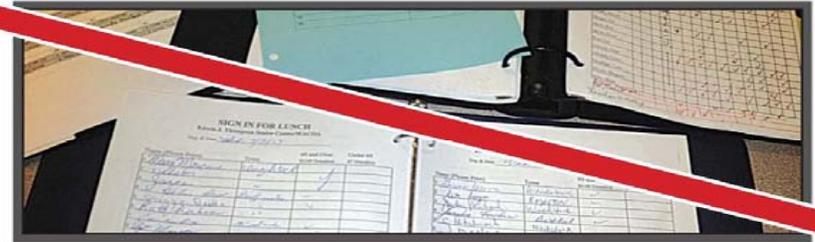


# EDWARD KING HOUSE

*November 2019 Catalog*

## NO MORE PAPER SIGN-IN SHEETS



Beginning in January, we will be using an automated check-in system. This new, efficient technology will help our future funding and programming efforts.



### EASY AS 1-2-3

1. Regular visitors and volunteers will receive a small keytag.
2. Swipe your keytag across the scanner (or enter your name on the touchscreen).
3. Press the touchscreen to select the activities you'll be participating in that day.

More information coming soon!

Edward King House  
35 King Street  
Newport, RI 02840



401-846-7426 \*\* [info@edwardkinghouse.org](mailto:info@edwardkinghouse.org)

**TRIP**

**SLOT**



**MACHINE**

**TRIP TO FOXWOODS  
CASINO**  
Monday, November 18th  
9am to 5pm



\$25 per person - includes lunch, slot play  
vouchers and transportation by motor  
coach departing from the EKH at 9am

reserve your spot by calling  
401-846-7426 ext 2

Coming Soon ....

**December**

*Holiday Tea*

(DECEMBER 1ST)

*A Christmas Carol*

(DECEMBER 6TH TO 15TH)

*Holiday Luncheon*

(DECEMBER 18TH)

*Holiday Choral*

*Concert*

(DECEMBER 20TH)

*Hanukkah Party*

(DECEMBER 23RD)

# LIVE THEATER

The Studio at the Edward King House Presents

Charles Dickens'

# A Christmas Carol



Adapted and Directed  
by Rob Reimer

Tickets: \$12

online at [www.edwardkinghouse.org](http://www.edwardkinghouse.org)  
or 401-846-7426 ext 2

## A haunting tale told at Christmas.

Fri/Dec 6 - 7:30pm  
Sat/Dec 7 - 2:30pm  
& 7:30pm  
Sun/Dec 8 - 2:30pm  
Thu/Dec 12 - 7:30pm  
Fri/Dec 13 - 7:30pm  
Sat/Dec 14 - 2:30pm  
& 7:30pm  
Sun/Dec 15 - 2:30pm

# MEMORY



What it is:

A memory café is a monthly gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café gives everyone a welcome break from the disease.

Benefits:

The café offers a unique experience apart from the normal routines.  
The café must be accessible to all.  
No membership or fee required. Donations may be solicited.  
The café is for people with dementia, of all forms, along with their companions. (Caregivers, families, friends, and professionals.)  
Companions are expected to stay and participate in the café.  
The café will not exclude anyone based on age, race, color, religion, creed, or nationality.  
The café is a time to leave the disease at the door and just enjoy ourselves

**Friday, November 8th**  
**12:30 to 2:00pm**

The café is NOT:  
The café is not a support group.  
The café is not a workshop, seminar, or lecture on dementia.  
The café is not a respite program.  
The café is not just another party or happy hour  
The café is not a daycare program.  
The café is not to be used as a promotion for a commercial enterprise.

RSVP to Anna  
846-7426 ext 4

# Arthritis Information



**Arthritis Workshop**  
With Dr. Gibson of  
Easton Pond Chiropractic

Arthritis - What is it? How do we get it? How do we know if we have it? What do we do about it? Additionally, we will talk about how to attract and create a future filled with health and wellness.

Thursday, November 7th at 1pm

This event is free and open to the public.  
RSVP to Eliza 846-7426 ext 2

# It's A King Thing!

Because no one should have to go to bed hungry.

## IT'S A KING THING! FOOD DRIVE

to benefit the Martin Luther King  
Community Center Food Pantry

November  
4th  
to the  
14th

The cupboards at the MLK Center could use a little help to feed those in need this Fall Season. Help us by donating what you can. Dried goods like pasta, canned foods and soups, peanut butter, and toiletries. Non-perishable items only please. We thank you for your generosity.

## Breakfast

### 22 Bowens Now Serves Breakfast at the EKH

At a mere \$3 per person - this is the best deal in town for a hot, yummy breakfast cooked and served by Newport's own 22 Bowens whose staff is voluntary their time and talent to support the seniors of Newport County. It doesn't get better than this. Your cup of tea or coffee is waiting for you. Come join us! Call 401-846-7426 ext 2 to make your reservation by phone but remember this is a first come first served reservation system.



Wednesday, November 13th

9:00 am till 10:00 am

## Important Dates

In observance of Veterans Day, the EKH will be closed on Monday, November 11th.

The EKH will be closed Thursday, November 28 and Friday, November 29 for the Thanksgiving Holiday.

Registration for Winter Session 1 will be conducted the week of January 6-10. Classes will begin on Monday, January 12th.

### Newport For All Ages Pancake Breakfast Tell Us What You Think.

AARP Real Possibilities  
Rhode Island



NEWPORT  
PARTNERSHIP  
FOR FAMILIES



What would make Newport more livable?

Newport is the first in Rhode Island to be designated an Age-Friendly community by the American Association of Retired Persons (AARP). The city will be working with AARP to make Newport an even better place to live for ALL ages.

Newport residents age 45+ are invited to be part of the process. Your input is needed to assess what the city is doing well and what it could do better.

### Take the Survey and have some pancakes!

Saturday, November 2nd from 9am to 12pm  
Bring the entire family!! No fee for this event, just take the survey.

## Protect Yourself

Open to the Public

1  
DAY  
ONLY

# Shred Fest

9am to 12pm

Saturday, Nov 2nd

Fall  
2019

AARP Rhode Island will offer free document shredding on Saturday, November 2nd from 9 a.m. to 12 p.m., in the Edward King House parking lot at 35 King Street, Newport.

It's a smooth, drive-through operation. Enter the lot from King Street. This is a drive up service. Bring everything you would like shredded at no charge. Shredding will occur right in front of you.

"Identity thieves routinely search through dumpsters and trash cans, looking to find confidential information.

Our Shred Fest 2019 event will allow consumers to discard this paperwork in a safe and secure manner," Connell added.

**AARP**® Real Possibilities  
Rhode Island

## Holiday Celebration

Blenheim-Newport  
A Benchmark Senior Living Community

Eat, Drink  
& Be . . .

THANKFUL  
DINNER

November 14th

5:30PM

Reserve your spot at  
[edwardkinghouse.org](http://edwardkinghouse.org)  
or 401-846-7426 ext 2

\$10 per person

Sponsored by Blenheim-Newport

Traditional Thanksgiving Dinner

# Safety



**AARP Safe Driver Course at the Edward King House**

Wednesday  
November 20th  
9am to 1pm

**\$15.00 for AARP members**

\$20 for Non-Members paid the day of the event

Reservations are required as seating is limited.  
Call 401-846-7426 ext 2 to make your reservation.

It Pays to Refresh Your Driving Skills!

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

# CREATIVITY

## Members' Annual Exhibit

Free and Open to the Public

**Sept. 11 - Dec. 16**  
at the Edward King House



### Table Top Photography

6:30pm at the Edward King House

**November 13**

Michael Rice, presenter

## JEWELRY WORKSHOPS

## VOLUNTEERS NEEDED



November 12th & 26th at 1pm

Help us to make sparkly peices to sell at our upcoming Holiday Sale

No experience necessary.

Call 401-846-7426 ext 2 to reserve your seat!

# EMERGENCY

## EMERGENCY

### PREPAREDNESS FAIR

Saturday, November 9, 2019 \*\* 9am to 12pm

DO YOU HAVE  
AN EMERGENCY  
PREPAREDNESS  
PLAN?

Gaudet Middle School, Middletown

Featuring WJAR's Meteorologist, Mark Searles

BETTER TO HAVE A PLAN AND NOT NEED IT,  
THAN TO NEED IT AND NOT HAVE ONE

It's never too late to prepare for whatever may come our way this winter.  
Are you ready? Do you have a plan? Come join us to meet with  
professionals who can help you to connect to important resources.

Joining us for the FREE event will be the RI Emergency Management  
Agency, RI Special Needs Registry/Department of Health, local Fire and  
Police Departments from Newport, Middletown and Portsmouth, the  
American Red Cross, National Grid and so much more...

Special emergency vehicles will be on hand for the whole family to view  
and special giveaways to make planning easier.

Enter from the Turner Road of the Gaudet School to the Gymnasium.

Got questions??? Call 401-743-3197

Sponsored by the Aquidneck Island Emergency Volunteer Alliance

# Transportation



Representatives from RIPTA will be  
available for service and information at  
the Edward King House  
35 King Street, Newport

**FLEX, BUS PASSES,  
ROUTES AND MORE...**

**Friday, November 22nd**

**from 11:30am to 2pm**

**Seniors and adults with disabilities are all  
welcome - no appointment necessary!**

## HEALTHCARE

An Important Message from Medicare

*"Paying less for  
my Medicare?  
I'm open to that."*

# MEDICARE OPEN ENROLLMENT OCT. 15 – DEC. 7

This is your time to see if you can find lower premiums and extra benefits. Look at all your Medicare health plan choices for 2019—including prescription drug plans and Medicare Advantage plans from private insurers. Plans change every year—maybe your healthcare needs have changed, too.

Open Enrollment Appointments available at the Edward King House every Wednesday from 11am to 2pm during the dates listed above. **An appointment is necessary for service.**

Other locations and dates and times are also available.

Call 401-846-7426 ext 3 to schedule your appointment today!

## Victorian Boutique

Please join us for a

# Victorian Boutique Holiday Sale

**Saturday November 30th  
from 10am - 4pm**

*Unique gifts for the most discerning tastes.  
Estate Sale Items, Fine Quality Jewelry, Quilted Creations,  
Fine Crystal and many more one of a kind gifts.  
Delectable Treats, Live Entertainment  
& Children's Craft Activities throughout the day!*

**FREE ADMISSION - OPEN TO THE PUBLIC**

*The Edward King House*

35 King Street

Newport, Rhode Island 02840

## Hand Care

### New Hand Care Program

**Book Now!**  
846-7426 ext 4



### New Free Hand Care Program Comes to the EKH

In collaboration with Salve Regina University's Service Advocate Program a new Hand Care Program will begin in November 2019. This program will offer EKH Members only a free session of hand massage, moisturizing, filing and even nail color by appointment only. (Note: Nails cannot be cut nor do we provide gel nails or nail treatments.)

Call Anna at 846-7426 ext 4 for an appointment. Space is limited.

**By Appointment ONLY!**

**FRIDAYS**

11/8, 11/15, 11/22, 12/6

20 minute

appointments

starting at 11:15am

to 1:15pm

## Technology



### Silver Surfer Tech Program



**New Program!**

**By Appointment ONLY!**

In collaboration with Salve Regina University the EKH proudly announces the new free Silver Surfer program to help our members learn to better utilize their smartphones, tablets and/or laptop.

**Tuesdays 11/5, 11/12, 11/19, 12/3, 12/10**  
time slots 1:15pm, 1:55pm & 2:35pm

**Thursdays 11/7, 11/14, 11/21, 12/5**  
time slots 11:15am, 11:55am & 12:35pm

**846-7426 ext 4**

**CALL NOW**

# NOVEMBER 2019 SPECIALTY GROUPS & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Shred It 9am-12pm  Pancake Breakfast 9am-12pm
3	4 (Day Programs 9am-1pm)  Knitting Group 10:30am	5 (Day Programs 9am-1pm)  Mah Jong 12:30pm Cribbage 1:00pm Dominos 4pm Play Reading 6:30pm	6 (Day Programs 9am-1pm)  Scrabble 10:30am Medicare Open Enrollment (by appt. only)	7 (Day Programs 9am-1pm)  Bridge 9am	8 (Day Programs 9am-1pm)  Bridge 9am Watercolor Group 9am Chorus 10:45am  Memory Café 12:30pm	9  Preparedness Fair 9am-12pm
10	11  Center Closed Veterans Day	12 (Day Programs 9am-1pm)  Mah Jong 12:30pm Cribbage 1:00pm Dominos 4pm Play Reading 6:30pm	13 (Day Programs 9am-1pm)  Scrabble 10:30am Medicare Open Enrollment (by appt. only)  Newport Photo Guild	14 (Day Programs 9am-1pm)  Bridge 9am  Thanksgiving Dinner 5:30pm	15 (Day Programs 9am-1pm)  Bridge 9am Watercolor Group 9am Chorus 10:45am	16
17	18 (Day Programs 9am-1pm)  Knitting Group 10:30am Trip to Foxwoods	19 (Day Programs 9am-1pm)  Mah Jong 12:30pm Cribbage 1:00pm Dominos 4pm Play Reading 6:30pm	20 (Day Programs 9am-1pm)  Scrabble 10:30am Medicare Open Enrollment (by appt. only)  Drivers Safety 9am	21 (Day Programs 9am-1pm)  Bridge 9am  Near Death Experience 5pm	22 (Day Programs 9am-1pm)  Bridge 9am Watercolor Group 9am Chorus 10:45am  RIPTA Road Trip	23
24	25  Knitting Group 10:30am	26  Mah Jong 12:30pm Cribbage 1:00pm Dominos 4pm Play Reading 6:30pm  Aging Fully 1pm	27  Scrabble 10:30am Medicare Open Enrollment (by appt. only)	28 Center Closed Happy Thanksgiving	29 Center Closed Happy Thanksgiving	30 Victorian Boutique Sale 10am-4pm