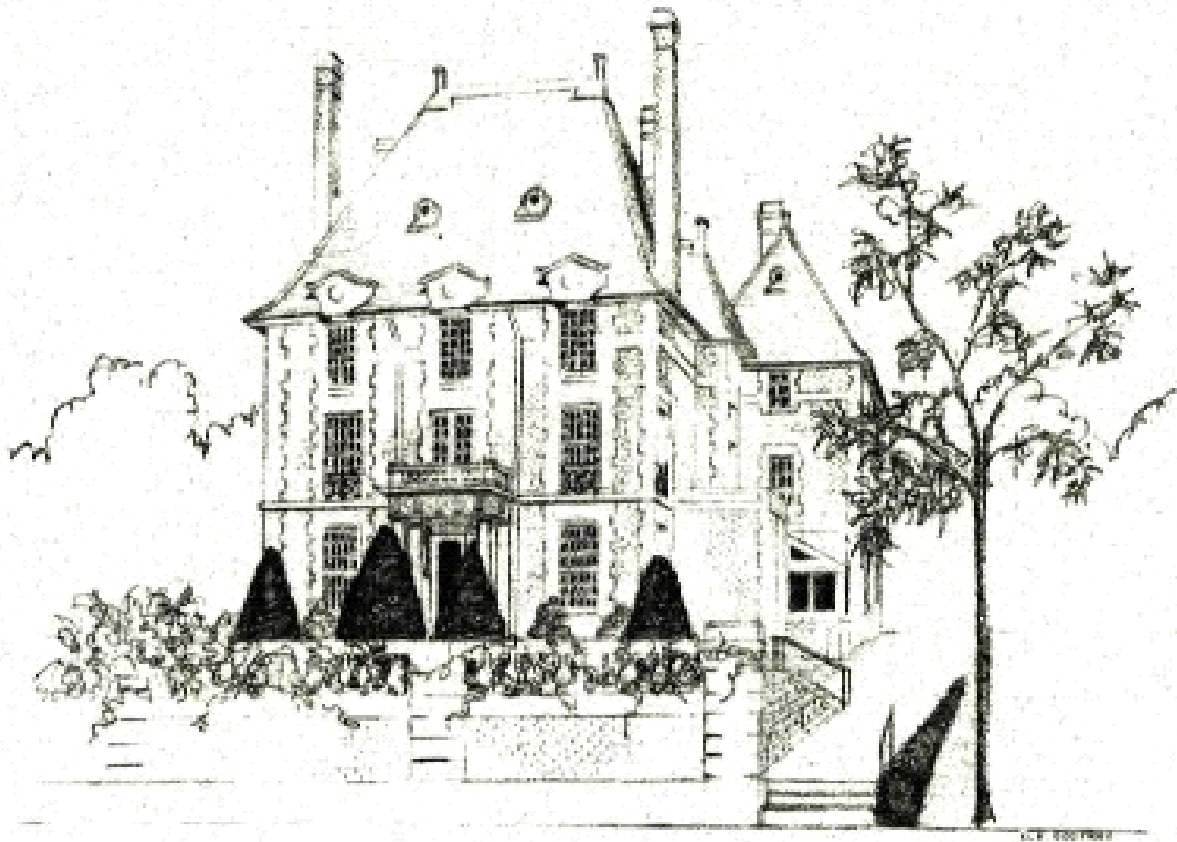


# HAMILTON HOUSE

*ADULT LEARNING EXCHANGE*

September-October 2024



## SHARING KNOWLEDGE, SHARING FRIENDSHIP

events • lessons • lectures • social hours • arts & culture • talks

276 Angell Street, Providence, Rhode Island 02906

401-831-1800

[Hamiltonhouse276@gmail.com](mailto:Hamiltonhouse276@gmail.com)



# THE COURIER

## September/October 2024 No.43

HAMILTON HOUSE — CELEBRATING 52  
YEARS OF LEARNING & FRIENDSHIP!

### Executive Director's Note

Prior to stepping into my role here at Hamilton House, I was working just a few blocks up the street at Brown University. Like the students returning to campus, I feel the same sense of excitement building as September comes our way – and perhaps you do too! We have a robust calendar that reflects the many interests of our membership, and I hope that you are inspired to find a new class or activity to explore over the next two months.

Our new fiscal year also begins this fall, on October 1. With the support of our Finance Committee, I am busy pulling together a budget that reflects our vision for the year to come. Like the start of a new school year, I find it is an exciting time that invites us to reflect on the past year, and set goals for the year ahead. You will see on the calendar that we are holding our **Annual Meeting** on Thursday, October 24th at 10 am. Please save the date and join us for this important meeting. Our Annual Meeting is an opportunity for our membership to collectively celebrate the accomplishments of the past year, hear from committees, vote on important issues, and imagine together the ways that Hamilton House can continue to uphold our mission *to inspire and enhance members' lives through stimulating interaction with ideas and friends...and to connect them with opportunities to serve the community.*

I look forward to seeing you all around the House in the days to come!

With gratitude, Chloe

### Board of Directors

Frank Capecci	President
John Lord	Vice President
Rob DiStefano, Jr	Treasurer
Jerry DeSchepper	Secretary
Jane Adler	
Elissa Arffa	
Thomas Bain	
Sylvia Danforth	
Vincent Messina, II	
Sue Pandit	
John Stevenson	

### Staff

Chloe Clasper-Torch	Executive Director
Liz Kelley	Programs/Outreach/Editor
Collin Mills	Facilities/ Maintenance

### Program Manager/Newsletter Editor's Note

When the pumpkins and apples ripen and the leaves begin to turn, we find ourselves thinking of settling indoors, yet keeping active and connected on chilly days ahead. You've come to the right place! September is Senior Center Month and a great time to acknowledge the rich variety of programs and resources available to us as we age, especially here at Hamilton House.

On tap we have a few popular summer programs continuing into fall, five new activities, plus an option to join Jodie's Zoom exercise class in person at Wingate on the East Side, six presentations – including two that revolve around September's Banned Books Week with discussions and readings, the return of RISD/Noovo's Design Lab, and a concert. Special Events is hosting four food and beverage gatherings, including Oktoberfest with live music.

Our wellness partner Blue Cross Blue Shield of RI is hosting a flu vaccination clinic here for members.

In the wings we have a Diwali Festival of Lights event coming up with Sue Pandit's generosity and guidance, inspired by Maggie's new class exploring a South Asian author.

—Cheers, Liz Kelley

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Visit Hamilton House

Monday—Friday

9AM—4PM

Call or email to schedule a tour!

401-831-1800

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## The Humanities

Architecture, Culinary Arts, Discussion, History, Language, Literature, The Arts, Poetry, Writing

### Languages



#### French Conversation and Culture

with member Sheila Zompa

Mondays at 10:00 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.



#### Intermediate German Study Group

Mondays at 11:00 AM (Mirror)

Join a self-directed gathering of studious German language students. **NOTE:** New room location.



#### Spanish with member Alicia Elwin

Tuesdays (Mural)

Maximum size for both classes is 10

#### Spanish I: 10:00 AM–11:00 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– 12:30 PM

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

### Literature & Poetry

#### Book Club

Monday, September 30, 2024, 1:00 pm (DR)

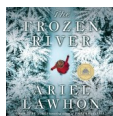
*THE WOMEN*, by Kristin Hannah



An intimate portrait of a Vietnam War combat nurse coming of age, the story shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. It is a novel about deep friendships and bold patriotism and a memorable heroine whose idealism and courage under fire will come to define an era.

Monday, October 28, 2024, 1:00 pm (DR)

*THE FROZEN RIVER*, by Ariel Lawton



A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system. Clever, layered, thrilling and tender, the novel introduces an unsung heroine who refused to accept anything less than justice, and left an unparalleled legacy that remains nearly forgotten to this day.

#### Poetry Writers' Workshop

Facilitated by member Nancy Cherico



2nd and 4th Mondays of the month

11:15 AM–12:45 PM (Mirror)

September 9, 23 and October 28

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

Facilitated by member John Lord

Tuesdays at 10:30 AM (Oak)

**September:** Robert Lowell. **October:** William Carlos Williams

#### Reading Shakespeare

Facilitated by member John Lord (Oak)

Tuesdays at 1:00 PM (**Resuming Tuesday, October 1**)

This is not a study group. We are not digging deeply into the plays – unless we want to. We can choose what plays to read and how much to tackle, but no heavy-duty analysis. Just the joy of the words.

#### **NEW!** Crossing Boundaries:

#### A Four-Week Short Story Class

*The Unknown Errors of Our Lives*, by Chitra Divakaruni

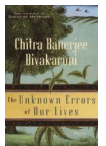
Led by Maggie Miles (DR)

Wednesdays 12:45–2:00 pm

(October 16, 23, 30 & November 6)

Class Limit: 16

Using this text by the award-winning South Asian writer, Chitra Divakaruni, we will explore the different types of boundaries we all experience, from physical and material to emotional and invisible. Divakaruni explores these various boundaries in her poems, short stories and novels.



In this class, we will use one of her short story collections to learn about the Indian immigration experience. A critic described her characters “caught between past and present, home and abroad, tradition and fresh perspective.”

**NOTE:** This collection is available at local libraries and on numerous online sites as both new and used.



**Stay tuned for details about the Indian Diwali Festival celebration here at Hamilton House!**

### NEW! MicroFiction: How Short is a Short Story?

Facilitated by Member John Lord  
Thursdays at 10:00 AM (DR)

Microfiction, or Flash Fiction, describes written works that are extremely short. Although they include basic elements of creative writing, they are strictly tailored to fit the word length criteria—sometimes no more than 50, and cover any range of topics. Microfiction challenges the traditional definition of a short story:

This **4-week program** will delve into this intriguing world of microfiction as we discuss, dissect and evaluate dozens of “stories.” **NOTE:** A story packet will be available at the Front Desk or by email at [jonskydozer@msn.com](mailto:jonskydozer@msn.com)

### Film, Music, Discussion

#### Sing-a-Longs

Led by member Ellen Kellner  
Mondays at 12:00 PM (Mirror)

This popular summer treat continues into Fall. ALL voices welcome to join this a casual-but-curated weekly sing.

### Readings & Discussion

Coordinated by member John Stevenson  
Wednesdays at 11:00 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 ebulletin.



### NEW! CINEMA SEMINAR: Short Films

Presented by member Jerry DeSchepper

Thursdays, 10:00 AM –12:00 PM  
(October 10, 17 & 31, November 7, 14 & 21)

Class limit: 12. **Sign up at Front Desk**

SEMINAR: A small discussion group focusing on a particular subject, where everyone is asked to participate.

SCREENINGS: Each week we will view and discuss a short film (15–20 minutes in length). The films selected will represent a variety of styles (serious, comic, experimental, journalistic, etc.).

### Current Topics

Facilitated by member Rick Tropper  
Alternating Fridays at 12:30 PM  
(September 13, 27, October 11, 25.)

This is NOT a lecture, but rather 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!

### Architecture/History

### Professor Charlotte Carrington–Farmer Lectures

Wednesday, September 18 at 12:30 PM (DR)

Richard Bernard: Witchcraft, Controversy,  
and Mary Williams' Father



Richard Bernard's (1568–1641) connection to Rhode Island was as the father of Mary Bernard Williams, Roger Williams' wife. Bernard was a controversial figure – because of conflict with the Church, he published a book on how to identify witches, and he was directly connected to the King of England. We will examine Bernard's complicated life in England and the impact Mary's childhood in England had on her time in Rhode Island.

Wednesday, October 2 at 12:30 PM (DR)

Doing 17<sup>th</sup> Century History: An Introduction  
to Reading Manuscript Sources



This class will be interactive, where we look at the introductory steps of early modern paleography (reading old documents), such as the alphabet, different date systems, abbreviations, and different handwriting styles. We'll look at a wide range of 17<sup>th</sup> century manuscripts, primary sources including letters, diaries, recipes, and poems, and learn the first steps in transcribing historical documents.

**John Tschirch Lecture Series** will be back in November for a series entitled, *The High Victorians*, Mondays at 11:30 AM.

### Sept. 22–28 is "2024 Banned Books Week"

**Banned Books 2023: Children's Picture Books**  
Facilitated by member Marilyn Edwards

**Session I:** September 11 at 10:00 AM (DR) **Session II:** Wednesday, September 25 at 12:30 PM (DR)

**Session I** will cover the topics of challenged and banned books, the history behind banned books, subjects included in banned books, and why children should read banned books. A list of children's books that are banned or have at one time been banned, compiled by PEN America will be distributed. Participants will select a book from the list (or pick one of their own choosing) to read for the next session. A handful of books from the facilitator may be available.

At **Session II** each participant will give a brief summary of their chosen book, share their thoughts and opinions as to why their selected books were or are still banned, and if they agree or disagree with that decision. **JOIN THE BANNED!**



## Humanities, Health & Wellness

### Visual Arts



#### **NEW! Introduction to Watercolor Painting**

Taught by Mike Bowen  
Fridays at 9:30 AM– 11:00 AM  
(Art Studio)

Class size: Minimum of 3 –Maximum of 10

**Sign up at Front desk. Materials Fee:** \$12 per student paid directly to instructor at first class of each semester.

**No prior experience necessary.** This 8-week class is designed for someone who has never painted or has taken a lesson here and there over the years. A *true beginners' watercolor class*, students will learn drawing, primary colors, design and composition, wet on wet/wet to dry methods, and explore all aspects of making a successful watercolor painting—while having fun! Students will work with images and still lifes. A different subject and style of painting will be presented each week. Classes will begin with a brief lecture and demo, followed by studio time to paint, and end with a gentle critique as needed. Everyone will receive constant individual attention and support.

Mike is a self-taught “contemporary impressionist” artist who has been painting for 20+ years. He has taught adults previously, and is a member of the Rhode Island Watercolor Society.



#### **Plein Air Painting for Acrylics, Watersoluble Oils and Watercolor**

Taught by Suzanne Lewis

Wednesdays: September 18, 25. October 2, 9, 16, 23  
At 9:30 AM–12:00 PM

Prior experience with your chosen medium is recommended.

Join us as we paint outdoors at various locations around Providence. The teacher will demonstrate plein air techniques such as painting trees, water, skies, boats, etc. Have fun, discover new locales and learn new skills with a convivial group of artists. For questions or to join, please contact [suzannelewis@fullchannel.net](mailto:suzannelewis@fullchannel.net) or 401-254-1668.

#### **Hand-building Pottery**

Taught by Kate Champa  
Wednesdays at 12:00 PM—2:00 PM (studio)  
\*no longer on summer morning schedule\*



**Materials Fee:** \$25 to be paid directly to instructor at the first class of each new two-month semester. Materials fee covers 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.**

Beginning Watercolor with Anne Wert meets, but is closed.

#### **Intermediate Watercolor**

Taught by Anne Rourke  
Thursdays 1:00 PM–3:30 PM (DR)

This is a class for students with previous training or experience in watercolor. You will be able to explore a variety of techniques and interesting subject matter in your work.

#### **ART STUDIO**

##### **Art Studio Group Sessions**

Self-directed  
Thursdays at 10:00 AM–11:00 AM

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

##### **Open Studio**

All members welcome. Explore your creativity in this quiet space that is available when art classes are not in session.



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

### Handicrafts



#### **NEW! Crochet Group**

Led by member Liz Maltby

Mondays at 10:00 AM–11:30 PM  
Starting September 16 (Library)

*Basic crochet or knitting skills required – bring your own materials*

Do you like to crochet or knit, and have unfinished projects and leftover yarn? Liz will demonstrate free-form crochet, embellishments and provide simple crochet patterns. **COME JOIN THE FUN!**

#### **Card Making Workshops**

Led by member Ann Thomas

Monday, September 9 at 1:00 PM – 3:00 PM (Oak)  
Card theme+ Bonus TBA

Monday, October 7 at 1:00 PM– 3:00 PM (Oak)  
Card them + Bonus TBA

#### **Sign up at Front Desk**

**\$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 or ask questions at [annthomas8432@yahoo.com](mailto:annthomas8432@yahoo.com), 303-619-7622.



## Health & Wellness

### Journaling for Emotional Wellbeing

Facilitated by members Elissa Arffa and Charlene Kneath

Mondays at 11:00 AM  
September 9, 16, 23, 30 (Mural)

A minimum of 3 participants required.

If you thought keeping a diary ends when you reach adulthood, give it another try. Today it's called journaling. It's simply writing down your thoughts and feelings to understand them more clearly. Journaling can help you gain control of your emotions, improve your mental health, and provide an opportunity for positive self-talk and identify negative thinking.

At each session students will receive prompts to start writing, with an option to share. Each week we will discuss how the process is going and help each other along.



### Exercise with Jodie (In person & Zoom)

Tuesdays and Thursdays at 11:00 AM

**NEW!** Members now have the option of attending this class in person at Wingate on the East Side, 1 Butler Drive. If you'd like to go to Wingate: Park in front of their building, sign in at the lobby desk and the concierge will direct you to the gym. Bring a mat. There will be 1-3 lb weights available. **Zoom link is provided in weekly eBulletin.**

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.

### Tai Chi

Bob McManus, instructor  
Tuesdays at 1:00 PM (Chapel Hall)

*Note: This class must have a minimum of five students each week*  
A Chinese martial art known for its slow, intentional movements, gentle exercise and moving meditation.

### Meditation

Led by Lee Clasper-Torch  
Wednesdays at 9:30 AM (Oak)

All members are invited to enjoy this quiet and welcoming space to learn about meditation, and discover their own inner calm, peace, and connection.



### Women's Circle

Coordinated by member Janice Arsenault  
**Alternating Thursdays at 1:00 PM (Mirror)**  
(September 12, 26. October 10, 24)

This alternating 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

Facilitated by member Pat Donovan  
**Alternating Thursdays at 1:00 PM (Mirror)**  
(September 5, 19 and October 3, 17, 31)

At the first session, the support group can decide what direction it would like to take. Pat has worked in clinical in-patient/outpatient settings for 45 years, and taught Health & Wellness courses for 25 years.

### Men's Group

Member John Stevenson, facilitator  
**Alternating Fridays at 12:30 PM-2:00 PM (Mural)**  
(September 6, 20 and October 4, 18)



### Yoga (In person & Zoom)

Sara Davidson Flanders, instructor  
Mondays at 11:00 AM (DR)  
(New TIME & DAY)

Join certified Anusara Yoga Teacher Sara Davidson Flanders for weekly sessions of simple actions that create powerfully wonderful effects for your body, mind, emotions, and spirit. Sara owns Full Radiance Yoga Studio. These live classes are also held online and every class is recorded for members' use. Sara will email the link to the class. In person at Hamilton House. **This class is sponsored by BCBS-RI.**

## Games

### Scrabble (Mural)

Mondays at 1:00 PM  
All player levels are welcome.  
Contact member Charlene Kneath with questions:  
chark46@aol.com, 401-339-6922

### Rack 'em Up! \*New day and time\*

**All pool player levels welcome.**

Wednesdays at 3:30 PM - 5:00 PM  
(Pool Hall downstairs)

For more information, any questions about pool, please contact Ian Steller directly at ianmsteller@gmail.com

### Contract Bridge

Thursdays at 1:00 PM-3:00 PM (Mural)  
All levels welcome. Contact member Joan Breen for information: jjj606@verizon.net, 401-521-0276

### Backgammon

Fridays at 10:00 AM (Mirror)

## Genealogy, Tech and Horticulture



### Tech Help Desk Thursdays at 11 AM

**By appointment only. Sign up at Front Desk.**

Welcome Jonathan "JD" Stettin (of the famed Stettin Brothers Clan of tech volunteers!) to the Help Desk. JD is a Columbia graduate, and a man of many talents ranging from rugby player, commercial real estate banker, community volunteer and tech guy.

## Genealogy

**Genealogy & Family History Explorations**  
Guided by member Helen Litterst  
Thursdays at 11:00 AM  
**Appointments preferred \***

**\*Genealogy has become so popular Helen is quite busy, and prefers members make an appointment, but she will accommodate 'drop-ins' when possible. Please email: [helenlitterst@gmail.com](mailto:helenlitterst@gmail.com)**

Helen will assist members in their searches and also provide information about the myriad of resources available to research family history. She will also help guide you with organizing family papers and documents.

## Horticulture

### Floral Arrangements

By Certified Horticulture Therapist, Sally Gruber



"Blue" will be delivered Tuesday, September 17.  
Cost: \$23.00 per participant.  
**Order by September 10.**

Star thistle, brodiaea and cornflower enhance each floral piece, and students will enjoy a musical celebration of the blues! Be sure to wear your favorite blue outfit!



"Oktoberfest" will be delivered Tuesday, October 15. Cost: \$23.00 per participant.  
**Order by October 8.**

Eins, zwei, drei...It's Oktoberfest time! During this unique and festive project we will discover the secrets of German-style floral design using autumn tones, tiny apples and a basket.

Each student will receive a personally-delivered kit with fresh flowers and greens, accents, container, instructions, thematic poetry or music, and of course, a treat! Call or email Sally directly to order: 401-823-8077 or [flowersforeveryone@msn.com](mailto:flowersforeveryone@msn.com)

## Speakers and Concerts

**Nutrition for Seniors**  
URI Department of Nutrition, Byte Lab  
Dr. Maya Vadiveloo, Associate Professor

Wednesday, September 11  
12:30 PM (DR)

Maya uses population-level data to develop strategies that make it easier for consumers to choose healthy foods, with the ultimate goal of helping people develop lifelong dietary patterns that promote healthy body weights.

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**Presentation: Planned Giving**  
RI Foundation

Christine Pellegrini, Senior Philanthropic Advisor  
Friday, September 20 at 10:00 AM (DR)

Christine is a certified fundraising executive (CFRE) with more than 25 years of fund development experience, specializing in major and planned gifts. She is a long-time member of the Association of Fundraising Professionals (AFP) and past President of the Rhode Island Chapter.

Christine will be discussing the various forms of planned giving. Q&A to follow.

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**Energy Management. Boost Your Energy. Fight Fatigue.**  
Virgin Pulse Presentation

Jeffrey Rodrigues, Health & Wellbeing Program Manager  
Friday, October 25 at 11:00 AM (DR)

Learn about the different types of energy we have and methods to support them, and how sleep, food, stress and exercise can affect energy levels in positive and negative ways.

This presentation is sponsored by BCBS-RI.



## Concert



### Along the Silk Route and Back

Cathy Clasper-Torch &  
Shelley Katsh

Friday, October 18  
10:00 AM - 11:00 AM (DR)



Grab a chair and get ready to enjoy this musical journey to China, beyond and back, with many stops along the way. Member Cathy Clasper-Torch and Shelley Katsh bring their listeners to places both familiar and exotic on this world-tour of musical offerings. Cathy and Shelley recently released their CD, *With Woven Hands*.

## RISD & NOOVO Return!

Khipra Nichols & Leigh Anne Cappello

Friday, September 27 at 10:00 AM – 11:30 AM

Get the latest update and view of the walker YOU are helping to design. PLUS, learn about the NEW product the development team has started based on YOUR feedback!

### Lunch & Learn

Presenter: member John Stevenson

Wednesday, September 4

12:30 PM – 2:00 PM (DR)

“Theories of Personality:

What Makes Us Who We Are?



John will cover several of the most widely used theories, addressing how they were developed, what they are used for, and why they have survived despite seeming to contradict each other.

John received his Ph.D. in Psychology from the University of Michigan, with a concentration in Personality Psychology. He served on the faculty in URI's Psychology Department, including as Department Chair, and is now a Professor Emeritus. He was also affiliated with Brown University's Center for Alcohol and Addiction Studies.

Please bring a brown bag lunch or purchase lunch at the Hamilton House café.

### Lunch & Learn

Presenter: member Diane Strommer

Wednesday, October 9

12:30 PM (DR)

Hobbies: Finding Fun

Diane is an avid collector of Mexican “alebrije,” and she will share some Mexican examples of these carved and painted wooden animals of a relatively new Mexican folk art tradition. With selections from her small collection, she will talk briefly about that tradition and how it came to interest her.

Diane hopes her presentation will encourage other members to share their special interests—hobbies and collections—at future presentations. Those interested in pursuing this idea should contact John Stevenson, Program Committee co-chair at [jstevenson@uri.edu](mailto:jstevenson@uri.edu).

Please bring a brown bag lunch or purchase lunch at the Hamilton House café.



## Plymouth Plantation and Cranberry Harvest

Thursday, October 10

9:00am – 5:00pm

Sign up deadline: September 13



### Highlights:

- Plymouth Plantation
- Narrated Tour of Town of Plymouth & Shops
- National Monument To The Forefathers (largest granite monument in the world)
- Thanksgiving Lunch at Plymouth Plantation
- Tour at Ocean Spray (largest cranberry growers in America)



Filled with fascinating history and gorgeous scenery, you will love this wonderful day in the place where it all began!

**Cost: \$100, everything included.**

*Please sign up and pay at the Front Desk*

For more information, please contact: [romanovich.gail@gmail.com](mailto:romanovich.gail@gmail.com), 508-399-8308

**NOTE: The Tomaquag Indigenous Memorial Museum** trip on Friday, November 1, 2024 at 10:00 AM – 2:30 PM is full, but there is a waitlist. To be added to the list, please contact [romanovich.gail@gmail.com](mailto:romanovich.gail@gmail.com), 508-399-8308



## Special Events

*Please note any payment, RSVP requirements and deadlines.*

### SEPTEMBER



#### Back to School Spelling Bee and Potluck

Tuesday, September 10  
5 pm-7 pm

*(No charge, but please sign up at the Front Desk and indicate what dish you'll bring)*



#### Wine Tasting: Bordeaux and Burgundy

Presented by Eric from Bottles  
Wednesday, September 18  
5 pm-7 pm.  
\$20pp.

*Please sign up and pay at the Front Desk*



Learn about two of the world's most important and famous wine growing regions, while tasting samples. All of the favorites will be there: Chardonnay, Cabernet Franc and Sauvignon, Pinot Noir, Sauvignon Blanc, and a few supporting characters.

### OCTOBER

Open to the public.

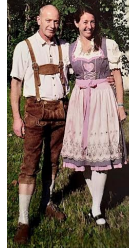
#### OKTOBERFEST

Friday, October 4  
5 pm-7 pm  
\$20 pp.

We appreciate advance sign-ups to provide an accurate headcount for food and beverages, but if you can't make it in to sign-up before the event, you can pay at the door. A Special Events Committee member will be at the desk for check-in and collecting money.

**Location:** Central Congregational Church Chapel Hall

Featuring traditional German music by The Vagabonds, games and activities and prizes, a selection of Germany's finest brews, and authentic German food. Share the Gemütlichkeit. Ein Prosit!!



#### PUB NIGHT

Monday, October 28th  
5 pm-7 pm  
\$12pp.

*Please sign up and pay at the Front Desk*



## INFORMATION & ANNOUNCEMENTS

### ANNUAL MEETING

**Thursday, October 24**

**10:00 AM-12:30 PM (DR)**

*No other scheduled activities will be taking place during the Community Meeting*

#### Annual meeting

Members are invited to attend the Annual Meeting on Thursday, October 24 from 10 am - 12:30 pm. The Annual Meeting is an opportunity for members to engage in the important business of running our organization, and to hear from our Board and Executive Director. Some agenda items include: Review the year-end September 30, 2024 Financials and look ahead at next year's budget; vote for officers and new board members; approve by-laws changes; presentation of Hamilton House committee reports. Please stay tuned! More information will be sent to members in October.

Following the Annual Meeting there will be an informal expo for members to connect with active volunteers to learn about the opportunities available to all members (new and old!) that keep the House running. Meet committee chairs and members, speak with current volunteers (program facilitators, lunch serves, desk receptionists), and more. This is a chance to think about how you might like to lend a hand and your voice!

## INFORMATION & ANNOUNCEMENTS continued

### Flu Vaccine Clinic sponsored by BCBS

Monday, September 30

9:30 AM – 12:30 PM

#### Appointment schedule and forms will be available soon at the Front Desk.

A local pharmacy will review your form and administer the vaccination.

Flu season is heading our way, so let's get ahead of it with a flu shot. "Seasonal flu vaccines are designed to protect against the influenza viruses that research indicates will be most common during the upcoming season. Beginning again in 2024–2025, all flu vaccines in the United States will be "trivalent" vaccines, which means they protect against three different flu viruses: an influenza A(H1N1) virus, an influenza A(H3N2) virus, and an influenza B/Victoria virus." (CDC)



#### Parking Lot Reminders

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

Members who do not require accessible parking, please park on the street. Parking decals are available at the Front Desk.

#### Committee Corner

**Volunteers.** This House is run on volunteers. Be the change you want to see by volunteering to teach a class, lead a workshop, serve lunch, give a presentation or start a new activity. We are the sum of all of our parts.

**We are looking for volunteers** for three key positions: Office Assistant, Front Desk Attendant and Lunch Server. All positions will receive ample training.

The first requires familiarity with basic office procedures and using a computer to help with admin tasks such as data entry. The Front Desk involves answering phones, greeting members and guests, assisting with attendance sheets, etc., for a full or half-day assignment. Men and women are encouraged to volunteer.



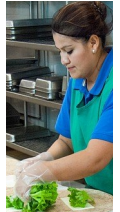
### Hamilton House Café OPEN!

Monday—Friday 11:30 AM – 1:30 PM

The handcrafted lunch menu is constantly refreshed during the week with a variety of hot and cold items, desserts, snacks and beverages.

Cash and checks are accepted at this time.

This is a volunteer kitchen. Please consider signing up for a shift.



**Hear Ye! Hear Ye!**  
Good people of Hamilton House

We are closed on the following:

**Monday, October 14 (Columbus Day/Indigenous Peoples' Day)**



Follow and LIKE us on Facebook!

Search @HHLearningExchange to stay connected via social media. We are encouraging our members to like and share posts as we develop this new Facebook page.

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!



### Thank You Newsletter Crew of Volunteers!

Our Newsletter is always printed by our dedicated member Garo Emdjian. We are also grateful to our helpful proofreading crew: Ginny Bradley, Lucy Ann Lepreau, Helen Litterst, John Stevenson and Lily Traves.

Thank you to Steve Kagan for updating the website calendar.

The folding crew: Elissa Arffa, Sylvia Danforth, Sue Pandit, Aida Pogacar, Judith Queen and Sherry Slovic.

**The Folding Crew can always use a few more hands on deck!**

# September 2024

Mon	Tue	Wed	Thu	Fri
<div>2</div> <p>House closed for Labor Day</p>	<div>3</div> <p>10am - Spanish I 10:30am - Poetry Group 11am – Exercise w/ Jodie (Zoom / In-Person) 11:30am - Spanish II 1pm - Tai Chi @ Chapel Hall</p>	<div>4</div> <p>9:30am - Meditation 11am - Readings &amp; Discussion 12pm - Pottery Class 12:30pm - Lunch &amp; Learn: <i>Theories of Personality</i> 3:30pm - Rack 'em Up (Pool Hall)</p>	<div>5</div> <p>9:30am - Walking Group 10am - Art Studio Group 10am - NEW! Microfiction 11am - Exercise Zoom/In-Person 11am - Genealogy 11am - Tech Help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Health &amp; Wellness</p>	<div>6</div> <p>9:30am - NEW! Intro to Watercolor 10am - Backgammon 12:30pm - Men's Group</p>
<div>9</div> <p>10am - French Conversation 11am - German - Intermediate 11am – NEW! Journaling for Emotional Wellbeing 11am - Yoga Zoom/In-Person (DR) 11:15am - Poetry Writers' Workshop 12pm - Sing-a-Long 1pm - Card Making Workshop 1pm - Scrabble</p>	<div>10</div> <p>[Sally Gruber Order deadline] 10am - Spanish I 10:30am - Poetry Group 11am - Exercise Zoom/In-Person 11:30am - Spanish II 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies w/ Anne Wert 5pm - EVENT: Spelling Bee</p>	<div>11</div> <p>9:30am - Meditation 10am - Banned Books I: <i>Children's Picture Books</i> 11am - Readings &amp; Discussion 12pm - Pottery Class 12:30pm – Presentation: Nutrition for Seniors, Maya Vadiveloo 3:30pm - Rack 'em Up (Pool Hall)</p>	<div>12</div> <p>9:30am - Walking Group 10am - Art Studio Group 10am - Microfiction 11am - Exercise Zoom/In-Person 11am - Genealogy 11am - Tech Help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Circle</p>	<div>13</div> <p>9:30am - Intro to Watercolor 10am - Backgammon 12:30pm - Current Topics Discussion</p>
<div>16</div> <p>10am - NEW! Crochet Group 10am - French 11am - German - Intermediate 11am - Journaling for Emotional Wellbeing 11am - Yoga Zoom/In-Person (DR) 12pm - Sing-a-Long 1pm - Scrabble</p>	<div>17</div> <p>[Sally Gruber delivery] 10am - Spanish I 10:30am - Poetry Group 11am - Exercise Zoom/In-Person 11:30am - Spanish II 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies</p>	<div>18</div> <p>9:30am - Meditation 9:30am - Plein Air Painting 11am - Readings &amp; Discussion 12pm - Pottery Class 12:30pm - Lecture: Prof. Carrington-Farmer 3:30pm - Rack 'em Up (Pool Hall) 5pm - EVENT: Wine Tasting</p>	<div>19</div> <p>9:30am - Walking Group 10am - Art Studio Group 10am – Microfiction 11am - Exercise Zoom/In-Person 11am - Genealogy 11am - Tech Help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Health &amp; Wellness</p>	<div>20</div> <p>9:30am - Intro to Watercolor 10am - Backgammon 10am - Presentation: Planned Giving 12:30pm - Men's Group</p>
<div>23</div> <p>10am - Crochet 10am - French 11am - German - Intermediate 11am - Journaling for Emotional Wellbeing 11am - Yoga Zoom/In-Person (DR) 11:15am - Poetry Writers' Workshop 12pm - Sing-a-Long 1pm - Scrabble</p>	<div>24</div> <p>10am - Spanish I 10:30am - Poetry Group 11am - Exercise Zoom/In-Person 11:30am - Spanish II 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies</p>	<div>25</div> <p>9:30am - Meditation 9:30am - Plein Air Painting 11am - Readings &amp; Discussion 12pm - Pottery Class 12:30pm - Banned Books II 3:30pm - Rack 'em Up (Pool Hall)</p>	<div>26</div> <p>9:30am - Walking Group 10am - Art Studio Group 10am - Microfiction 11am – Exercise Zoom/In-Person 11am - Genealogy 11am - Tech Help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Circle</p>	<div>27</div> <p>9:30am - Intro to Watercolor 10am – Backgammon 10am – RISD/Noovo Design Lab 12:30pm - Current Topics Discussion</p>
<div>30</div> <p>9:30am - 12:30pm - Vaccination Clinic w/ BCBSRI 10am - Crochet 10am - French 11am - German - Intermediate 11am - Journaling for Emotional Wellbeing 11am - Yoga Zoom/In-Person (DR) 12pm - Sing-a-Long 1pm - Book Club (DR) 1pm - Scrabble</p>				

# October 2024

M	T	W	T	F
30	1	2	3	4
	10am - Spanish I 10:30am - Poetry Group 11am – Exercise w/ Jodie <i>Zoom/In-Person</i> 11:30am - Spanish II 1pm - Reading Shakespeare 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies	9:30am - Meditation 9:30am - Plein Air Painting 11am - Readings & Discussion 12pm - Pottery Class 12:30pm - Lecture: Prof. Carrington-Farmer 3:30pm - Rack 'em Up (Pool Hall)	9:30am - Walking group 10am - Art Studio Group 11am – Exercise w/ Jodie <i>Zoom / In-Person</i> 11am - Genealogy 11am - Tech help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Health & Wellness	9:30am - Intro to Watercolor 10am - Backgammon 12:30pm - Men's Group 5pm - EVENT: Oktoberfest! (Held at Central Congregational Church, Chapel Hall)
7	8	9	10	11
10am - Crochet 10am - French 11am - German - Intermediate 11am - Yoga Zoom/In-Person (DR) 12pm - Sing-a-Long 1pm - Card Making Workshop 1pm - Scrabble	[Sally Gruber Order Deadline] 10am - Spanish I 10:30am - Poetry Group 11am - Exercise <i>Zoom/In-Person</i> 11:30am - Spanish II 1pm - Reading Shakespeare 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies	9:30am - Meditation 9:30am - Plein Air Painting 11am - Readings & Discussion 12pm - Pottery Class 12:30pm - Lunch & Learn: <i>Hobbies</i> 3:30pm - Rack 'em Up (Pool Hall)	9am - DAY TRIP: Plymouth Plantation 9:30am - Walking group 10am - Art Studio Group 11am - Exercise Zoom / In-Person 11am - Genealogy 11am - NEW: Cinema Seminar: Short Films 11am - Tech help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Circle	9:30am - Intro to Watercolor 10am - Backgammon 12:30pm - Current Topics in the News
14	15	16	17	18
House closed for Columbus/Indigenous Peoples' Day	[Sally Gruber Delivery] 10am - Spanish I 10:30am - Poetry Group 11am - Exercise <i>Zoom/In-Person</i> 11:30am - Spanish II 1pm - Reading Shakespeare 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies	9:30am - Meditation 9:30am - Plein Air Painting 11am - Readings & Discussion 12pm - Pottery Class 12:45pm - NEW! Literature with Maggie Miles 3:30pm - Rack 'em Up (Pool Hall)	9:30am - Walking group @ 10am - Art Studio Group @ Art 10am - Cinema Seminar 11am - Exercise Zoom / In-Person 11am - Genealogy 11am - Tech help 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Health & Wellness	9:30am - Intro to Watercolor 10am - Backgammon 10am - Concert: Cathy C-T & Shelley Katsh 12:30pm - Men's Group
21	22	23	24	25
10am - Crochet 10am - French 11am - German - Intermediate 11am - Yoga Zoom/In-Person (DR) 12pm - Sing-a-Long 1pm - Scrabble	10am - Spanish I 10:30am - Poetry Group 11am - Exercise <i>Zoom/In-Person</i> 11:30am - Spanish II 1pm - Reading Shakespeare 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies	9:30am - Meditation 9:30am - Plein Air Painting 11am - Readings & Discussion 12pm - Pottery Class 12:45pm - NEW! Literature with Maggie Miles 3:30pm - Rack 'em Up (Pool Hall)	10am – 12:30 pm Annual Meeting <i>No regular activities take place</i> 12:30pm – Volunteer Opportunities Fair 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Circle	9:30am - Intro to Watercolor 10am - Backgammon 12:30pm - Current Topics in the News
28	29	30	31	1
10am - Crochet 10am - French 11am - German - Intermediate 11am - Yoga Zoom/In-Person (DR) 11:15am - Poetry Writers' Workshop 12pm - Sing-a-Long 1pm - Book Club 1pm - Scrabble 5pm - Pub Night	10am - Spanish I 10:30am - Poetry Group 11am - Exercise <i>Zoom / In-Person</i> 11:30am - Spanish II 1pm - Reading Shakespeare 1pm - Tai Chi @ Chapel Hall 1pm - Watercolor Studies	9:30am - Meditation 11am - Readings & Discussion 12pm - Pottery Class 12:45pm - Literature w/ Maggie Miles 3:30pm - Rack 'em Up (Pool Hall)	9:30am - Walking group 10am - Art Studio Group 10am - Cinema Seminar 11am - Exercise Zoom / In-Person 11am - Genealogy 11am - Tech Help Desk 1pm - Bridge Club 1pm - Watercolor- Intermediate 1pm - Women's Health & Wellness	