

Hamilton House Courier

March/April 2025



Programs & Special Events

Please note any payment, RSVP requirements and deadlines.

Please consider whether you will be able to attend most sessions before signing up for limited space activities.



Photos from our February Special Event: A whodunnit Murder Mystery Dinner at "Glittersby Manor"

– PRESENTATIONS –

Unlearning Grammar

Member John Lord

Friday, April 4 at 11 am (DR)

Where did all of the grammar "rules" come from and are any of them "right?" A former English teacher, professional writer and editor, John will explore the language laws everyone is taught and discover which, if any, should be worried about.

Cher: One Singular Sensation!

Member Kip Brott

Friday, April 11 at 11 am (DR)

The long wait is over! HH's own fashion aficionado will finally give fashion fans a show! For more than six decades, international superstar Cher has achieved lasting fame - with legions of adoring fans (who, us?) - in a career that has spanned the recording industry, television, films, and show-stopping fashion. Don some glitter or boho attire and learn more about this legendary icon & glamorous senior citizen!

– WORKSHOPS/DEMONSTRATIONS –

Rhode Island Personal Emergency Preparedness Workshop

Speaker: Mary Herman, Community Outreach Worker
Rhode Island Department of Health

Thursday, March 13 at 10 am (DR)

This brief workshop is an overview and open to ALL members; sign-up is encouraged.

Mary is part of the RI DOH's Center for Emergency Preparedness & Response. Recent disasters have highlighted the importance of personal preparedness, and this workshop will provide an overview of how to prepare before a disaster strikes. This will include the benefits of enrolling in the Rhode Island Special Needs Emergency Registry that was developed to assist anyone with a disability, access or functional need or chronic condition.

Thank you to our neighbors Wingate East Side for light breakfast refreshments!

Three-Day Emergency Response Workshop

Provided by Providence Senior Services & Providence Emergency Management Agency (PEMA)
Tuesday, March 25 & Wednesday, March 26 at 9:00 am-11:30 am (Breakfast included)
Thursday, March 27: 9 am - 3 pm off-site at PEMA (Transportation is available for up to 14, breakfast and lunch provided).

Open to Providence residents only. Sign up at Front Desk. Registration limited to 20.

In alignment with the Age-Friendly PVD Action Plan, Senior Services has developed an Emergency/Disaster Preparedness Workshop series targeting the needs of aging and older adults. The workshop aims to prepare seniors in the event of any emergency in which they may need to rely on themselves for survival. At the conclusion they receive a certificate, a tee shirt, and a starter emergency kit.

How to Plan & Teach an Activity

Member Frank Capecci

Wednesday, April 16 at 12:30 pm (Part I, DR)
Wednesday, April 30 at 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.

Part I will guide members in preparing and delivering a presentation. **Part II** will assist members preparing to teach a class. Frank was a corporate trainer and facilitator in his career.

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

Preparing Satisfying Healthy Snacks!

Instructor: Chef Kevin Millonzi

Friday, April 18 at 11 am (DR)

Eating a healthy snack between meals helps to curb appetites and keep energy levels up. Chef Kevin Millonzi, often seen on local TV, will show you how easy it is to choose and make well-rounded snacks. He will also share some satisfying samples!

Sponsored by BCBSRI. Thank you!

Calligraphy - The Art of Beautiful Writing

Instructor: Galina Radchenko

Monday, April 21 at 12:30 pm-2:30 pm (Art Studio)

Workshop fee: \$35. This includes the calligraphy set which members will keep.

Sign up and pay at the Front Desk by Monday, April 14. A min of 5 students required.

This beginner-friendly workshop will introduce the art of modern calligraphy, a beautiful and expressive form of writing. Participants will learn the basics of penmanship, including letterforms, spacing, and flourishes. Materials include a calligraphy pen, a well of ink, practice paper, an introductory guide and practice guides.

– CONCERTS/PERFORMANCES –

The Better Place: A One-Person Show

Storyteller: Mark Binder

Wednesday, March 5 at 1 pm -2:30 pm

The Better Place is Storyteller Mark Binder's new work in progress that blends storytelling with theatre. This one-person show is a joyful tale about the journey from foolishness to wisdom... and back. Mark is still tweaking the show and a Q&A will follow as he further develops his performance.

Mark is a Providence-based storyteller, an Audie Award nominated storyteller, and author of the award-winning Izzy Abrahmson's Village Life series.

Annual St. Paddy's Day Celebration: Irish in America

Member Cathy Clasper-Torch, and guests Ed Sweeney and Mary King

Monday, March 17 at 12:30 pm (DR)

This merry trio will celebrate the traditions of Irish music and culture with jigs, ballads, jokes and storytelling, while playing their beautiful instruments. Come wearin' of the green!

April Fool's Day Musical Treat

Tuesday, April 1 (sometime after 1pm)

Something musical will happen sometime somewhere by someone or two.....April 1st is a day of surprises.....wait to hear what musical treats might just pop up!

– SPECIAL EVENTS –

No events are currently planned for March/April.

Please STAY TUNED! If you are interested in serving on the Special Events Committee you are invited to come to the next Committee meeting on Wednesday, March 5th at 10 am, or email Chloe.

– TRAVEL –

Boston Art & Architecture Tour and Afternoon Tea

Featuring the iconic Boston Public Library and Trinity Church

Friday, March 28 at 8:30 am - 6:00 pm

Transportation from Hamilton House

Cost \$140. Sign up at Front Desk. Payment due at sign up. Limit: 15.

Known for its palatial design by architect Charles McKim, the BPL is considered "one of the finest examples of 19th-century architecture in America" – and for its art and book collections. It also houses 3 major mural series: John Singer Sargent's *Triumph of Religion* – 1895-1919, Edwin Austin Abbey's *Holy Grail* – 1902, Pierre Puvis de Chavannes's *Muses of Inspiration* – 1895.

Enjoy a quintessential Afternoon Tea in the elegant McKim Room at Boston Public Library.

The Boston trip includes a walk across the street from the library to tour Trinity Church c.1872. Designed by Henry Hobson Richardson, architect, it is admired for its stone facade, murals and stained glass by John La Farge.

– LUNCH & LEARN/FOOD FOR THOUGHT/OTHER DELECTABLES –

Eastern & Western Medicine

Member John Heffron

Wednesday, April 2 at 12:30 pm (DR)

This presentation will focus on the different theoretical foundations of Chinese and Western medicines, including Yin/Yang and energetics, and the application of these concepts over thousands of years to the diagnosis and treatment of disease.

Dr. Heffron trained as an internist, conducted research at the National Institute of Mental Health and at the National Institutes of Health, and spent ten years in private practice using Chinese medicine to treat chronic illnesses. He currently holds a faculty position at Brown's medical school.

A Conversation About Spirituality

Member Paul Wortman

Wednesday, April 9 at 12:30 pm

The Swiss psychoanalyst Carl Jung said: "The decisive question for man is: Is [s]he related to something infinite or not? That is the telling question of his[/her] life." Paul will facilitate a discussion of members' responses to this question using his own spiritual quest as an illustration, alongside recent survey research on Americans' views on spirituality.

Talking About Art

Suzanne Lewis

A guided discussion group for anyone who wants to learn more about art and artists – grab a bite to eat from the cafe or bring from home.

Both sessions: Minimum of 10 required. Sign up at Front Desk.

"Elizabeth Catlett"

Wednesday, March 26 at 12:30 pm (DR)

In recognition of Women's History Month this talk will feature African American painter, printmaker and sculptor, Elizabeth Catlett (1915-2012.) Follow her fascinating life from her art education at Howard University, marriage to fellow artist Charles White, and her eventual move to Mexico. Discussions will include the Mexican and African-American influences in her art.

"Artists and Their Gardens"

Wednesday, April 23 at 12:30 pm (DR)

The discussion will focus around the lives and art of 4 artists from different time periods and art movements, whose art was influenced by particular gardens, either their own or ones they designed for others. Featured artists: Childe Hassam, Frida Kahlo, Emil Nolde and Sol Lewitt.

– LITERATURE/POETRY/WRITING –

E.B. White: The Art of the Essay

Member Maggie Miles

Wednesday, March 12 & 19 at 12:45 pm - 2 pm (DR)

Sign up at Front Desk. Limited to 13

E.B. White is best known for the children's books, Charlotte's Web and Stuart Little, but he is also revered as a true master of formal essays. At "The New Yorker," he wrote satirical sketches, poems and essays. This two-week class will explore various techniques for the close reading of a formal essay.

Please read "Once More To the Lake," and "The Ring of Time" for the first class. These essays can be found at https://tetw.org/E_B_White

– MUSIC –

Opera for Everyone

Member Sherry Slovick

Monday, March 10 & 24 at 12:30 pm (Mirror)

This informal series will listen to and examine Rigoletto, Giuseppe Verdi's opera based on Victor Hugo's play Le roi s'amuse. NOTE: This class may be extended.

Let's Sing!

Member Cathy Clasper-Torch

Friday, March 21, April 4 & 18 at 10 am (Mirror)

Join Cathy in a joyful, old fashioned sing-a-long, reminiscent of the days when singing was just plain fun! All members welcome.

– VISUAL ARTS –

Introduction to Mixed Media

Instructor: Robert Ramspott

Fridays at 9:30 am - 11:00 am (Art Studio)

March 14 - April 18

A minimum of 8 required. Sign up at Front Desk. This six-week studio class will explore creativity by using a variety of paints and papers, acrylics, inks and watercolor and techniques. Students will concentrate on the aspects of mixing art materials to create images that compel and convey a visual interest, an interpretation, a message or an abstraction, and will examine a variety of artists that correlate this modern concept of mixed media.

This class will encourage students to focus as an artist or craftsperson and convey ideas in a visual concept with a final and finished look. An exhibition will take place by the end of the studio session. A list of materials will be provided.

– HISTORY & CULTURE –

Professor Charlotte Carrington-Farmer Lectures

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

Mary Dyer: A 17th-Century Quaker Woman

Monday, March 31 at 2 pm (DR)

Mary Dyer was born in England in the early 17th century, and she migrated to Boston, Mass., in 1635. She became a Quaker, who believed in the indwelling of the Holy Spirit and was banished repeatedly from Boston for defying a Puritan law banning Quakers from the colony due to their theological expansion. She and her husband, William, settled in Rhode Island for a while, but Mary was eventually hanged in Boston. This class will examine a wide range of primary sources that shed light on Mary's life (and death.)

Pequot War 1636-1638: History and Memory

April 14 at 12:30 pm (DR)

The Pequot War took place from 1636 to 1638 between the Pequot tribe and English settlers in New England. The talk will examine the causes of the war, including long-term reasons such as trading conflict and land, and also the short-term sparks such as the murders of two European traders. The class will explore the impact of the war, which included the enslavement of Pequot Peoples and the legacy of the conflict today from the perspective of the settler-colonists and the Pequot Nation, and investigate the primary sources that have survived.

The Arts & Culture of the 1960s

Members: John Lord, Nancy Cherico, Jerry DeSchepper, Maggie Miles

Thursday, April 3, 10, 17 & 24 at 10:30 am (DR)

The sixties! One of America's most turbulent and controversial decades. Each week in this series a different speaker will present an important cultural aspect of that era. Starting with a brief overview of the period, including listening to and critiquing popular music from those times. Following presentations will feature what some notable poets had to say, take a look at the visual arts and address the literature of the 1960s.

– 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

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.

Perhaps our greatest gift as community elders is our life-long experiences and perspective. 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 (includes school vacation April 21–25)
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-one.org

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 10 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)
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 & DISCUSSION –

Book Club

Coordinator: member Sylvia Danforth
Last Monday of the month (DR)

– “The Plot” by Jean Hanff Korelitz

Monday, March 31 at 1 pm (DR)

A struggling writer steals a plot from a student, but when the student dies, he’s haunted by accusations of theft. As he struggles to understand his antagonist and hide the truth from his readers and his publishers, he begins to learn more about his late student, and what he discovers both amazes and terrifies him. What is the real story behind the plot, and who stole it from whom?

– “Tell Me Everything” by Elizabeth Strout

Monday, April 28 at 1 pm (DR)

Elizabeth Strout returns to the town of Crosby, Maine, and to her beloved cast of characters—Lucy

Barton, Olive Kitteridge, Bob Burgess, and more—as they deal with a shocking crime in their midst, fall in love and yet choose to be apart, and grapple with the question “What does anyone’s life mean?” Brimming with love and empathy the story illuminates the way in which relationships keep everyone afloat.

Poetry Writers’ Workshop

Coordinator: member Nancy Cherico

Second and fourth Mondays at 11:15 to 12:45 pm
(Mural—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.

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 Friday of month at 10 am (Mirror)

Members gather for a movie and popcorn! Note: Films are scheduled at the time they are available on Netflix.

March 14: Logan Lucky (2017)

March 28: "A Forgotten Story of History"- The Six Triple Eight (2024)

April 11*: Emily the Criminal (2022)

**TIME CHANGE: 12:30 pm*

April 25: The Teacher's Lounge (2023)

~ VISUAL ARTS ~

Watercolor Studies

Instructor: Anne Wert

Tuesdays at 1:00 pm–3:30 pm (DR)

NOTE: NO class March 18

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.

Art Studio Group

Self-directed

Thursdays at 10 am

Art Studio Group is for members to work on their art individually, yet without being alone. Bring your own supplies and pieces to work on.

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

The Art Studio is located in the basement. An automated ‘stair chair’ is available. All members are welcome to use the studio space. Explore your creativity in this quiet space that is available when art classes are not in session.

NOTE: Introduction to Watercolor will not be taught this semester.

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.

~ HANDICRAFTS ~

Card Making Workshops

Instructor: member Ann Thomas

First Monday of every month at 1:00 am – 3:00 pm (DR)

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

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 simple physical movements create powerful and positive effects for body, mind, emotions, and spirit. **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.**

NOTE: The in-person option at Wingate on the East Side is not being offered at this time.

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.

Women's Circle

Coordinator: member Janice Arsenault

Alternating Thursdays at 1 pm (Mirror)

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)

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 to discuss: giving gratitude, exploring ways to cope and finding solutions.

Men's Group

Coordinator: member John Stevenson

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

The group explores a range of topics from a perspective of being "men" in today's society. Conversations include dealing with aging and life choices, reflecting on lessons learned over the years, what makes life interesting, and gaining perspective on barriers and struggles.

Horticulture Therapy At-Home Kits

By Certified Horticulture Therapist: Sally Gruber

Note: There are no kits available for March.

April: April Showers Floral Kit

To be delivered: Tuesday, April 22

Cost: \$24.00 per participant

Order by: Tuesday, April 15

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 1 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

The Pool Table is located in the basement and available for members to play on at their leisure during the day. Please remember to leave the room as you have found it.

Beginning in April, volunteer Ian Steller will provide 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

Have fun, socialize and keep your brain active!

Technology Help-Desk Hours

Tech Volunteer: JD Stettin

Thursdays at 11 am

By appointment only. Sign up at 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.



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.

HAMILTON HOUSE COMMITTEES

Development
Governance
Finance
Kitchen
Membership

Personnel
Programs
Property & Grounds
Special Events
Travel

Additional Opportunities include Front Desk Reception, Board Member, Class Facilitator, Data Entry, Gallery support, Newsletter collation & more!

BE A VOLUNTEER: Good for you, good for all of us!

Staff Messages & Announcements

- Executive Director's Note -



Dear Members,

In February when we held our quarterly community meeting, we took the opportunity to do something a little different. In addition to updating the membership on the current state-of-affairs of our organization, we asked those in attendance to take time in breakout groups, delving into questions that focused on four key areas: **Mission & Vision, Engagement & Participation, Inclusivity & Accessibility** and **Vision for the Future**. When our four groups came back together to share their conversations with the whole, one of the common themes we found that each group discussed was the *new member experience*— how to connect, engage, retain and encourage new members to jump into what Hamilton House has to offer. **While our members may have varied life experiences, we all share one thing in common – we've all been NEW at Hamilton House at one time or another!**

With this in mind, I encourage *all* members to think about how it felt when you were new: Who asked your name, and about your story? How did you begin volunteering on a committee, or leading a class? What kept you coming back and why? And importantly, how can we reciprocate that for others?

It is a smile or hello to a new face in the hallway that might make all the difference!

Warmly, Chloe

- Program Manager/Editor's Note -

Welcome spring! February's chill is giving way to the bluster of March and the warmth of April, and we have much to enjoy indoors as well. This semester we are experimenting with non-member drop-in options for certain activities, we have several new classes lined up, and an array of presentations ranging from fashion and artists to spirituality and Eastern & Western medicine. There is also a cooking demo and a few workshops. Plus get ready for a live performance by a storyteller, our annual St. Patrick's Day musical celebration, and an April Fool's Day pop-up concert. We're also pleased to participate in a three-day Emergency Preparedness workshop for Providence residents, and a preparedness overview presentation for ALL members. And the nicer weather presents a good excuse to sign up for a day trip into Boston to explore art and architecture, with a lovely Afternoon Tea.

So there you have it. A number of wonderful ways to wake up from winter hibernation and hop into spring!

See you soon, Liz Kelley

NEW! 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!

New Members' Coffee

March 12 at 9:30-10:45 am (DR)

New members are invited to this reception to learn about activities and meet other new members.

RSVP required. Contact Janice Arsenault at janicedarsenault@verizon.net or 401-231-4454.

Volunteer Recognition Reception

Wednesday, April 9 at 3 pm-5 pm

ALL Hamilton House volunteers are invited to attend this special reception to show our appreciation of their efforts, enthusiasm and dedication to keep this organization running every day! **RSVP requested.** Contact Sylvia Danforth at sdanforth42@gmail.com. *More details will be sent to the current volunteers.*

House Information

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 use [this link](#) to 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*.

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.**



powered by the Alliance for Nonprofit Impact
at United Way of Rhode Island

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Rob DiStefano, Jr., treasurer
Jerry DeSchepper, secretary

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Elissa Arffa
Thomas Bain
Sylvia Danforth
Vincent Messina II
Sue Pandit
John Stevenson

Hamilton House Staff

Chloe Clasper-Torch, executive director
Liz Kelley, programs manager/outreach/editor
Collin Mills, facilities/ maintenance manager
Patty Tanalski, kitchen assistant

Many thanks to Chloe, Steve, Garo, Lily, Ginny, Sylvia and all others who helped with proofreading, updating, fact checking, tech wizardry and assembling the catalog.

March2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am - Yoga (CCC) 1pm - Cardmaking Workshop (DR) 1pm - Scrabble (Mural)	4 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)	5 9:30am - Meditation Circle (Oak) 11am - Readings & Discussion (DR) 1pm - Pottery Class (Pottery Studio) 1pm - The Better Place: A One-Person Show by RI Storyteller Mark Binder	6 10am - Art Studio Group (Art Studio) 11am - Classic Novels (Mural) 11am - Exercise (Zoom) 11am - Genealogy Drop-in (Library) 11am - Tech Help. (By Appt.) 1pm - Bridge Club (Mural) 1pm - Watercolor: Intermediate (DR) 1pm - Women's Health & Wellness (Mirror)	7 10am - Backgammon (Mural) 12:30pm - Current Topics in the News (DR)
10 10am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am - Yoga (CCC) 11:15am - Poetry Writers' Workshop (Library) 12:30pm – NEW! Opera for Everyone (Mirror) 1pm - Scrabble (Mural)	11 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)	12 9:30am - New Members' Coffee (DR) 9:30am - Meditation Circle (Oak) 11am - Readings & Discussion (DR) 12:45pm – NEW! E.B. White: The Art of the Essay (DR) 1pm - Pottery Class (Pottery Studio)	13 10am - Art Studio Group (Art Studio) 10am - Rhode Island Personal Emergency Preparedness Workshop (DR) 11am - Classic Novels (Mural) 11am - Exercise (Zoom) 11am - Genealogy Drop-in (Library) 11am - Tech Help. (By Appt.) 1pm - Bridge Club (Mural) 1pm - Watercolor: Intermediate (DR) 1pm - Women's Circle (Mirror)	14 9:30am - Intro to Mixed Media (Art Studio) 10am - Backgammon (Mural) 10am - Friday Flicks (Mirror) 12:30pm - Men’s Group (Mural) 12:45pm - Community Ethics Forum (Wheeler School)
17 St. Patrick's Day 10am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am - Yoga (CCC) 12:30pm - St Paddy's Day Concert: “Irish in America” Program (DR) 1pm - Scrabble (Mural)	18 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 1pm - NO Watercolor Studies (DR) 1 pm - Tai Chi (CCC)	19 11 am - Readings & Discussion (DR) 9:30am - Meditation Circle (Oak) 12:45pm - E.B. White: The Art of the Essay (DR) 1pm - Pottery Class (Pottery Studio)	20 10 am - Hamilton House Board Retreat (CCC) 10am - Art Studio Group (Art Studio) 11am - Classic Novels (Mural) 11am - Exercise (Zoom) 11am - Genealogy Drop-in (Library) 11am - Tech Help. (By Appt.) 1pm - Bridge Club (Mural) 1pm - Watercolor: Intermediate (DR) 1pm - Women's Health & Wellness (Mirror)	21 9:30am - Intro. to Mixed Media (Art Studio) 10am - Backgammon (Mural) 10am - Let's Sing! (Mirror) 12:30pm - Current Topics in the News (DR)
24 10am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am - Yoga (CCC) 11:15am - Poetry Writers' Workshop (Mural) 12:30pm - Opera for Everyone (Mirror) 1pm - Scrabble (Mural)	25 9:00am – [3 Day Workshop] Providence Emergency Response Workshop (DR) 10am - Spanish I (Mural) 10:30am - Poetry Group (Oak) 11am - Exercise (Zoom) 11:30am - Spanish II (Mural) 1pm - Tai Chi (CCC) 1pm - Watercolor Studies (DR)	26 9am - [3 Day Workshop] Providence Emergency Response Workshop (DR) 9:30am - Meditation Circle (Oak) 11am - Readings & Discussion (Oak*) 12:30pm - Lunch & Learn: Talking About Art, The Art of Elizabeth Catlett 1pm - Pottery Class (Pottery Studio)	27 9 – 2 pm [3 Day Workshop] Providence Emergency Response Workshop (OFF SITE) 10am - Art Studio Group (Art Studio) 11am - Classic Novels (Mural) 11am - Exercise (Zoom) 11am - Genealogy Drop-in (Library) 11am - Tech Help. (By Appt.) 1pm - Bridge Club (Mural) 1pm - Watercolor: Intermediate (DR) 1pm - Women's Circle (Mirror)	28 8:30am – DAY TRIP: Boston Art & Architecture & Afternoon Tea 9:30am - Intro. to Mixed Media (Art Studio) 10am - Backgammon (Mural) 10am - Friday Flicks (Mirror) 12:30pm - Men's Group (Mural)
31 9:50am - French Conversation (DR) 11am - German - Intermediate (Mirror) 11am – Yoga (CCC) 1pm - Book Club: “The Plot” by Jean Hanff Korelitz (DR) 1pm - Scrabble (Mural) 2pm - Lecture: Mary Dyer: a 17th Century Quaker Woman by Prof. Charlotte Carrington-Farmer			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>	

April2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</div> <div>#401Gives!</div> <div>10am - Spanish I (Mural)</div> <div>10:30am - Poetry Group (Oak)</div> <div>11am - Exercise (Zoom)</div> <div>11:30am - Spanish II (Mural)</div> <div>1pm - Tai Chi (CCC)</div> <div>1pm - Watercolor Studies (DR)</div> <div>An April Fool's Day Pop-Up Concert!</div>	<div>2</div> <div>9:30am - Meditation Circle (Oak)</div> <div>11am - Readings & Discussion (DR)</div> <div>12:30pm - Lunch & Learn: Eastern & Western Medicine (DR)</div> <div>1pm - Pottery Class (Pottery Studio)</div>	<div>3</div> <div>10am - Art Studio Group (Art Studio)</div> <div>10:30am -NEW! The Arts & Culture of the 1960s (DR)</div> <div>11am - Classic Novels (Mural)</div> <div>11am - Exercise (Zoom)</div> <div>11am - Genealogy Drop-in (Library)</div> <div>11am - Tech Help. (By Appt.)</div> <div>1pm - Bridge Club (Mural)</div> <div>1pm - Watercolor: Intermediate (DR)</div> <div>1pm - Women's Health & Wellness (Mirror)</div>	<div>4</div> <div>9:30am - Intro. to Mixed Media (Art Studio)</div> <div>10am - Backgammon (Mural)</div> <div>10am - Let's Sing! (Mirror)</div> <div>11am - Unlearning Grammar (DR)</div> <div>12:30pm - Current Topics in the News (DR)</div>
<div>7</div> <div>10am - French Conversation (DR)</div> <div>11am - German - Intermediate (Mirror)</div> <div>11am - Yoga (CCC)</div> <div>11:15am - Poetry Writers' Workshop (Mural)</div> <div>1pm - Cardmaking Workshop (DR)</div> <div>1pm – Scrabble (Mural)</div>	<div>8</div> <div>10am - Spanish I (Mural)</div> <div>10:30am - Poetry Group (Oak)</div> <div>11am - Exercise (Zoom)</div> <div>11:30am - Spanish II (Mural)</div> <div>1pm - Tai Chi (CCC)</div> <div>1pm - Watercolor Studies (DR)</div>	<div>9</div> <div>9:30am - Meditation Circle (Oak)</div> <div>11am - Readings & Discussion (DR)</div> <div>12:30pm - Food for Thought: A Conversation About Spirituality (DR)</div> <div>1pm - Pottery Class (Pottery Studio)</div> <div>3pm - Volunteer Recognition Celebration & Reception</div>	<div>10</div> <div>10am - Art Studio Group (Art Studio)</div> <div>10:30am - The Arts & Culture of the 1960s (DR)</div> <div>11am - Classic Novels (Mural)</div> <div>11am - Exercise (Zoom)</div> <div>11am - Genealogy Drop-in (Library)</div> <div>11am - Tech Help. (By Appt.)</div> <div>1pm - Bridge Club (Mural)</div> <div>1pm - Watercolor: Intermediate (DR)</div> <div>1pm - Women's Circle (Mirror)</div>	<div>11</div> <div>9:30am - Intro. to Mixed Media (Art Studio)</div> <div>10am - Backgammon (Mural)</div> <div>11am - Cher: One Singular Sensation!</div> <div>12:30pm - Friday Flicks (Mirror)</div> <div>12:30pm - Men's Group (Mural)</div>
<div>14</div> <div>10am - French Conversation (DR)</div> <div>11am - German - Intermediate (Mirror)</div> <div>11am - Yoga (CCC)</div> <div>12:30pm – Lecture: Pequot War 1636-1638 by Prof. Charlotte Carrington-Farmer (DR)</div> <div>1pm - Scrabble (Mural)</div>	<div>15</div> <div>Sally Gruber Floral Kits- Final Day to Order</div> <div>10am - Spanish I (Mural)</div> <div>10:30am - Poetry Group (Oak)</div> <div>11am - Exercise (Zoom)</div> <div>11:30am - Spanish II (Mural)</div> <div>1pm - Tai Chi (CCC)</div> <div>1pm - Watercolor Studies (DR)</div>	<div>16</div> <div>9:30am - Meditation Circle (Oak)</div> <div>11am - Readings & Discussion (DR)</div> <div>12:30pm - Workshop: How to Plan & Teach an Activity at HH (Part I) (DR)</div> <div>1pm - Pottery Class (Pottery Studio)</div>	<div>17</div> <div>10am - Art Studio Group (Art Studio)</div> <div>10:30am - The Arts & Culture of the 1960s (DR)</div> <div>11am - Classic Novels (Mural)</div> <div>11am - Exercise (Zoom)</div> <div>11am - Genealogy Drop-in (Library)</div> <div>11am - Tech Help. (By Appt.)</div> <div>1pm - Bridge Club (Mural)</div> <div>1pm - Monthly Board Meeting</div> <div>1pm - Watercolor: Intermediate (DR)</div> <div>1pm - Women's Health & Wellness (Mirror)</div>	<div>18</div> <div>9:30am - Intro. to Mixed (Art Studio)</div> <div>10am - Backgammon (Mural)</div> <div>10am - Let's Sing! (Mirror)</div> <div>11am - Preparing Satisfying Healthy Snacks Demo with Chef Kevin Millonzi (DR)</div> <div>12:30pm - Current Topics in the News (DR)</div>
<div>21</div> <div>10am - French Conversation (DR)</div> <div>11am - German - Intermediate (Mirror)</div> <div>11am - Yoga (CCC)</div> <div>11:15am - Poetry Writers' Workshop (Mural)</div> <div>12:30pm - Introduction to Calligraphy Workshop (Art Studio)</div> <div>1pm - Scrabble (Mural)</div>	<div>22</div> <div>10am - Spanish I (Mural)</div> <div>10:30am - Poetry Group (Oak)</div> <div>11am - Exercise (Zoom)</div> <div>11:30am - Spanish II (Mural)</div> <div>1pm - Tai Chi (CCC)</div> <div>1pm - Watercolor Studies (DR)</div> <div>Sally Gruber Floral Kit Delivery Day</div>	<div>23</div> <div>9:30am - Meditation Circle (Oak)</div> <div>11am - Readings & Discussion (DR)</div> <div>12:30pm - Lunch & Learn: Talking About Art, Artists and Their Gardens (DR)</div> <div>1pm - Pottery Class (Pottery Studio)</div>	<div>24</div> <div>10am - Art Studio Group (Art Studio)</div> <div>10:30am - The Arts & Culture of the 1960s (DR)</div> <div>11am - Classic Novels (Mural)</div> <div>11am - Exercise (Zoom)</div> <div>11am - Genealogy Drop-in (Library)</div> <div>11am - Tech Help. (By Appt.)</div> <div>1pm - Bridge Club (Mural)</div> <div>1pm - Watercolor: Intermediate (DR)</div> <div>1pm - Women's Circle (Mirror)</div>	<div>25</div> <div>DAY TRIP: RI State House Tour (Rescheduled from February 2025)</div> <div>10am - Backgammon (Mural)</div> <div>10am - Friday Flicks (Mirror)</div> <div>12:30pm - Men's Group (Mural)</div> <div>12:45pm - Community Ethics Forum (Wheeler School)</div>
<div>28</div> <div>10am - French Conversation (DR)</div> <div>11am - German - Intermediate (Mirror)</div> <div>11am - Yoga (CCC)</div> <div>1pm - Book Club "Tell Me Everything" by Elizabeth Strout (DR)</div> <div>1pm - Scrabble (Mural)</div>	<div>29</div> <div>10am - Spanish I (Mural)</div> <div>10:30am - Poetry Group (Oak)</div> <div>11am - Exercise (Zoom)</div> <div>11:30am - Spanish II (Mural)</div> <div>1pm - Tai Chi (CCC)</div> <div>1pm - Watercolor Studies (DR)</div>	<div>30</div> <div>9:30am - Meditation Circle (Oak)</div> <div>11am - Readings & Discussion (DR)</div> <div>12:30pm - Workshop: How to Plan & Teach an Activity at HH (Part II) (DR)</div> <div>1pm - Pottery Class (Pottery Studio)</div>		