of your activities throughout the week.

To be put on a waiting list, please call Melissa at 268-1594.

### Staying Healthy and Fit Through Diet and Exercise~

Monday, February 23, 2026 at 10:00 a.m.

Presented By: URI Pharmacy Students

Exercise and diet have been shown to improve overall health, prevent disease and slow the progression of certain diseases. Key to success is a healthy, balanced diet combined with a regular exercise program. All will be discussed along with use of supplements and importance of adherence with medications.

Registration required, please call Melissa at 268-1594.

## Nutrition and Food

### Nutrition Refresh Two-Part Series~

Friday, February 13, 2026 and  
Friday, March 20, 2026

from 1:30 p.m. - 2:30 p.m.

Instructor: Kathi Masi

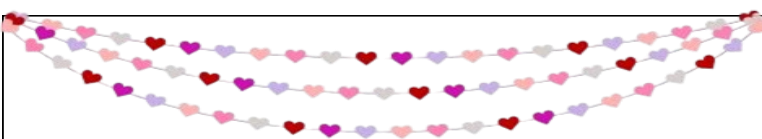
Maximum # of Participants: 20

Reset with your approach to healthy eating with our Nutrition Refresh two-part series classes! We'll walk through nutrition basics, meal planning, label reading tips, and common nutrition myths! Plus, enjoy a tasty food demo and leave inspired with practical ideas for healthy everyday eating.

Registration required,  
please call Melissa at 268-1594.



## Health Programs



### Reflexology and Reiki with Kim Holleran~

Wednesdays, February 4, 11, 18, and 25, 2026  
from 10:00 a.m. - 4:00 p.m.

\$25.00 for a 30-minute appointment.

Reflexology uses gentle pressure on specific points of the feet, hands, or ears that are believed to relate to different areas of the body, helping promote relaxation and overall well-being. Reiki is a gentle energy practice that uses light touch or hands placed near the body to support relaxation, balance, and stress reduction.

Appointments required, please call Melissa at 268-1594.

### Vertigo Screenings~

Wednesday, February 4, 2026 starting at 10:30 a.m.

Jonathan Walker, Licensed Physical Therapist and Vestibular Specialist

If you have been having issues with dizziness, vertigo or balance, we have free 15-minute screenings to assess your symptoms.

Appointments required, please call Melissa at 268-1594.

### Matter of Balance:

Rhode Island Geriatric Education Center~ {FULL}

Thursdays, February 5 - Thursday, March 26, 2026

from 10:00 a.m. - 11:45 a.m. Max. # of Participants: 15

Instructors: Cathy Lombardo and Kathi Masi

To be put on a wait list, please call Melissa at 268-1594.

### Hearing Screenings~

Tuesday, March 3, 2026 from 9:00 a.m. - 12:00 p.m.

Corina Perugini, BS, HIS, Hearing Aid Dispenser  
from Atlantic Audiology

Appointments are 30 minutes.

Appointments required, please call Melissa at 268-1594.

### Podiatrist from South County Foot and Ankle~

Mondays, March 9 and 30, 2026

from 9:00 a.m. - 3:30 p.m.

Dr. Tammy Van Dine, DPM, Podiatrist

Dr. Van Dine's appointments are scheduled every 10 minutes. If you are a new patient, please check with your provider about insurance coverage.

Appointments required, please call Melissa at 268-1594.



## Social Services Corner

The Social Services staff at Beechwood assists and refers older adults in areas of:

- ★ Health Insurance
- ★ Prescription Drugs
- ★ Housing
- ★ SHIP Counseling
- ★ Legal Referrals
- ★ Social Security

Assistance is also given to families (at any age) in crisis, assisting with or referrals:

- ★ Clothing
- ★ Medication
- ★ Homeless Status
- ★ Resources
- ★ Housing
- ★ Utilities

**Please call Diane at 401-268-1591  
or Casey at 401-268-1579 to  
schedule an appointment  
or for additional information.**



## Homeless Prevention Program

Funded through the RI Consolidated Homeless Fund, this program provides case management, housing information, and resources to assist clients who are in danger of becoming homeless. Expenses that are ineligible like Mortgage, hotel and motel payments. The program is offered to all RI residents. Income and other eligibility requirements apply.

**Housing Navigators are available at the  
following Tri-County location:  
1935 Kingstown Road, Wakefield, RI 02879  
Central Housing Intake Line: 401-583-0075**

## LIHEAP

### Low-Income Heat Energy Assistance Program~

Tri-County Community Action Agency's LIHEAP program offers assistance for low-income individuals and families in need of help with fuel bills. Homeowners and renters who meet the agency's income guidelines may be eligible for heating assistance and weatherization services.

**For more information on the LIHEAP or  
Weatherization programs, contact us at  
401-351-2750 ext. 1913.**

## Seabreeze Dining

The Seabreeze Dining Room offers a nutritionally balanced lunch at 12:00 p.m., Monday - Friday for persons 60 years of age or older, under age 60 if married to a person over 60, or if disabled, with proper documentation. Funded in part by the United States Department of Health and Human Services, Administration for Community Living and state funds through the R.I. Office of Healthy Aging.

- Individuals registered for lunch may enter the dining room no earlier than 10:15 a.m.
- Each lunch is a suggested \$3 donation.
- The menu lists two meal choices per day. The main meal is listed first and includes side dishes. The substitute meal is listed in parenthesis ( ) under the main meal. When ordering, please specify if you would like the main meal or the substitute meal.

**Please call Kerri Casey at 401-268-1592 to place  
an order for lunch. Orders must be placed by noon on  
Wednesday for the following week. Please see the  
enclosed menu for details.**

## Support Groups

### Bereavement Support Group~

**Tuesday, February 3, 2026 from 1:15 p.m. - 2:15 p.m.**

**Facilitator: John DaSilva from Beacon Hospice**

Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability. Common grief reactions include shock, disbelief or denial, anxiety, distress, anger, periods of sadness, loss of sleep and loss of appetite.

**For more information, please contact Diane at  
401-268-1591 or [dpierce@northkingstownri.gov](mailto:dpierce@northkingstownri.gov).**

### Caregivers Support Group~

**Tuesdays, February 10 and 24, 2026  
from 1:30 p.m. - 3:00 p.m.**

**Facilitator: Liz Fortin, LICSW Licensed Clinician**

Caregivers Support Group is for caregivers and family members who provide care for individuals with ALS, Alzheimer's disease or other types of dementia, cancer, heart and stroke conditions, multiple sclerosis and other debilitating conditions.

**For more information, please contact Diane at  
401-268-1591 or [dpierce@northkingstownri.gov](mailto:dpierce@northkingstownri.gov).**



## Senior Information



**Medical Equipment**~ The Quiddnessett Baptist Church in North Kingstown coordinates a program where you can borrow or donate used medical equipment. They are available Wednesdays through Fridays from 10:00 a.m. - 2:00 p.m. The church is located at 6356 Post Road, North Kingstown, RI 02852. *Beechwood is not able to accept donations of medical equipment.*  
**For more information, please call 401-884-9111.**

**Tri-County Community Action**~ Offers food distribution of non-perishable goods on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 1:00 p.m. - 3:00 p.m. Recipients of SSI, SNAP, Medical Assistance and other low-income programs can receive food once a month at Tri-County Community Action, 415 Tower Hill Rd, North Kingstown, RI 02852.  
**For more information, please call 401-515-2459.**

**North Kingstown Food Pantry Donations**~ Winter is a wonderful time of year to support the North Kingstown Food Pantry. Beechwood has a donation bin in the Seabreeze Dining Room. Please remember to check the expiration dates on the items before you donate them. **North Kingstown residents in need of food assistance call 401-885-3663.**

**Notary Public**~ Melissa Alyward and Melissa Smith are Notaries. They are available at Beechwood Monday - Friday from 9:00 a.m. - 4:00 p.m. **If you need a document notarized, or have any questions, please contact Melissa at 401-268-1594 or Missy at 401-268-1590.**

**Meals on Wheels**~ "Our mission is to meet the nutritional and other special needs of older adults and other eligible populations in order to help them maintain their independent lifestyles. Today, we offer home-delivered meals as the only nonprofit meal delivery program of its kind in Rhode Island, serving approximately 1,312 seniors daily."  
**For more information, please call MOW at 401-351-6700.**

## Senior Resources

### **211 Phone Information**~

211 is a free, confidential service. Your call is answered by a trained professional. One call connects you with the appropriate resources you need in your community. It is efficient, fast, and easy to use. No more wrong numbers or wasted time trying to find the right resource. 211 is available 24 hours a day, 7 days a week, 365 days a year.  
*Translation services available in many languages.*

### **Adult Protective Services**~

Elder abuse and self-neglect cases continue to rise in Rhode Island and on a national level. Rhode Island law requires you to report suspected abuse, self-neglect or exploitation of an elder. All Rhode Islanders are mandatory reporters. Reports can be filed anonymously. Elder abuse and/or neglect has a significant impact on our communities, families, and economy. **If you suspect abuse, neglect, and/or financial exploitation by a caregiver or self-neglect of an older person (60+) who resides in our community call 401-462-0555 anytime.**

## Operation Snowball

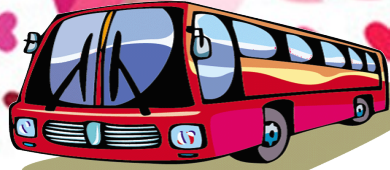
### **~Operation Snowball~**

#### **Inclement Winter Weather Policy**

North Kingstown Senior and Human Services will post cancellations and closures on local television (Channels 6, 10 and 12) and radio stations. Our cancellation information will also be listed on the Rhode Island Broadcasters website ([www.ribroadcasters.com](http://www.ribroadcasters.com)) & Town of North Kingstown website ([www.northkingstownri.gov](http://www.northkingstownri.gov)).

**Individual cancellation calls will not be made for programs, meals, and transportation.**  
**Please check via television and/or websites.**

## 2026 Trips



**\*ALL TRIPS ARE SUBJECT TO CHANGE\***

Transportation for all trips listed is provided by: Bloom Tours

Checks payable to: "Town of North Kingstown"

Reservations for trips accepted with \$10 deposit.

Please contact Caroline at 401-268-1596 to register for a trip or for more information.

No refunds after final date unless spot is filled from another person.

**Bus Departures and Returns Location:**

Stop and Shop on Ten Rod Road

1300 Ten Rod Rd, North Kingstown, RI 02852

**St. Patrick's Day Celebration at Aqua Turf~**

Tuesday, March 10, 2026

**Bus Departure: 8:45 a.m.**

**Bus Return: Approximately 5:30 p.m.**

Padraig Allen and The McLean Avenue Band have taken the Irish American Music and entertainment scene by storm. Enjoy live music with Irish Step Dancers with a luncheon featuring Corned Beef and Cabbage as well as Baked Scrod served family style. Also included is coffee and donuts, and a glass of wine or beer. May the luck of the Irish be with you as have a chance at a door prize before you depart.

**The Green Animals Topiary Garden~**

Tuesday, May 12, 2026

**Cost: \$120 p/person ♦ Final Payment Due: Friday, April 17, 2026**

**Bus Departure: 10:45 a.m.**

**Bus Return: Approximately 4:45 p.m.**

For more than a century, The Green Animals Topiary Garden in Portsmouth, RI, has been home to over 80 enchanting topiary animals and figures. While wandering through the grounds, take a moment to appreciate the vibrant flowers that bloom all around.

Before our visit, we will head to The Atlantic Resort for a delightful lunch.

**Lunch Choices: Baked Stuffed Scrod, Pasta Primavera, or Chicken Piccata**

# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
8:30 Billiards <b>2)</b> <b>10:00 Beginners Spanish</b> <b>10:00 Chakra Healing</b> 12:45 Beginner Tai Chi 1:15 Tai Chi 2:15 Muscle & Tone 3:00 Pilates	8:30 Billiards <b>3)</b> <b>9:00 AARP Tax Aide</b> 9:00 Fit Fusion 10:00 Flexible Strength 1:00 Hi Lo Jack <b>1:15 Bereavement</b> 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards <b>4)</b> 9:00 Fit Fusion 10:00 Flexible Strength <b>10:00 Reflexology / Reiki</b> <b>10:30 Vertigo Screening</b> 10:00 Spanish 1:00 Genealogy 4:00 Yoga 5:30 Yoga	8:30 Billiards <b>5)</b> <b>9:00 AARP Tax Aide</b> 9:00 Line Dancing <b>9:30 Senior Tech</b> <b>10:00 Ask A Lawyer</b> <b>10:00 Matter of Balance</b> 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers 2:30 Modified Yoga	8:30 Billiards <b>6)</b> 9:30 Dance & Tone 10:00 Knitting Etc. 10:45 Core Fit <b>11:00 Superbowl Party</b>
8:30 Billiards <b>9)</b> <b>10:00 Beginners Spanish</b> <b>10:00 Chakra Healing</b> 12:45 Beginner Tai Chi 1:00 Stamp Club 1:15 Tai Chi 2:15 Muscle & Tone 3:00 Pilates	8:30 Billiards <b>10)</b> <b>9:00 AARP Tax Aide</b> 9:00 Fit Fusion <b>9:30 Watercolors with Sue</b> 10:00 Flexible Strength 1:00 Hi Lo Jack <b>1:30 Caregivers Support</b> 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards <b>11)</b> 9:00 Fit Fusion <b>9:30 Legal Assistance</b> 10:00 Flexible Strength <b>10:00 Reflexology / Reiki</b> 10:00 Spanish 1:00 Genealogy 4:00 Yoga 5:30 Yoga	8:30 Billiards <b>12)</b> <b>9:00 AARP Tax Aide</b> <b>9:30 Senior Tech</b> <b>10:00 Matter of Balance</b> 1:00 Refresher Bridge  <b>*Valentine's Day Celebration and Luncheon*</b> <b>Tickets Required.</b>	8:30 Billiards <b>13)</b> 9:30 Dance & Tone 10:00 Knitting Etc. <b>1:30 Nutrition Refresh</b>
<b>16)</b>   <b>SENIOR CENTER CLOSED</b>	8:30 Billiards <b>17)</b> <b>9:00 AARP Tax Aide</b> 1:00 Hi Lo Jack 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards <b>18)</b> <b>10:00 Reflexology / Reiki</b> 10:00 Spanish 1:00 Genealogy <b>1:30 Gardening Presentation</b> 4:00 Yoga 5:30 Yoga	8:30 Billiards <b>19)</b> <b>9:00 AARP Tax Aide</b> 9:00 Line Dancing <b>9:30 Senior Tech</b> <b>10:00 Matter of Balance</b> 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers 2:30 Modified Yoga	8:30 Billiards <b>20)</b> 9:30 Dance & Tone 10:00 Knitting Etc. 10:45 Core Fit <b>12:00 Mindful Eating</b>
8:30 Billiards <b>23)</b> <b>10:00 Beginners Spanish</b> <b>10:00 Chakra Healing</b> <b>10:00 URI Presentation</b> 12:45 Beginner Tai Chi 1:15 Tai Chi <b>1:30 Book Club</b> 2:15 Muscle & Tone 3:00 Pilates	8:30 Billiards <b>24)</b> <b>9:00 AARP Tax Aide</b> 9:00 Fit Fusion <b>9:30 Watercolors with Sue</b> 10:00 Flexible Strength 1:00 Hi Lo Jack <b>1:30 Caregivers Support</b> 2:30 Modified Yoga 5:00 Tai Chi/Qigong	8:30 Billiards <b>25)</b> 9:00 Fit Fusion 10:00 Flexible Strength <b>10:00 Reflexology / Reiki</b> 10:00 Spanish 1:00 Genealogy 4:00 Yoga 5:30 Yoga	8:30 Billiards <b>26)</b> <b>9:00 AARP Tax Aide</b> 9:00 Line Dancing <b>9:30 Senior Tech</b> <b>10:00 Matter of Balance</b> 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers 2:30 Modified Yoga	8:30 Billiards <b>27)</b> 9:30 Dance & Tone 10:00 Knitting Etc. 10:45 Core Fit <b>12:00 Mindful Eating</b>



## BEECHWOOD



NORTH KINGSTOWN  
SENIOR & HUMAN SERVICES  
P. O. BOX 313  
NORTH KINGSTOWN, RI 02852  
[www.northkingstownri.gov](http://www.northkingstownri.gov)  
RETURN SERVICE REQUESTED

Nonprofit Organization  
US Postage  
Paid  
North Kingstown, RI  
Permit No. 30

## Upcoming Holiday Luncheons

When buying tickets for special luncheons or Nite Owls, tickets need to be purchased in person at the Welcome Desk.  
**Limited: six tickets per purchase. If purchasing multiple tickets, all names are required at the time of purchase.**

### Valentine's Day Luncheon Thursday, February 12, 2026 **Entertainment ~ Tim Brooks**

Begins at 10:45 a.m.  
Lunch is served at noon.

**Cost: \$3.00**  
**SOLD OUT**  
**NO REFUNDS**

### St. Patrick's Day Luncheon Thursday, March 12, 2026 **Entertainment ~ Robert Black**

Beginning at 10:45 a.m.  
Lunch served at noon.  
In-Person Ticket Sales: Tuesday,  
February 17, 2026 at 9:00 a.m.

**Cost \$3.00**  
**NO REFUNDS**

The Mission of the North Kingstown Department of Senior Services in its capacity as a community-based resource and agency is: To promote, enhance and maintain the well-being, dignity, and independence of persons 55 and older by providing programs, services and resources to meet their present and future needs.