



Beechwood

A Center for Life Enrichment

44 Beach Street, North Kingstown, RI 02852

Please call Rayna at 401-268-1594 to make a reservation.



Cyber Seniors ~

The University of Rhode Island
Engaging Generations Program

Appointments Available on Fridays this Fall

A student volunteer from the University of Rhode Island will be available on Fridays for free, one hour individualized tutoring sessions this fall. Participants can bring an electronic device (cell phone, laptop, iPad, etc.) and the volunteer will teach participants how to use the device. Tutoring sessions are private and appointments are required. Appointments are available on Fridays beginning September 13, 2019. Appointment times to be determined. **Please call Rayna at 401-268-1594 to be placed on a waiting list. Once the fall schedule is finalized, Rayna will contact individuals on the waiting list.**

CPR & AED ~

Instructor: David Lavallee owner of CPR & Safety Classes of RI
Wednesday, October 9, 2019 from 1:30 p.m. - 3:30 p.m.

Fee: \$25 per person. Registration and payment due by October 1, 2019.

Checks payable to "Town of North Kingstown."



The goal of this course is to provide individuals with the basic knowledge and skills necessary to provide effective basic life support in an emergency, how to use an Automated External Defibrillator and what to do in the case of an airway obstruction or choking. **Please call Rayna at 401-268-1594 to make a reservation.**



Financial Crimes and Abuse ~

Elder Abuse Unit, Office of the Rhode Island Attorney General
Monday, October 21, 2019 from 10:00 a.m. - 11:00 a.m.

To help combat the growing issue of elder abuse and financial exploitation, the Rhode Island Attorney General's Office has created a senior outreach program to inform Rhode Island residents about the issue of elder abuse. The most effective defense against fraud is a well-informed consumer. Their goal is to inform Rhode Islanders of the new trends being used, teach people how to avoid becoming the next victim and encourage them to report any instances of abuse to the appropriate agencies. Topics that will be discussed include: abuse, fraud schemes, identity theft and resources to protect people from becoming a victim. **Please call Rayna at 401-268-1594 to make a reservation.**

Flu Clinic ~

Cold Spring Community Center
30 Beach Street

Monday, October 28, 2019 from 9:00 a.m. to 12:00 p.m.

Appointments required.



Please stop by Beechwood between Monday, October 21st and Friday, October 25th from 9:00 a.m. to 1:00 p.m. for your reservation and voucher. If you are unable to stop by Beechwood during the week of October 21st, please call Rayna at 401-268-1594 after October 21st. Please bring your medical insurance card to the clinic.



Halloween Costume Party and Luncheon ~

Thursday, October 31, 2019

Musical Entertainment ~ Robert Black 10:45 a.m. - 11:45 a.m.

Lunch served at noon. Menu to be determined. \$3 suggested donation per person. Registration begins on October 1, 2019. The registration deadline is October 23, 2019. **To register, please call Ashley at 401-268-1592.**