



Newsletter
February, 2019

Senior Services, Inc.
84 Social St. Woonsocket RI
02895



**SENIOR SERVICES, INC. WILL BE CLOSED ON MONDAY,
FEBRUARY 18th IN RECOGNITION OF PRESIDENT'S DAY**

HAPPY VALENTINE'S DAY!

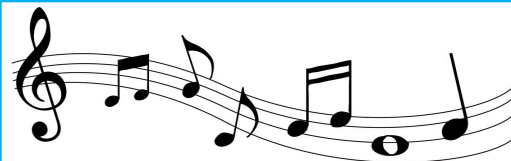
Hello and Happy February to All!

Senior Services, Inc. wishes health and happiness to all of you, our wonderful community!

Please enjoy our newsletter and learn about all the wonderful meals, events and services we have available to you!

Be sure to let your friends know, too! If they are not yet a member, they are welcome to join at anytime for the \$12 membership fee! We would love to have them join us!

We appreciate each and every one of you and look forward to a bright and exciting 2019!



*Join us for entertainment in
February!*

Thursdays at 10:30am

February 7th:

Russ Morency, sponsored
by Oakland Grove

February 14th:

Tom Yaz, video disc jockey
sponsored by Trinity

February 21st:

Vini Ames, sponsored by
Friendly Home

February 28th:

Robert Black, sponsored
by Woonsocket Health
& Rehabilitation

Attention Baby Boomers!

Senior Services, Inc. offers Ballet & Yogalates free of charge at the Woonsocket Senior Center! Both are great workouts for core strength and balance!

Join us for these free classes, and check the Senior Services, Inc. website (www.seniorservicesri.org) for additional exercise classes we offer!

Anyone who is aged 60 or older or a disabled adult qualifies for these free classes! Call Senior Services, Inc. at 401-766-3734 for more information!

SENIOR SERVICES, INC.

*Barbara Waterman, MA
Executive Director
Linda Paul*

*Assistant Executive Director, Finance Director
Dana Chamberlin, RN
Director, "A Home for the Day"*

OFFICE HOURS

8:00 am -4:00 pm, Monday - Friday (exclusive of holidays)

Main Telephone (401) 766-3734 Fax (401) 765-5578

"A Home for the Day" (401) 766-0516

7:30 am -4:00 pm Monday- Friday (exclusive of holidays)

visit us at www.seniorservicesri.org

Each January, we kindly ask our members stop by the main office on the lower level of the center and submit the \$12.00 membership fee for the year. Just one payment and your membership is covered for the whole of 2019! If you have not had the chance yet to do so, please stop by our main office!

THANK YOU!!

Are you on-line? "Like" Senior Services Inc. on Facebook!

COMMUNITY INFORMATION SPECIALIST and POINT Network

Senior Services, Inc. is a member of *THE POINT
Aging & Disability Resource Center Network.*
We provide resources to seniors &
adults with disabilities.

Ask us for valuable information regarding:

Medicare Open Enrollment
Health & Prescription Benefits
DHS Application Assistance
Housing Information
Elder Abuse
Medical Assistance
Low Income Subsidy for Prescriptions
Medicare Saving Program
Supplemental Medical Plans
Social Security and Medicare
Senior Medicare Patrol &
more.....



*This service is free and confidential
Call 766-3734 today
to schedule your appointment
with our Community Information Specialist*

Are you on-line? "Like" Senior Services Inc. on Facebook!

Senior Services, Inc. Valentine's Luncheon Dance

*Sponsored by Billy & Claire Allen, new owners of
CHAMPS Liquors for Keyway*

Sunday, February 10th, 2019

Woonsocket Senior Center Main Dining Hall

84 Social St.

Woonsocket, RI

12:00pm to 3:00pm

*Spaghetti luncheon catered by Olly's Pizzeria!
Entertainment provided by Fran Golombiewski!*



***Annual membership fee for Senior Services, Inc. is \$12.
A ticket to the Valentine's Luncheon Dance is FREE with
your membership!***

***Non-members are welcome to purchase guest tickets for
the Valentine's Luncheon Dance for \$10.***

***Call Senior Services, Inc. at 401-766-3734 for more
information!***

Are you on-line? "Like" Senior Services Inc. on Facebook!

Exercise/Dance Classes

Seniors in Motion
Mondays, 1:00pm
Tap for Fun
Tuesdays, 10:00 am
Zumba Gold
Tuesdays, 2:00 pm
Senior Fitness
Wednesday, 10:00 am
Adult Tap
Wednesdays, 1:45 pm
“YOGALATES”
Wednesdays, 3:00 pm
Line Dancing
Thursdays, 2:00 pm
Ballet Class
Thursdays, 3:00 pm
Chair Exercise
Fridays, 10:00 am

North Smithfield:

Zumba Gold
Mondays, 10am
Chair Exercise
Mondays, 11am
Zumba Gold
Thursdays, 10am

Join us!

URI PHARMACY PROGRAM
returns Tuesday, February 12th, 2019
10:30am
upstairs lounge

URI NUTRITION PROGRAM
returns Tuesday, March 5th, 2019 10:30am
lower-level conference room



BLOOD PRESSURE **CLINIC**

Thursdays
9:00-10:30 am
Lower Level Wellness Room



Thought for the Day

No act of kindness, no matter how small, is ever wasted.
-Aesop

Are you on-line? “Like” Senior Services Inc. on Facebook!

Healthy Hearts!



**Join your friends from
Senior Services, Inc. for a
Lunch and Learn!**

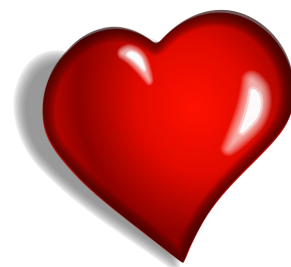
*Get valuable information about
how you can maintain a healthy
heart!*

*Presentation by
Linda Thibault, RN, Director of Wellness
Stephen Westerman, Recreational Therapist*

*This informative presentation will be
followed by lunch sponsored provided by
United Health Care*

Tuesday, February 19th

**10:30am
The Meadows
2 Village Way
North Smithfield, RI
02896**



*Contact Millie Lukens at The Meadows at
(401) 762-0600 by Wednesday, February 13th
to register!*



10/10 CLUB

TO BENEFIT SENIOR SERVICES, INC.

With your help, Senior Services Inc.
will be having another 10/10 club!

Tickets on sale NOW!

What is a 10/10 club?

A 10/10 club is a fundraising event in which participants pay \$10 per month for 10 months, or pay one lump sum of \$100 when ticket is purchased.

Each month there is a drawing to win \$100. At the end of the 10 months, there will be a 10/10 Club Dinner where the Grand Prize winners will be drawn.!

1st Prize: \$1,000

2nd Prize: \$500

3rd Prize: \$250

4th Prize: \$250

5th, 6th, 7th 8th prizes: \$100 each!

9th and 10th prizes: \$50 each!

Why is Senior Services, Inc. having a 10/10 club?

To raise much needed program income. As a private, not for profit organization, Senior Services, Inc. is dependent upon local, state and federal funding. Over the past few years, Senior Services, Inc. has lost thousands of dollars in funding. Despite these cuts, Senior Services, Inc. is committed to maintaining and expanding existing programming. Therefore, additional funds are needed to continue these programs.

Your 10/10 Club tickets may be purchased at:

Senior Services Inc. main office 84 Social St.

Pepin Lumber 830 Cumberland Hill Rd.

Bileau's Florist 665 Diamond Hill Rd

Or call Pauline Clancy at 401-769-4469

Thank you for your support!

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Healthy Hearts!



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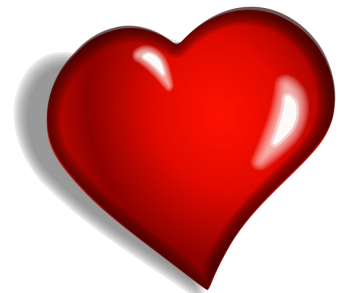
***Get valuable information about
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***Presentation by
Linda Thibault, RN, Director of Wellness
Stephen Westerman, Recreational Therapist***

***This informative presentation will be
followed by lunch sponsored by United
Health Care***

Tuesday, February 26th

**10:30am
Kennedy Manor
547 Clinton St.
Woonsocket, RI**



***Sign-up sheet is on the bulletin board at
Kennedy Manor! Please sign up by
Wednesday, February 20th to register!
If you have any questions, see Pauline Clancy
or Debbie***



February Movies

February 1, 2019

United 93

R 2006 · Drama/Crime · 1h 51m

On Sept. 11, 2001, terrorists seize control of United Airlines Flight 93 and three other planes. As realization of the imminent horror dawns on passengers, crew and loved ones on the ground, the courageous acts by those held hostage in the air count down in actual time

February 8, 2019

Mr. Church

PG-13--2016 · Drama/Comedy 1h 44m

"Mr. Church" tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church (Eddie Murphy). What begins as a six month arrangement instead spans into fifteen years and creates a family bond that lasts forever.

February 15, 2019 &

February 22, 2019

The Bridge

(2015)TV-G | Drama, Romance -3hrs

will be shown in 2 parts

The profound friendship Molly and Ryan form during college becomes a defining moment in their lives. But when a misunderstanding tears them apart, only a tragedy at their favorite bookshop can reunite them. Will they open their hearts to second chances--- for the store, its owners, and themselves? Includes two full-length movies. Dove approved (12+). Approx. 3 hours total. Closed-captioned.

ENJOY the GOOD LIFE!

**Are you an adult over sixty
or with a certified disability?**

Delicious dining is served five days a week.

*Two daily meal choices with a
menu that changes monthly, planned
by our caterer and reviewed by a
registered dietician.*

We know you will be pleased!

Join your friends for lunch at the

SENIOR SERVICES CAFES

at any of these sites:

WOONSOCKET: Woonsocket Senior Center, Crepeau Court,

J F Kennedy Manor, (Parkview: Mon, Thurs., & Fri.)

CUMBERLAND: Chimney Hill Apartments (Tues -Fri),

Cumberland Manor, Cumberland Senior Center

BURRILLVILLE: Bradford Court (Mon -Thurs))

GLOCESTER: Glocester Senior Center

LINCOLN: Lincoln Senior Center

NORTH SMITHFIELD: Scouter's Hall (Mon & Thurs)

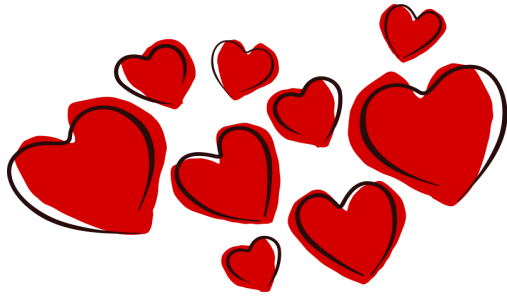
Open Monday – Friday (exclusive of holidays)

- Reserve meals by Thursday, 11:00am the week before.
- Please make your reservations with your site director or call 766-3734, if dining at Woonsocket Senior center
- Suggested donation for each meal (appetizer, meal, drink and dessert) is \$3.00
- Pub Option daily
- EBT cards (Food Stamp) accepted at main office 84 Social Street, Woonsocket

Stop by and pick up a monthly menu!

The ACTIVITY CALENDAR

Are you on-line? "Like" Senior Services Inc. on Facebook!



SENIOR SERVICES, INC.
“A HOME FOR THE DAY”

*From the desk of
Dana Chamberlin RN, Director
dchamberlin@seniorservicesri.org
401-766-0516, 766-3734 ext. #28*

**Senior Services Inc. adult day care program,
“A Home for the Day”**

is available to provide a safe place for you or your loved one to socialize with peers in a supervised, supportive and caring environment.

“A Home for the Day” serves adults who:

- Have physical impairments that require assistance or supervision
- Have memory loss or cognitive impairments that interferes with daily functioning
- Have caregivers in need of respite

“A Home For The Day” is designed for seniors and disabled adults.

Services are provided by an on-site Registered Nurse and licensed staff with an individualized care plan for each client

- Assistance with eating, taking medicines, toileting, and/or walking
- Counseling, educational programs
- Exercise programs
- Health monitoring, blood pressures, blood sugars, diets
- Social Activities
- Wound care
- Immunizations
- Personal Care
- Therapeutic activities
- Advocacy and support for families
- Nutrition program and meals

We offer a competitive daily rate that is scaled according to income. “A Home For The Day” accepts Private Pay, Neighborhood Health Plan and Medicaid. For questions and possible financial assistance eligibility, please call us at 401-766-0516.

MISSION STATEMENT

A Home For The Day, a division of Senior Services Inc. of Woonsocket R.I. delivers supportive, social, economic, protective and health services that build better lives for individuals and families. A Home for the Day strives to maintain individuals in their preferred environment by keeping them healthy, happy, and active as well as helping them maintain their independence as long as possible.