

Hamilton House Courier

May/June 2025



Celebrating our volunteers during the April Volunteer Appreciation Reception

Programs & Special Events

Please note any sign up or payment requirements. We ask members to consider whether you will be able to attend most sessions before signing up for limited space activities.

– SPECIAL EVENTS –

The Membership and Special Events Committees

NEW Monthly Events!

Coffee, Tea & Conversation

2nd Wednesday of each month

Wednesday, May 14 at 10 am (DR)

Wednesday, June 11 at 10 am (DR)

Enjoy socializing with other members at this informal social gathering over tea and coffee. All members are invited – new members are especially encouraged to join!

Monthly Friday Social

4th Friday of each month

May 23 at 4 pm-6 pm (Garden Patio)

June 27 at 4 pm-6 pm (Garden Patio)

Casually kick off the weekend by enjoying the company of friends on the patio. Light fare will be served, but members are asked to bring a beverage of choice for themselves or to share. Members, neighbors, and friends are all welcome.

*Interested in serving on the Special Events Committee?
Please email Chloe at hamiltonhouse276@gmail.com.*

Annual Garden Party | Friday, June 13 at 2pm-4pm | Rain date Friday, June 20

You're invited! Join fellow members at this annual community event on the lovely garden patio. There will be live music and light refreshments and delicious small bites by Wingate Residences on the East Side. Family, friends and neighbors are welcome!



Member Maggie M. presents as a part of April's four-part series, "Arts & Culture of the 1960s"

– PRESENTATIONS –

Creating Memories By the Mile

Peter Pineo, Pine Meadow Tours

Friday, May 2 at 11 am (DR)

The Grand Canyon, Roy Orbison, the LPGA, and a radio program were the genesis of Peter starting his company, Pine Meadow Tours.

Since then he has developed and led numerous tours, and will describe how he brings it all together, along with highlights of favorite destinations. He will also preview a new tour that is coming around the corner!

Sacred Errand

Member John Harkey

Wednesday, May 7 at 12:30 pm (DR)

During British colonial occupation many of the Australian Aboriginal secret/sacred tjurunga (Cher-UNGA) were stolen, sold to collectors, or forfeited to missionaries. John's presentation is about his experience repatriating a sacred object.

Based on his travels and personal knowledge, he shares his journey through fiction and fact. The story intersperses composite and fictional characters with the majority of actual ones, to help carry messages he became aware of, but were not spoken to him directly. *Sacred Errand will be for sale.*

Angelica Kauffman, an 18th-century Celebrity Artist

Member Wendy Roworth

Monday, May 12 at 2 pm (DR)

Angelica Kauffman was one of the most successful and influential artists in the eighteenth century – an exceptional achievement for a woman. This illustrated lecture will highlight how she overcame obstacles to become one of the founders of London's Royal Academy and an international celebrity in Rome.

Music of the 60s Encore

Member John Lord

Wednesday, May 14 at 1 pm (DR)

This encore audio-video history of the music of the 60s is for anyone who missed the original or who would like to see and hear it again. Re-explore this explosive decade of music in a program that documents the incredible changes that happened in popular music – and society.

Punch Needle Reimagined: Rugs to Runway

Author & Artist, Micah Clasper-Torch

Monday, May 19 at 1 pm (DR)

Join Micah on an exploration of punch needle rug hooking's history and its surprising potential in contemporary fashion. A certified Oxford Punch Needle Instructor and fashion designer, Micah will showcase how she is reimagining this traditional American craft for wearable art. Get a sneak peek at her forthcoming book "Punch Needle Fashion." *Her book will be for sale.*

Reflections on a Career in the U.S. Foreign Service

Member Charles Ahlgren

Friday, May 30 at 11 am (DR)

Chuck's career spanned 33 years in the Foreign Service, mostly abroad. He will discuss what the Foreign Service is, what it does, and talk about his various assignments. He will also share his thoughts on the current state of the Foreign Service today.

Fall Prevention for Older Adults

Member Jennifer Rosen, L.I.C.S.W.

Monday, June 9 at 12:30 pm (DR)

According to the CDC, falls are the leading cause of injuries in adults over 65 years of age. Jennifer's presentation will discuss fall risks and prevention strategies, followed by a discussion. She has given this presentation to more than 200 people. Handouts will be available.

Options for Aging Series

June Wednesdays at 12:30 (DR)

Planning for the 'Golden Years' involves many considerations. While everyone's situation is unique to their retirement desires, there are a few common elements. This series will look at the topics that seniors frequently ask about. The discussions will provide insights and resources to start the conversation on aging or update plans already in place.

Members are welcome to attend specific topics or the entire series.

- **June 4:** Aging at Home or Continual Care Facility – How to Decide? *Member Armistead Covington, Covington Properties –Services for Seniors*
- **June 11:** What Are Continuing Care Retirement Communities? *Jamie Cornell, StoneRidge–Life Plan Community*
- **June 18:** Aging in Your Home. *Maria Sol Cuesta, United Way Rhode Island*
- **June 25:** Legal & Financial Planning for Aging. Speaker: TBA

This series will continue into July.



A visit from Chef Kevin Millonzi for a presentation on Healthy Snacks, sponsored by Blue Cross Blue Shield of RI!
Thank you!

– LUNCH & LEARN –

Talking About Art

Suzanne Lewis

Planes, Trains and Automobiles

Wednesday, May 21 at 12:30 pm (DR)

Just in time for summer travel! From the Impressionists of the 1880's to American Modernists in the 1930's to the Futurists of the 1940's, artists sought to depict the movement, speed and change that new modes of transportation afforded. The class will discuss the paintings of Monet, Thomas Hart Benton and Edward Hopper, among others.

[Members are welcome to bring lunch from home or buy lunch from the cafe.](#)

– WORKSHOPS –

Stories From the Stage Workshop & Performance

Member Elissa Arffa

To sign up, contact Elissa, earffa@cox.net.

Can't attend the first session? You're still welcome to share your story – please contact Elissa to let her know of your interest.

Session I: Tuesday, May 20 at 10 am-11:30 am (DR)

Session II: Wednesday, May 28 at 1 pm-2:30 pm (DR)

Similar to *The Moth Radio Hour* and PBS *Stories From the Stage*, this workshop provides a space for members to tell stories from their lives. It is not a biography, but sharing an incident in their life.

Session I: This will be a training session to work on a story and get feedback from the group.

Session II: Workshop participants share their stories live 'from the stage.'

How to Plan & Teach an Activity Workshop

Member Frank Capecci

Tuesday, June 10 at 10:30 am-12:30 (Part I, DR)

Tuesday, June 24 at 10:30 am-12:30 pm (Part II, DR)

Minimum of five required. Sign up at Front Desk.

Member-led presentations and activities are the lifeblood of Hamilton House and this pair of workshops will help anyone interested in conducting an activity. These workshops can be taken separately or together.

(description continued on page 4)

- **Part I** will guide members in preparing and delivering a presentation.
- **Part II** will assist members preparing to teach a class.

Note: A third session is being planned for a more detailed session regarding developing a curriculum, teaching structure, assignments and more.

– CONCERTS –

Providence PorchFest

Saturday, June 7

Entertainment and concert time TBA

Once again Hamilton House will host a concert or two on the patio and lawn as part of Providence's Second Annual PorchFest - A free community-wide event!



A great turnout at last year's PorchFest with *Evening Sky* & *Ike Dee*.

– TRAVEL –

Sign up required at the Front Desk. Payment **must** be made when signing up. [Trip details are posted on the bulletin board in the Reception Area.](#)

Heritage Museum & Gardens Rhododendron Festival

Thursday, May 22 - Cost \$30. Limit 14.

8:30 am - 4:30 pm

With a visit to Sandwich Glass Museum & Shipwreck Ice Cream!

Boston Art & Architecture Tour

Rescheduled Date: Wednesday, June 4, 9:30 am - 5 pm. Cost \$160. Limit 15.

Self-guided tour Boston Public Library, 5-course Afternoon Tea, Trinity Church Tour

Castle on The Hill Guided Tour*

Thursday, June 26, 9 am - 2:45 pm. Limit 14.

Free Transportation & Tour

Black Whale Restaurant (Self pay lunch)

*This Fairhaven, Mass., estate is featured in Friday Flicks movie, *The Holdovers*, June 20!

[The Travel Committee is looking for a Chairperson.](#)
Contact Gail R. if interested: romanovich.gail@gmail.com

– FILM –

Short Films

Member Jerry DeSchepper

Thursdays, 10:30 am -11:30 am

May 1, 8, 15, 22

"A short film is a motion picture with a running time of 40 minutes or less, including credits" according to The Academy of Motion Picture Arts and Sciences. Short films are characterized by concise storytelling and their focus on a single idea.

Each week the class will view and discuss a short film representing a variety of styles (serious, comic, experimental, journalistic, etc.)

– MUSIC –

Opera for Everyone

Member Sherry Slovic

Tuesdays at 11:30 pm (Mirror)

May 6 - June 24

This series will watch and examine two operas: *Rigoletto*, Giuseppe Verdi's opera based on Victor Hugo's play *Le roi s'amuse*, and *The Marriage of Figaro*, by Wolfgang Amadeus Mozart and librettist Lorenzo Da Ponte.

– VISUAL ARTS –

Men's Creativity Through Visual Thinking

Instructor: Robert Ramspott

Friday, May 9 and May 16 at 9:30 am -10:45 am
(Art Studio)

Sign up required at Front Desk.

In this symposium, the class will learn about the creativity and artistic expression of artists Leonardo da Vinci, Michelangelo, El Greco and Picasso. How did these men observe their surroundings and interpret what they saw? What made them the foundation of what we see and know today?

There will be an option to get creative during the second class. Art materials are provided.

The Joy of Acrylic Painting

Robert Ramspott

Fridays, June 6-27 at 9:30 am -11 am (Art Studio)

Sign up required at the Front Desk. A minimum of six is required.

This beginner friendly class welcomes all levels and will cover the basics: Color mixing, brush techniques, layering and tinting, as well as types of canvas and brushes. Students will also learn how to prepare surfaces, use tools, and create simple compositions using line, color, shape and form. The class will end with a portfolio of still life, landscape, abstraction and more.

Please bring the following materials to class. Items can be purchased at craft and discount stores or online.

- A complete acrylic paint set
- Canvas board, pad or stretched 11"x14"
- Acrylic brushes
- Water jar, paper towels

– HANDICRAFTS –

Knitters' Gathering

Coordinator: Member Jeanette Baker

Thursdays at 2 pm (Mirror)

This is an informal drop-in gathering for knitters to knit and get help from each other.

– HISTORY & CULTURE –

Professor Charlotte Carrington-Farmer Lectures

Dr. Charlotte Carrington-Farmer is a Professor of History, specialising in early American History.

Reacting to the Past:

An Immersive Historical Experience

Monday, May 5 at 12:30 pm (DR)

This is not going to be a typical history lecture! It is a chance to become immersed in history using Reacting to the Past (RTTP). The RTTP uses elaborate games, set in the past and allows participants to "live" in a particular historical moment. In this 1-hour session, the class will play a microgame called "Monumental Consequence," which debates the importance of art and culture in times of war. Come along and give it a go – it will be fun!

William Harris: Founding Rhode Island and Hating Roger Williams

Monday, June 23 at 12:30 pm (DR)

William Harris hated Roger Williams so much that he could not even acknowledge Williams was human, asking rhetorically on several occasions, what (not who) Roger Williams was. Harris made many claims against Williams, which, one by one, Williams dismissed as "Unrighteous and Ridiculous." Using primary sources, this talk will examine who William Harris was, and why he and Roger Williams hated each other so much. (Who ever said history is dull?)

– INTERGENERATIONAL OPPORTUNITIES –

Off-Site: Wheeler School Community Ethics Forum (CEF).

216 Hope St. Providence, RI.

Second and fourth Fridays at 12:45 pm –1:30 pm
(May 9 & 23. Ends in May for the summer.)

Perhaps our greatest gift as community elders is our life-long experiences and perspective.

Ian Steller, a volunteer at Hamilton House and a teacher at Wheeler, invites members to join the Wheeler Upper School Ethics Club/Ethics Bowl Team for bi-monthly discussions about timely and provocative ethical dilemmas. The format is case-based. Ian is faculty supervisor of the Ethics Club. If interested, contact Ian at iansteller@wheelergmail.org.

Off-Site: School One Intergenerational Art: Advanced Drawing Class

220 University Ave, Providence, RI.

Spring/Trimester 3: March - June

Tuesdays at 3:00 pm - 6:00 pm

Led by Michael Gunn, there will be quick creative warm-up activities and imaginative processes that get students drawing without overthinking. The class will cover essential topics like line, value, perspective, space, shape, texture, pattern, and design through engaging classroom activities.

This class is free. All skill levels welcome. To sign up, complete this registration [form](#) Or contact Diana at School One. 401-331-2497/ dianac@school-on

Ongoing Activities

Most classes are on a drop-in basis. Please note any RSVP requirements or payment deadlines

– LANGUAGE –

French: Conversation and Culture

Instructor: member Sheila Zompa

Mondays at 9:50 am (DR)

Designed for beginner and intermediate French learners who have a basic knowledge of French grammar. Emphasis will be on speaking. French culture will often enhance the conversational experience.

German: Intermediate Study Group

Mondays at 11 am (Mirror)

Join a self-directed gathering of studious German language students.

Spanish I & II

Instructor: member Alicia Elwin

Tuesdays (Mural) at 10 am & 11:30 am

Maximum size for both classes is 10.

– Spanish I: 10 am

This is a class for beginners and continuing students. Grammatical concepts will be explained in both English and Spanish. In addition, students will begin reading Spanish Short Stories that increase in difficulty.

– Spanish II: 11:30 am

A comfortable knowledge of Spanish grammar and verb usage is advisable. This is an advanced Spanish conversation class. Reading material for discussion may include novels, short stories or articles written in Spanish.

– LITERATURE/POETRY/WRITING –

Book Club

Coordinator: Member Sylvia Danforth

Last Monday of the month (DR)

NOTE: May's group will meet on Monday, May 19 due to Memorial Day.

–“Small Things Like These” by Claire Keegan

Monday, May 19 at 2:00 pm

In 1985 in a small Irish town, a coal merchant and family man, delivers a package to the local convent and makes a discovery which forces him to confront both his past and the complicit silence of a town controlled by the church. A deeply affecting story of hope, quiet heroism, and empathy.

–“The Lioness of Boston” by Emily Franklin

Monday, June 30 at 1 pm

A portrait of what society expected a woman's life to be, shattered by a courageous soul who rebelled and was determined to live on her own terms. A deeply evocative portrayal of the life of Isabella Stewart Gardner, the daring trailblazer, who not only created an inimitable legacy in American art, but also transformed a city.

Poetry Writers' Workshop

Coordinator: member Nancy Cherico

Second and fourth Mondays at 11:15 to 12:45 pm
(Mirror—subject to change)

These sessions will provide a supportive space to get feedback from other writers about how to enhance your message—the high points, what works, what leaves questions for the reader, and what might work better. Bring a poem (or 2) to be work-shopped. **Open to all members.**

Poetry Group

Instructor: member John Lord

Tuesdays at 10:30 am (Oak)

Each month focuses on a poet's works and influence on the genre.

Classic Novels

Instructor: member Joan Pettigrew

Thursdays at 11 am (Mural)

This class takes an in-depth look at a variety of novels that have stood the test of time, and explores novels and authors who may be en route to this distinction.

– DISCUSSION FORUMS –

Readings & Discussion

Coordinator: member John Stevenson
Wednesdays at 11 am (DR)

Join a lively, weekly discussion group about a stimulating essay or short article. Titles and links to the readings are listed in the weekly ebuletin.

Current Topics

Facilitator: Member Rick Tropper
Alternating Fridays at 12:30 pm (DR)

This is an opportunity for those who enjoy a good discussion to share their opinions about what they've been reading and hearing in the news. Bring a topic suggestion.

– ART/FILM/MUSIC –

– FILM –

Friday Flicks

2nd & 4th Fridays at 10 am (Mirror)
Summer Weekly movies begin June 6!

Members gather for a movie and popcorn! *Note:* [Films are scheduled at the time they are available on Netflix. Substitutions may occur.](#)

May 9: You Hurt My Feelings (2023)
May 23: The French Connection (1971)

June 6: Beginners (2010)
June 13: Maktub (2017)
June 20: *The Holdovers* (2023) - Special viewing to coincide with a trip to the estate featured in the film!
See Travel section for details.
June 27: Thelma (2024)

"Summer at the movies....some are not"

– VISUAL ARTS –

Watercolor Studies

Instructor: Anne Wert
Tuesdays at 1:00 pm-3:30 pm (DR)
This class ends June 24th.

NOTE: There are **four seats available for [this session only](#)**. [Sign-up is required at the Front Desk](#). New students must email Anne for the materials list at apwert@yahoo.com.

The class will learn various watercolor techniques and touch on the basics of painting, including color, value, and composition. Each class will start with a demo or lesson and end with a group critique. Artists should bring their own reference images. Some watercolor experience is recommended.

Hand-Building Pottery

Instructor: Kate Champa
Wednesdays at 1:00 pm—3:00 pm
(Pottery Studio)

Materials Fee: \$25 to be paid directly to the instructor at the **first** class of each new two-month session. This fee covers the cost of clay and firing the electric kiln. Students will learn about clay, forming objects without a wheel, glazing, and firing. **Sign up at the Front Desk.**

Drop-in Pottery Option

\$5 firing fee

For members who cannot commit to a semester, consider joining the class for an hour now-and-then to learn the skill. When a pottery object is ready to be fired, pay the firing fee directly to the instructor.

Art Studio Group

Self-directed (assistance is available)
Thursdays at 10 am

This time is available for members who wish to use the studio while working on an art project. A still life will be set up for inspiration.

An artist volunteer will be in the studio to offer feedback or assistance. There will be some art materials available for anyone to use.

Intermediate Watercolor

Instructor: Anne Rourke
Thursdays 1:00 pm-3:30 pm (DR)

This is a class for students with previous training or experience in watercolor. Students will be able to explore a variety of techniques.

Open Studio

All members are welcome to use the studio space. Members can explore their creativity in this quiet space that is available when art classes are not in session. Please check the schedule.

The Art Studio is located in the basement. An automated 'stair chair' is available.

– HANDICRAFTS –

Card Making Workshops

Instructor: Member Ann Thomas

First Monday of every month at 1:00 pm – 3:00 pm (DR) NOTE: May 5 will meet in Art Studio

Class limit: 10. Contact Ann directly the Friday before class to join.

\$10 materials fee to be paid directly to instructor at workshop. BYO glue and scissors. All other materials/envelopes will be provided. Contact Ann to join: annthomas8432@yahoo.com, 303-619-7622.

– HEALTH, WELLNESS & COMMUNITY –



Yoga class held nextdoor at Central Church is now open to the community, \$5 drop-in!

Yoga

Instructor: Sara Davidson Flanders

Mondays at 11 am (Chapel Hall & Zoom)

NOTE: Non-member adults 55+ are welcome to attend as a 'drop-in.' Fee is \$5 to be paid at Hamilton House Front Desk before class.

These weekly sessions of Anusara Yoga bring attention to specific actions to hone awareness and open subtle channels of energy. Actively moving energy through the body cultivates steadiness, strength, and freedom. **Classes are in-person and on Zoom; the link is sent in the weekly ebulletin.**

Zoom Exercise Class

Instructor: Jodie Thompson

Tuesdays and Thursdays at 11 am (Zoom)

This is a low impact class with upper and lower body exercises for active older adults. The class helps with balance, strength, preserving bone

density, vitality, and mobility. Zoom link is provided in the weekly eBulletin.

Tai Chi

Instructor: Bob McManus

Tuesdays at 1 pm (Chapel Hall)

NOTE: Non-member adults 55+ are welcome to attend as a 'drop-in.' Fee is \$5 to be paid at Hamilton House Front Desk before class.

This ancient Chinese martial art is known for its slow, intentional movements, gentle exercise, and active meditation.

Meditation Circle

Facilitator: Lee Clasper-Torch

Wednesdays at 9:30 am (Oak)

Breathe. Center. Relax. Enjoy sharing quality time of sitting silence, and meditating on various poems and passages to inspire open and mindful conversations with one another. All members welcome. **This class ends May 28.**

Walking Group

Thursdays at 9am

Meetup in the Reception Area for a walk around the neighborhood, weather permitting.

Women's Circle

Coordinator: Member Janice Arsenault

Alternating Thursdays at 1 pm (Library)

May 8, 22. June 5.

This group will gather to socialize and share what's 'going on' in their lives, and be both supportive and supported through friendly conversation in a welcoming setting.

Women's Health & Wellness Group

Facilitator: Member Pat Donovan

Alternating Thursdays at 1 pm (Mirror)

May 1, 15, 29. June 12, 26.

Group limit: 11.

The Women's Health and Wellness Group is an opportunity for women to explore life issues to share, discuss and problem-solve. The group decides the topics. Consistent attendance is expected and essential to ensure commitment and confidentiality. Please contact Pat Donovan directly to inquire about joining: elmgroveavenue25@gmail.com

Men's Group

Coordinator: Member John Stevenson

Alternating Fridays at 12:30 pm-2 pm (Mural)

(May 9, 23, June 6, 20)

All male members are welcome. Conversations explore ways in which men are dealing with aging and life choices, reflecting on things learned over the years about what makes life interesting, and gaining perspective on barriers and struggles (including some continuing), all from a perspective of being "men" in today's society. Please contact John with any questions: jstevenson@uri.edu

Horticulture Therapy At-Home Kits

Certified Horticulture Therapist: Sally Gruber

May: Magnificent May Floral Kit

To be delivered: Tuesday, May 13

Cost: \$24.00 per participant

Order by: Tuesday, May 6

June: Watering Can Magic Floral Kit

To be delivered: Tuesday, June 24

Cost: \$24.00 per participant

Order by: Tuesday, June 17

Members order the kits to construct at home. Each personally-delivered kit includes instructions, fresh flowers and greens, accents, container, thematic poetry or music, and an edible treat!

Call or email Sally directly to order: 401-823-8077 or flowersforeveryone@msn.com

The American Horticultural Association notes that horticultural therapy in its various forms helps improve memory, cognitive abilities, task initiation, language skills, and socialization.

– GAMES –

Scrabble

Mondays at 12:30 pm (Mural)

All player levels are welcome.

Contact member Charlene Kneath with questions:

chark46@aol.com, 401-339-6922

Contract Bridge

Thursdays at 1 pm-3 pm (Mural)

All levels welcome.

We are always looking for new players! If you're interested, or would like more information contact member Joan Breen: jjj606@verizon.net or 401-521-0276

Backgammon

Fridays at 10 am (Mural)

All player levels are welcome.

Pool Table

The pool table is located in the basement and available for members to use at their leisure during the day. Please remember to leave the room as you have found it.

Volunteer Ian Steller provides a free tutorial for members. As more players become familiar with the game, he will plan group activities in the 'pool hall.' For lessons contact Ian at ianmsteller@gmail.com

Technology Help-Desk Hours

Tech Volunteer: JD Stettin

Thursdays at 11 am

By appointment only. Sign up at the Front Desk.

Genealogy & Family History Explorations

Researcher: member Helen Litterst

Thursdays at 11 am | Appointments required

(Drop-ins accommodated if possible) Please email:

helenlitterst@gmail.com

Helen assists members in their searches and also provides information about the myriad resources available to research family history.

Have fun, socialize, learn new things, try something different, and keep your brain active!



Another great crowd at our Annual St. Paddy's Day Concert!

Staff Messages

- Executive Director's Note -



Dear Members,

As most of you are aware, Collin and I are anticipating an exciting spring, as we look forward to welcoming the birth of our first child. We are so touched by the enthusiasm you all have shown us, and grateful for your support during this time. I am set to be on leave from Hamilton House for the months of June and July, returning to my duties here in August. During this time, our membership will be in good hands, thanks to our Board of Directors, Staff, and Volunteers— all of whom already help to ensure that Hamilton House runs smoothly on a daily basis. As we all know, “many hands make light work,” and I encourage members to continue to step in as they are able, if and when they see a need!

It means so much to be able to share this special moment with the Hamilton House community—we're looking forward to introducing our little one to the warm and welcoming spirit that makes this place so special.

Warmly, Chloe

- Program Manager/Editor's Note -

The days continue to get longer as we head into late spring and early summer, which is a good thing because there is a full schedule ahead to fill that time! In addition to the usual multitude of activities, we have a comprehensive Aging Options Series to help address questions that come up as we age, our second annual Providence PorchFest, numerous presentations on a wide range of topics, new opportunities for socializing, travel tours, new classes, and the return of weekly Friday Flicks for summer beginning in June. Mark your June calendars for the Annual Garden Party and the Community Meeting. I hope you will find many activities to enjoy inside, as well as plenty of time for fresh air and the wonders of the great outdoors.

See you soon, Liz Kelley

House Information & Announcements

Wellness Class Drop-In Options for Non-Members

Yoga & Tai Chi now offer a \$5 pp 'drop in option' for non-member adults 55+. **Payment is made at the Front Desk before the class.** This is a great chance to invite friends and enjoy lunch before or after class!

Chloe & Collin's Baby Shower

Friday, May 2 at 2-4
Catered by Sandra

Come to celebrate the anticipated arrival of a new baby and future member. Cheers to the parents-to-be and their new adventure.

Community Meeting

Thursday, June 12 at 9:30 am-11:00 am (DR)
Board President Frank Capecci and the Board of Directors cordially invite all members to attend this community meeting to hear what is taking place at Hamilton House. Member comments are welcome and encouraged!

The Community Meeting is a great opportunity to meet the Board and committee members, as well as fellow members. Refreshments will be served, with plenty of time to socialize!

Please note: No other activities will take place during this meeting 9:30 am - 11 am.

Hamilton House Café

Soup | Sandwiches | Dessert | Snacks | Coffee | Tea

Open weekdays 11:30 am-1:30 pm

The cafe menu is emailed to members every Monday. *Please note that items are subject to change based on popularity!*

Non-member guests are welcome! Cash and checks are accepted at this time.

If you would like to volunteer to serve during a lunch shift, contact Chloe to learn more or sign-up.

Parking Lot Reminders

Cars entering the driveway have the right of way. Cars leaving the driveway, **MUST** back up—even with cars behind yours.

We ask that members who do not require accessible parking, please park on the street. Parking decals are available at the Front Desk for members *only*.

House Closure Dates

Monday, May 26 Memorial Day

Thursday, June 19 Juneteenth

Closure Policies

Hamilton House is closed on all Federal Holidays, when the Providence Public Schools are closed for weather-related events, or if there is a city-wide parking ban. A notice will go out via email, social media and on our website when the building is closed.



Get Social! Follow and like us on Facebook! Search [@hhlearningexchange](#) to stay connected via social media. If you aren't on Facebook, consider leaving us a review on Google! This helps us greatly when members of our community look us up online. **Click the icons or scan the QR codes provided.**

Many thanks to Chloe, Garo, Lily, Jerry, Lucy Ann, and all others who help with proofreading, fact checking, tech wizardry and assembling the catalog.

Thinking of becoming a volunteer?

Here are some reasons to help you make up your mind!

- **Meet new friends.** Volunteering brings people together.
- **A chance to give back.** Helping your community.
- **Learn new things.** Step outside your comfort zone.
- **Have a voice.** Share in the Hamilton House mission and values.
- **It's good for you.** Personally and socially!

Members are encouraged to contact Committee Chairs directly with their interest.

Committees & Chairs

Development Committee

Frank Capecci, fcapecci@aol.com

Governance Committee

Sylvia Danforth, sdanforth42@gmail.com

Finance Committee

Carl Romanovich, carlromanovich@yahoo.com

Kitchen Committee

John Lord, jonskydozer@msn.com

Membership Committee

Sylvia Danforth, sdanforth42@gmail.com

Personnel Committee

Patricia Donovan, elmgroveavenue25@gmail.com

Program Committee

Elissa Arffa & John Stevenson

earffa@cox.net

jstevenson@uri.edu

Property Committee

Collin Mills, collin.n.mills@gmail.com

Social Events Committee

Chair Vacant, hamiltonhouse276@gmail.com

Travel Committee

Chair Vacant, hamiltonhouse276@gmail.com

Additional Opportunities include: Front Desk Reception, Board Member, Class Facilitator, Data Entry, Gallery Support, Cafe Service, Newsletter collation & more! hamiltonmhhouse276@gmail.com

We are incredibly grateful for the show of support from Hamilton House members, family, friends, and folks from the community during this year's 401Gives Campaign!

THANKS TO DONORS LIKE YOU, WE:

- **Raised a total of \$16,380**– nearly TWICE the amount of our initial fundraising goal!
- Received gifts from **75 Individual Donors!**
- Gave out **35 NEW Special Edition Hamilton House coffee mugs!**
- Unlocked our **\$2,500 matching gift!**
- Won **\$770** in United Way sponsored prizes!
- Had our **entire Board** participate in giving!
- Ranked in the **Top 10** for gifts to Small Organizations!

Annually, Hamilton House depends on the generosity of donors like you to help us keep the mission & spirit of Hamilton House thriving.

Your support reaffirms just how important it is for older adults to have a place where friendships grow, knowledge is shared, and community comes to life.

We understand that everyone gives in different ways and at different times—and every form of participation matters. **Whether you're a member, a supporter, or someone cheering us on from afar, your involvement has a meaningful impact on the life of Hamilton House.**



One of the most powerful ways you can continue to support us is by sharing your experience. Tell a friend, neighbor, or family member what Hamilton House means to you. Invite someone to visit, forward our newsletter, or share our story on social media. We know that personal connections and word of mouth are how our community grows—and with your voice, we can reach even more older adults who would benefit from everything Hamilton House has to offer!

Thank you for your support, and for being a part of the Hamilton House community!

May2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<div>Room Abbreviations KEY: Dining Room - DR Mural Room – Mural Mirror Room - Mirror Oak Room – Oak Central Congregational Church – CCC <i>located next door (entrance on Diman Pl.)</i></div>		<div>1</div> <div>9am- Walking Group 10am - Art Studio Group (Art Studio) 10:30am - Short Films (DR) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Health & Wellness (Mirror) 2 pm - Knitters Gathering (Library)</div>	<div>2</div> <div>10am - Backgammon (Mural) 11am - SPEAKER: PETER PINEO “Creating Memories by the Mile” (DR) 12:30pm - Current Topics (DR) 2 pm -Baby Shower</div>
<div>5</div> <div>9:50am - French Conversation (DR) 11am - German Intermediate (Mirror) 11am - Yoga (CCC) 12:30pm – LECTURE: Prof. Charlotte Carrington-Farmer “Reacting to the Past” (DR) 12:30pm - Scrabble (Mural) 1pm - Cardmaking Workshop (Art Studio)</div>	<div>6</div> <div>DEADLINE: Sally Gruber Order Floral 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Opera For Everyone (Mirror) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>7</div> <div>9:30am - Meditation Circle (Oak) 11am - Readings & Discussion (DR) 12:30pm – SPEAKER: John Harkey “Sacred Errand” (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>8</div> <div>9am - Walking Group 10am - Art Studio Group (Art Studio) 10:30am - Short Films (DR) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Circle (Mirror) 2 pm - Knitters Gathering (Library)</div>	<div>9</div> <div>9:30am - Men's Creativity Through Art (Art Studio) 10am - Backgammon (Mural) 10am - Friday Flicks (Mirror) 12:30pm - Men's Group (Mural) 12:45pm - Wheeler School Ethics Club</div>
<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>
<div>9:50am - French Conversation (DR) 11am - German Intermediate (Mirror) 11am – Yoga (CCC) 11:15am - Poetry Writers' Workshop (Mirror) 12:30pm - Scrabble (Mural) 2pm - SPEAKER: Wendy Rowarth “Angela Kauffman 18th-century Celebrity Artist (DR)</div>	<div>Sally Gruber Floral Kit Delivery 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 11:30am Opera for Everyone (Mirror) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>9:30am - Meditation Circle (Oak) 10am-Coffee, Tea & Conversation(DR) 11am - Readings & Discussion (DR) 12:30pm – SPEAKER: John Lord “Music of the 60s” (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>9am - Walking Group 10am - Art Studio Group (Art Studio) 10:30am - Short Films (DR) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Health & Wellness (Mirror) Monthly Board Meeting (Wingate East Side) 2 pm - Knitters Gathering (Library)</div>	<div>9:30am - Men's Creativity Through Art (Art Studio) 10am - Backgammon (Mural) 12:30 pm - Current Topics (DR)</div>
<div>19</div> <div>9:50am - French Conversation (DR) 11am - German Intermediate (Mirror) 11am - Yoga (CCC) 12:30pm - Scrabble (Mural) 1pm -SPEAKER: Micah Clasper-Torch “Punch Needle Reimagined: Rugs to Runway” (DR) 2pm - Book Club “Small Things Like These” by Claire Keegan (DR)</div>	<div>20</div> <div>10am - Spanish I (Mural) 10am Stories From the Stage PT 1. (DR) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 11:30am -Opera for Everyone (Mirror) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>21</div> <div>9:30am - Meditation Circle (Oak) 11am - Readings & Discussion (DR) 12:30pm – Lunch & Learn Talking About Art: Planes, Trains & Automobiles (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>22</div> <div>DAY TRIP: Heritage Museum & Gardens 9am - Walking Group 10am - Art Studio Group (Art Studio) 10:30am - Short Films (DR) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Circle (Mirror) 2 pm - Knitters Gathering (Library)</div>	<div>23</div> <div>10am - Backgammon (Mural) 10am - Friday Flicks (Mirror) 12:30pm - Men's Group 12:45pm - Wheeler School Ethics Club 4pm - Monthly Friday Social (Patio)</div>
<div>26</div> <div>CLOSED FOR MEMORIAL DAY</div>	<div>27</div> <div>10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 11:30am Opera for Everyone (Mirror) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>28</div> <div>9:30am - Meditation Circle (Oak) 11am - Readings & Discussion (DR) 1pm - Pottery Class (Pottery Studio) 1pm - Stories From the Stage LIVE! (DR)</div>	<div>29</div> <div>9am - Walking Group 10am - Art Studio Group (Art Studio) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Health & Wellness (Mirror) 2 pm - Knitters Gathering (Library)</div>	<div>30</div> <div>10am - Backgammon (Mural) 11am SPEAKER: Chuck Ahlgren “Reflections on a Career in the U.S. Foreign Service” (DR) 12:30pm – Current Topics (DR)</div>

June2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>2</div> <div>9:50am - French Conversation (DR) 11am - German Intermediate (Mirror) 11am - Yoga (CCC) 12:30pm - Scrabble (Mural)</div>	<div>3</div> <div>10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Opera For Everyone (Mirror) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>4</div> <div>DAY TRIP: Boston Art & Architecture Tour 11am - Readings & Discussion (DR) 12:30 -OPTIONS FOR AGING SERIES: “Aging at Home or Continual Care?” (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>5</div> <div>9am - Walking Group 10am - Art Studio Group(Art Studio) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Circle (Library) 2 pm - Knitters Gathering (Library)</div>	<div>6</div> <div>9:30am -The Joy of Acrylic Painting (Art Studio) 10am - Backgammon (Mural) 10am – Summer Friday Flicks (Mirror) 12:30pm - Men's Group (Mural)</div>	<div>7</div> <div>Providence PorchFest Entertainment and concert time TBA</div>
<div>9</div> <div>9:50am - French Conversation (DR) 11am - German Intermediate (Mirror) 11am - Yoga (CCC) 11:15 Poetry Writers’ Workshop (Mural) 12:30pm SPEAKER: Jennifer Rosen “Fall Prevention for Seniors” (DR) 12:30pm - Scrabble (Mural)</div>	<div>10</div> <div>10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 10:30-WORKSHOP: How to Plan and Teach an Activity (DR) 11am - Exercise (Zoom) 11:30am - Opera For Everyone (Mirror) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>11</div> <div>10am Coffee, Tea & Conversation (DR) 11am - Readings & Discussion (DR) 12:30 -OPTIONS FOR AGING SERIES: “What Are Continuing Care Communities?” (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>12</div> <div>9:30am -Community Meeting (DR) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Health & Wellness (Mirror) 2 pm - Knitters Gathering (Library)</div>	<div>13</div> <div>9:30am -The Joy of Acrylic Painting (Art Studio) 10am - Backgammon (Mural) 10am – Summer Friday Flicks (Mirror) 12:30pm – Current Topics (DR) 2pm-4pm Annual Garden Party</div>	<div>14</div>
<div>16</div> <div>9:50am - French Conversation (DR) 11am - German Intermediate (Mirror) 11am - Yoga (CCC) 12:30pm - Scrabble (Mural)</div>	<div>17</div> <div>DEADLINE Sally Gruber Order Floral 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Opera For Everyone (Mirror) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)</div>	<div>18</div> <div>11am - Readings & Discussion (DR) 12:30 -OPTIONS FOR AGING SERIES “Aging In Your Home” (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>19</div> <div>CLOSED FOR JUNETEENTH</div>	<div>20</div> <div>9:30am -The Joy of Acrylic Painting (Art Studio) 10am - Backgammon (Mural) 10am – Summer Friday Flicks (Mirror) 12:30pm – Current Topics (DR) (Annual Garden Party rain date)</div>	<div>21</div>
<div>23</div> <div>9:50am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am - Yoga (CCC) 11:15 -Poetry Writers’ Workshop (Mirror) 12:30pm - Scrabble (Mural) 12:30pm-LECTURE: “William Harris-Founding Rhode Island and Hating Roger Williams,” Prof. Charlotte (DR)</div>	<div>24</div> <div>10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Opera For Everyone (Mirror) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR) Last class</div>	<div>25</div> <div>11am - Readings & Discussion (DR) 12:30- OPTIONS FOR AGING SERIES “Legal & Financial Planning” (DR) 1pm - Pottery Class (Pottery Studio)</div>	<div>26</div> <div>DAY TRIP: Castle on the Hill 9am - Walking Group 10am - Art Studio Group(Art Studio) 11am - Classic Novels (Mural) Exercise (Zoom) Genealogy Drop-in (Library) Tech Help. (By Appt.) 1pm - Bridge Club (Mural) Watercolor: Intermediate (DR) Women's Health & Wellness (Mirror) 2 pm - Knitters Gathering (Library)</div>	<div>27</div> <div>9:30am -The Joy of Acrylic Painting (Art Studio) 10am - Backgammon (Mural) 10am – Summer Friday Flicks (Mirror) 12:30pm – Current Topics (DR) 4pm Monthly Friday Social (Patio)</div>	<div>28</div>
<div>30</div> <div>9:50am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am - Yoga (CCC) 12:30pm - Scrabble (Mural) 1pm - Book Club “The Lioness of Boston” by Emily Franklin (DR)</div>				<div>Room Abbreviations KEY: Dining Room - DR Mural Room – Mural Mirror Room - Mirror Oak Room – Oak Central Congregational Church – CCC located next door (entrance on Diman Pl.)</div>	