

eliminating racism
empowering women
ywca

YEARS OF EXCELLENCE
1923-2008

85



fall session 2008 northern rhode island



For an appointment or more details on child care, pre-preschool, preschool, or preschool vacation camps, call Mary Anne Deslauriers, Director of Early Childhood Learning Center, at 769-7450.

CHILD CARE

INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, which parents can rely upon throughout the year. The Early Childhood Learning Center encourages healthy social, emotional, physical, and cognitive development. Licensed by the Rhode Island Department of Children, Youth, and Families.

REGISTER FOR 2008-09 SCHOOL YEAR

pre-preschool
preschool
youth enrichment

PRE-PRESCHOOL

LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years of age. With a consistent daily schedule modeled after our existing preschool program, children will be offered opportunities for socialization, creativity, and toilet training. Daily schedule includes circle time, songs, storytime, snack, play, and creative projects. 9am-noon. Two, three, or five day options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon.

PRESCHOOL

PRESCHOOL

The YWCA preschool is a developmental program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment, and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful, and enriching. Two, three, and five-day programs with morning, afternoon, or full day options available. Licensed by the Rhode Island Department of Education.

STEPPING STONES

A unique transitional program for children whose parents are postponing Kindergarten entrance. YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. This program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Education.

EXTENDED DAY PROGRAMS:

The YWCA offers several extended day programs to help accommodate a parent or guardians' schedule.

EARLY BIRDS Children enjoy morning activities in a classroom environment from 8-9am and then are escorted to their respective classrooms. \$6/day

LUNCH BUNCH Children eat lunch in a social environment then are offered center activities to enjoy from noon-1pm. Lunches are brought from home. \$6/day

AFTER PRESCHOOL CARE Children are engaged in age-appropriate activities including gross motor play in playground. 4-6pm. \$6/hour/day.

YOUTH ENRICHMENT

Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. The program focuses on a youth's individual needs. We provide a safe, nurturing, and enriching program, which parents can rely upon throughout the year, especially after school, school vacations, and during the summer. Program encourages healthy social, emotional, physical, and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families.

For more details or an appointment, call Nathan Smith, Youth Enrichment Program Director, at 769-7450.

AFTER SCHOOL

For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. This program is offered Mon. to Fri., 2-6:30pm (3 day minimum) for \$17/day. Children are bussed to YWCA from their schools, enjoy a free snack, participate in fun activities, offered homework help and special events. **APPLE is an after school program for children.** It builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities for school success and a productive future. **Curriculum includes Academics, Physical education/recreation, Prevention,**

Leadership, and Empowerment. Activities are geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas.

PARENTING

16 to 21 years old

PARENTING IN PROGRESS

An alternative education program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, and Connecting for Children and Families. Eligible applicants must live in Woonsocket and be a pregnant or parenting young woman under 21 years old. Class meets Mon.-Fri., 9am to 1pm.

For more details, call Deb Smith, Parenting in Progress Site Coordinator, at 769-7450.

OTHER PROGRAMS see inside:

Art
Physical Education
Gymnastics
Health
Volleyball
Special Interest
Women's Clubs

NEW ACTIVITIES see inside:

Nutrition Workshops

RETURNING CLASSES see inside:

Bellydancing
Yoga

BROCHURE ONLINE www.sheshines.org

YWCA Northern Rhode Island's
Fall Session 2008

Registration for all classes begins on August 17. Classes begin the week of August 31 and end the week of October 26. No classes held on September 1 and October 13. * Revised program brochure reflecting nine week session and two Monday holidays.

SPECIAL INTEREST PROGRAMS

RHODE ISLAND CLOTHESLINE PROJECT

A visual exhibit which bears witness to the victims and survivors of acts of violence against women. The Rhode Island Clothesline Project is currently housed at YWCA Northern Rhode Island.

SHE SHINES™

Published by YWCA Northern Rhode Island, She Shines is a magazine celebrating the aspirations and accomplishments of women. Call 769-7450 to receive a free subscription or visit www.sheshines.org to view the online version.

SILENT WITNESSES OF RHODE ISLAND

A traveling memorial honoring women and children of Rhode Island who were murdered in acts of domestic violence. Visit www.silentwitness.net, to learn more.

ART CLASSES

New and returning students welcome; every session covers new artists/projects.

5 to 7 years old

ART FOR CHILDREN

If you love drawing then this class is for you. Learn the basics of art through drawing, painting, sculpting and creativity games. Please bring a smock or junky t-shirt and a smile. An art material fee is included in the session fee.

Missie St. Sauveur
Fri. 5-6:30pm \$81/9wks

8 to 14 years old

MODERN ART FOR YOUNG PEOPLE

We will cover "modern art" from the 20th century. Students will learn about some of the most famous names in art. Learn how art can be about more than just painting a house that looks like a house. Educational and very fun projects. An art material fee is included in the session fee.

Missie St. Sauveur
\$81/9wks

Note: Day and time to be determined. If inter-

ested give contact information to the front desk, 769-7450.

13 to 18 years old

ART FOR TEENS: THE IMPRESSIONISTS

Particularly appropriate for those who have taken Modern Art for Young People, but all students are welcome. We will delve into more advanced techniques as we learn about the Impressionists and Post-Impressionists. We'll also explore exciting new media, including oil pastel and gouache. An art material fee is included in the session fee.

Missie St. Sauveur
Mon. 5-6:30pm \$63/7wks

Adults and teens*

FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try your hand at painting, sketching, or sculpting, but don't know where to start? Wish you knew the difference between Manet and Monet? In this class, adults can get an introduction to art-making, as well as a little art history along the way, in a relaxed, non-judgmental atmos-

phere. No talent or experience required.

Come have fun with us. You may be surprised by what you can create. An art material fee is included in the session fee.

* Teens welcome if attending with adult.

Missie St. Sauveur
Mon. 7-8:30pm \$63/7wks

GYM PROGRAMS

All physical education classes are under the direction of Debbie Fay.

DESIGN YOUR OWN CLASS!

Any age group. Want to learn T-ball, floor hockey, golf, tennis, etc? Call Debbie Fay, Physical Education Director, 769-7450. Subject to time and space availability. Prices set by usage.

BIRTHDAY PARTIES DURING THE WEEK

Let Debbie Fay set up and run a party for your child. Themes: gymnastics, soccer, golf, etc. Call Debbie Fay to schedule, 769-7450. Subject to time and space availability. Prices set by usage.

Walking to 3 years old

JUMPING BEANS

Gymnastics play with parent.
Tues. 9-10am \$54/9wks
Thurs. 10-11am \$54/9wks

JUMPING BEANS GETS MESSY

One hour of gymnastics play with parent followed by a 1/2 hour messy activity of crafts or cooking
Fri. 9-10:30am \$81/9wks

2 1/2 to 3 1/2 years old

Independent classes for your child (do not have to be toilet trained).

IDDY BIDDY SPORTY CRAFTY CHEFS

Combination of Small World, crafts, gymnastics, games, and cooking your own lunch. Come jump and crack some eggs. Non stop action.
Wed. 9-noon \$90/9wks

SMALL WORLD I, II, III

Children offered opportunities for socialization, creativity and toilet training. Daily schedule includes storytime, songs, crafts, playtime, and snack.

SMALL WORLD I

Deb Nault
Thurs. 9-10am \$27/9wks

SMALL WORLD II

Deb Nault
Thurs. 10am-noon \$54/9wks

SMALL WORLD III

Deb Nault
Mon. 9am-noon \$63/7wks
Tues. 9am-noon \$81/9wks
Fri. 9am-noon \$81/9wks

LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years of age. Two, three, four or five days available. See brochure page 1 for details.



3 to 5 years old

BREAKFAST SPECIAL

Come play soccer, tennis, golf, and more. Then scramble/crack some eggs, mix up pancakes, and enjoy a full breakfast.
Mon. 9-11am \$70/7wks

SPORTSTASTIC

A new sport every week, socialization, and lunch making for your child.
Wed. noon-2pm \$90/9wks

INSIDE/OUTSIDE ADVENTURES

Nice weather we will spend time outside on playground collecting bugs, bird watching, and more. Bad weather we will play games in the gym. All activities followed by lunch.
Mon. noon-2pm \$70/7wks

TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined w/cooking and eating.
Thurs. noon-2pm \$90/9wks

GYMNASTIC FANTASTIC

Fantastic activity packed class. An hour of gymnastics followed by lunch, craft, and playtime.
Fri. noon-2:30pm \$113/9wks

MOM'S TIME OUT

Drop off your children for 3 1/2 hours of non stop fun. We will play a game of alligator pit, polar bear, do some gymnastics, play soccer, t-ball, golf, make an obstacle course plus make a full lunch and have craft and playtime. Mom, you go have a massage, shop alone, or take a nap. It's your time out without feeling guilty, your children are having a blast.
Tues. noon-3:30pm \$142/9wks

4 to 6 years old

CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C, and give me an A.
Mon. 3-4pm \$42/7wks

6 to 9 years old

CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C, and give me an A.
Mon. 4-5pm \$42/7wks

9 to 12 years old

CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C, and give me an A.
Mon. 5-6pm \$42/7wks



GYMNASTICS - BASIC

3 1/2 to 5 years old

BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels.
Fri. 3:30-4:30pm \$54/9wk

5 1/2 to 12 years old

BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.
Mon. 3:45-5pm \$53/7wk
Sat. 10:15-11:30am \$68/9wk

10 to 18 years old

PRE-TEEN GYMNASTICS TEEN GYMNASTICS & CONDITIONING

Students get to work at their own individual gymnastic level.
Sat. 11:30am-12:45pm \$68/9wk



GYMNASTICS - CONTINUING

All classes listed below require permission from instructor for participation. Please call Jennie Graham or Debbie Fay at 769-7450.

4 to 7 years old

ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:45-4:45pm \$54/9wks

5 to 12 years old

INTERMEDIATE GYMNASTICS

Wed. 3:45-5pm \$68/9wks
Sat. 9-10:15am \$68/9wks

ADVANCED GYMNASTICS

Tues. 3:45-5pm \$68/9wks

PRE TEAM

Sat. 11am-12:30pm \$81/9wks

COMPETITIVE TEAM

Monthly fee for all competitive teams:
One day a week \$44/month
Two days a week \$86/month
Three days a week \$100/month
Jennie Graham, Head Coach
Breonna Gentes, Assistant Coach

HOT SHOTS 4 to 9 years old

Sat. 9-11am

TEAM A 8 to 16 years old

Sat. 11am-1pm

TEAM B 8 to 16 years old

Thurs. 4:30-6:30pm
Sat. 1-4pm

TEAM C 8 to 16 years old

Tues. 4-6:30pm
Sat. 1-4pm

TEAM D 9 to 18 years old

Tues. 4-6:30pm
Fri. 4:30-6:30pm
Sat. 1-4pm

HEALTH

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. The YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. The YWCA also offers support during diagnosis and treatment.

If you are over the age of 40 and have no health insurance, or your insurance does not cover breast and cervical screenings every year, you may qualify for free services. The Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, Pap smear, mammogram, and follow-up services.

For more information about ENCOREplus®, call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555 for more information on the Cancer Screening Program.

SMOKING CESSATION

Supportive and educational one hour meeting weekly for 8 weeks held at YWCA Northern Rhode Island. Free nicotine replacement therapy during the 8 week program. Facilitated by tobacco treatment specialists trained by University of Massachusetts Medical School. Open to those with or without insurance or on Medicaid.

Call YWCA Health Office to register, 769-7450. Free with YWCA membership.

WALKING CLUB

Supportive and educational resources to begin walking club in your area or from YWCA Northern Rhode Island. Choose your best time frame: morning, afternoon, or early evening. Clubs beginning in fall.

Call YWCA Health Office to register, 769-7450. Free with YWCA membership.

16+ years old

AEROBIC DANCE

Fees reflect member rates, nonmembers pay an additional \$20.

Colette Doura
Mon./Wed., 7:15-8:15pm \$53/8wks

YOGA

Flexibility and stress reduction are crucial for dealing with day-to-day life. Take time to learn an art of movement that will promote wellness and well being.

Kathy Hopkins
Thurs., 7-8:30pm \$81/9wks

BELLYDANCING

Bellydancing as a form of exercise, expression, and female freedom. Various moves will be taught including hip drops, figure eights, shoulder shimmy and rolls, hip shimmies, undulations, turns, spins, chest isolations, footwork, and combinations.

Donia
Tues., 7-8pm \$54/9wks

17+ years old

WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use the room. A YWCA adult female membership is required.

VOLLEYBALL

ADULT VOLLEYBALL LEAGUES

League Director: Debbie Fay

If you play in more than one volleyball league you receive a discount for 2nd or 3rd league. Sign up for two or more leagues today. Volleyball teams picked by draft. Come prepared to play on organizational nights. Dates are subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay, Physical Education Director, at 769-7450.

INTERMEDIATE MIXED CO-ED

Sundays
Organization night will be held November 2 from 6-8pm. League play begins November 9. If you have a team or wish to join, contact Debbie Fay ASAP, 769-7450. \$112/20 wks & playoffs/plus membership fee.

Sunday League only: Bring in your own team. If you don't have a team, please contact Debbie Fay ASAP, 769-7450 and we will try to help you make a team. 20 wk league plus playoffs. Pay in two installments.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesdays
Advanced players. Organizational night will be held September 9 from 6:45-8:30pm. League play begins September 16. Teams formed by draft. \$56/10 wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Wednesdays
Intermediate or above players only. Organizational night will be held September 10 from 6:30-8pm. League play begins September 17. Teams formed by draft. \$56/10 wks & playoffs/plus membership fee.

VOLLEYBALL PICK-UP GAMES

For YWCA members. Call Debbie Fay for details and to register, 769-7450. \$5 each week you attend starting Sept. 7 - Oct. 26. Games played on Sundays from 6-8pm.

WOMEN'S CLUBS

Contact YWCA for details, 769-7450

APRES-MIDI

This club provides opportunities for both single and married women to share activities, information, and to gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons, and demonstrations. Membership is open to women 30 years of age and over. Meetings are held on alternate Thursdays at 1:30pm from September through June.

Y WIVES & GIRLS

The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others, and recreation. Activities include outings, special events, and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June.



YWCA NORTHERN RHODE ISLAND

CONTACT US

514 Blackstone Street
Woonsocket, RI 02895
T: 401-769-7450, F: 401-769-7454
www.sheshines.org

STRONG ALONE FEARLESS TOGETHER

ANNUAL MEMBERSHIP

6 to 16 years \$12.00
17 to 64 years \$22.00
65 and over \$17.00

Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs.

As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- membership in the oldest, largest women's movement in the nation (*men and boys are welcome as associates*)
- use of YWCA facilities nationwide

HOURS

Monday to Thursday, 9am-9pm
Friday, 9am-6:30pm
Saturday, 9am-4:30pm

STORM POLICY

Please listen to radio stations WOON 1240AM or WNRI 1380AM for YWCA cancellations, or watch Channel 10 & 12 closing announcements. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

SCHEDULE

Classes run in consecutive sessions during the school year. A new schedule for the summer.

ROOM RENTALS

Room rentals are available. Contact YWCA for details, 769-7450.

BOARD OF DIRECTORS

Kim Garneau, President
Cathy Brien, Vice President
Susan Gershkoff, Esq., Treasurer
Marissa Trinquet, Secretary
Rosemary Brite
Alessandra Borges
Lisa Carcifero
Gail Davis
Susan Donahue, DC
Vivian Godin
Jeanne Lynch
Stella Nared
Deborah L. Perry, Executive Director

CALENDAR/EVENTS

- **August 25, YWCA Monday Night Golf League Celebration:** At Melody Hills Country Club at 4:30pm. A 6 Hole Scramble Golf Tournament followed by food, fun, prizes, and raffle.
- **August 26, Women's Equality Day**
- **September 2 and 4, Preschool Begins**
- **September, Fall Candle Fundraiser Begins**
- **September, Women of Achievement Month:** For details about the 4th Annual Tools of the Trade Luncheon honoring the 2008 women of achievement award winners, visit www.womenofachievementri.org or call Lisa Piscatelli at 769-7450. Opportunities are available for tickets and underwriting. The event will be held at Kirkbrae Country Club in Lincoln from 11:30am to 1:30pm.
- **October 19 - 25, YWCA Week Without Violence**

NOTABLE

- Deborah L. Perry, executive director at YWCA Northern Rhode Island, selected as a 2008 Women's Fund Fellow.
- Joyce Dolbec, health consultant at YWCA Northern Rhode Island, selected as a Woman of the Year for 2008 by the Rhode Island Commission on Women.
- The YWCA Northern Rhode Island Hudson Room has been remodeled. This multi-purpose room is used for in-house gatherings, community meetings, and as classroom space for the Parenting in Progress program. It is also available for community rental.

SHE SHINES™

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. A mailed publication, the circulation is 8,000+.

Call 401-769-7450 to receive a free subscription or to view the online version, visit www.sheshines.org.

The upcoming theme is the economic empowerment of women. It is a special issue of *She Shines* celebrating the 2008 YWCA Women of Achievement.

For ad rates or to reserve ad space, contact Lisa Piscatelli at 401-769-7450.

Visit www.womenofachievementri.org, for details on the 4th Annual Tools of the Trade Luncheon including options for tickets and underwriting.

Individual luncheon tickets are \$50. Underwriting levels include luncheon tickets and ads (1/8, 1/4, 1/3, 1/2, and full page). Note: Deadline to purchase tickets is September 10. Deadline for underwriting is September 3.

Join YWCA Northern Rhode Island at the 4th Annual Tools of the Trade Luncheon. This event will be held at Kirkbrae Country Club in Lincoln on Wednesday, September 17 from 11:30am to 1:30pm.

FALL SESSION 2008



YWCA MISSION

The YWCA is a women's membership movement nourished by roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership, and power in order to attain a common vision: peace, justice, freedom, and dignity for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.

ADVOCACY

health and nutrition activities



The URI Food Stamp Nutrition Education Program is partnering with YWCA Northern Rhode Island to offer a variety of health and nutrition services. Beginning this fall, URI will be working with YWCA staff to offer nutrition workshops and food demonstrations featuring low-cost, healthy recipes to help stretch the dollar, prepare tasty family meals, and achieve a healthy lifestyle. Planned programs include workshops for parents and families, teen moms, as well as individuals.

Although major activities begin this fall, you can take advantage of this partnership today. If you have questions about healthy eating for you or your family, the URI nutrition hotline is available toll-free at 1-877-Food-URI for free recipes, information and personalized help.

Also, be on the lookout for the URI program's RIPTA promotion now appearing statewide. The eye-catching poster advertises the 1-877-Food-URI hotline for free tips on stretching the food dollar, low-cost recipes, coupons, and locations to get food assistance.

Whether you are already participating in programs or are new to the YWCA, we'd like to hear what you'd like to see in this upcoming partnership. Contact Joyce Dolbec at the YWCA at 401-769-7450 or jdolbec@verizonmail.com or Lorraine Keeney at the URI Food Stamp Nutrition Education Program at 401-277-5234 or lkeeney@uri.edu.