

WE ARE CLOSED MONDAY, OCTOBER 8, COLUMBUS DAY

SENIOR SERVICES, INC.

Barbara Waterman, MA

Executive Director

Linda Paul

Assistant Executive Director,

Finance Director

Linda Thibault, RN

Director, Senior Wellness Program

Steve Healey

Director, Congregate Meal Program

Dana Chamberlin, RN

Director, "A Home for the Day"

Penny Belisle

Accounting Manager

Steve Westerman

Recreation Therapist

Director of Senior & Community

Programs

Jamie Pereira

Assistant Director of Senior &

Community Programs

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)

*Join us for entertainment in
October!*

Thursdays at 10:30am

October 4th

Steve Burke

Sponsored by

OAKLAND GROVE HEALTH

CARE CENTER

October 11th

Manny Brandao

Sponsored by

TRINTY HEALTH &

REHABILITATION CENTER

October 18th

Vinny Ames

Sponsored by THE FRIENDLY

HOME

October 25th

Robert Black

Sponsored by

WOONSOCKET HEALTH &

REHABILITATION CENTRE

**Our Hoedown Dinner Dance
was a huge success and fun was
had by all! Yeeha!**

**Our thanks to LEEWAY for
donating cornstalks and hay for
our special night!**

**Thank you , Leeway! We are so
grateful!**

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

The DAP Group & Best of Times Travel Proudly Present

A Tribute to the Music of **BUDDY HOLLY**

Ritchie Valens, The Big Bopper and more...



Lake Pearl - Wrentham, MA

Thursday Oct 11th, 2018

When you look out over the landscape of tribute bands, you may notice that there are a lot of them dedicated to Buddy Holly, Ritchie Valens, The Big Bopper and their infamous Winter Dance Party. So you might wonder, what is so different about Not Fade Away? Not Fade Away was created out of survival. But not the survival of the players in the band. The band's young members have played to audiences in national tours and regional productions of various shows. Not Fade Away was created out of the survival of this incredible, legendary and important music created well over 50 years ago.

Having also been a part of many standard tribute shows, Not Fade Away creates a new show that keeps this music relevant, gives it edge, brings it into today's music scene, while not forgetting the importance of the music's place in history and the impact it had on the world. They're not just looking to dwell on "The Day the Music Died". These greats were more than their last night on earth. They were the pioneers of rock n' roll. They gifted an energetic new kind of music, changing the landscape for an entire generation of music listeners and music makers alike.

Price: \$92^{pp} -

Includes: Transportation, Lunch, Show, Tax & Gratuity
Driver Gratuity is Not Included

Contact: Doris Pariseau / 401-597-0502

The DAP Group / 78 St. Joseph St. - Apt 4 / Woonsocket, RI 02895
Make Checks Payable to Best of Times Travel

Plated Luncheon Meal Choice:

Stuffed Breast of Chicken
or Baked Schrod

Also Included: Salad, Potato, Vegetables, Breads, Dessert,
Coffee/Tea

Buddy Holly Tribute ****CUT HERE****Thursday 10/11/18

Name: _____ Telephone: _____
Address: _____ Meal Choice: ☐ Chicken ☐ Fish

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



Join us for the **HARVEST DINNER DANCE!**

**Thursday, OCTOBER 11th
4:00pm - 7:00pm
Dinner served at 4:30pm
Main Dining Room
Woonsocket Senior Center
84 Social St., Woonsocket RI**

**Get your tickets NOW in the
Woonsocket Senior Center main office!
\$10**



WE'RE ON THE RADIO! "SENIOR SCENE"

**WOON 1240AM from 9:00-9:30 am
on the fourth Thursday of each month. This is a great resource
for people wanting to stay current on the local scene, including
special events, classes, new programs and important deadlines.
Special guests describe and discuss benefits, services, and issues
of interest to northern Rhode Island senior citizens.**

WE'RE ON TV!

"The PRIME of LIFE"

Check us out on Public Access Television!

We are on everyday at 7am!

Cox Channel 18 Verizon Channel 23

Hosted by: Steve Healey & Linda Thibault

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

The DAP Group & Best of Times Travel Proudly Present

ROD STEWART

THE ULTIMATE TRIBUTE

By ROB CAUDILL

Rod Stewart -
100 Million Records
Sold Worldwide

Rod Stewart -
31 Top Ten Hits
4 Number 1 Hits

Rod Stewart -
Grammy Award
Rock N Roll HOF

Rod Stewart -
Top 100 Greatest
Singers of All-Time



Picture is of Rob Caudill

Venus De Milo - Swansea, MA Live in Concert Thursday Nov 15th, 2018

Sir Roderick David "Rod" Stewart, is a music legend and is one of the best-selling music artists of all time, having sold over 100 million records worldwide. He has had six consecutive number one albums in the UK and his tally of 62 UK hit singles includes 31 that reached the top ten, six of which gained the #1 position. Stewart has had 16 top ten singles in the US, with four reaching #1 on the Billboard Hot 100. Rod's Career began in the early 1960's and has spanned over 5 decades. In 2008, Billboard Magazine ranked him the 17th most successful artist on the "Billboard Hot 100 All-Time Top Artists". He is also A Grammy and Brit Award recipient, he was voted #59 on Rolling Stone 100 Greatest Singers of all time. **NOW WELCOME ROB CAUDILL - SOME GUYS HAVE ALL THE LUCK** - People stop Rob Caudill in airports for autographs. They stare at him in restaurants. And when he struts on stage, women scream themselves hoarse. Why? Because Caudill is a dead-on Rod Stewart Impersonator. He's got the high-definition jawline, the shock of spiky blonde hair, but most importantly, he has the nose. Vocally, his distinctive, naturally-raspy voice sounds like the legendary Stewart, and his range easily nails every high note from Stewart's younger days. So, it's no surprise this singer has carved out a career 'recreating' Rod Stewart. From kicking out soccer balls to spinning mic stands, to belting out all of Rod's greatest hits - Caudill's high energy show is a must-see event for people of all ages. Rob has been touring the globe with the world famous Legends in Concert show out of Las Vegas for the past 15 years. He's Truly the World's # 1 Tribute to Rod Stewart! Don't miss out!

Plated Luncheon Meal Choice:

Chicken Parmesan or Baked Schrod
Also Included: Salad, Potato,
Vegetables, Breads, Dessert,
Coffee/Tea

Price: \$92pp - Includes: Transportation, Lunch, Show, Tax & Gratuity

Driver Gratuity is Not Included

Contact: Doris Pariseau / 401-597-0502

The DAP Group / 78 St. Joseph St. - Apt 4 / Woonsocket, RI 02895

Make Checks Payable to Best of Times Travel

Rod Stewart Tribute Show****CUT HERE****Thursday November 15, 2018

Name: _____ Telephone: _____
Address: _____ Meal Choice: Chicken Fish

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

**Senior Services, Inc. is
now serving LUNCH at
SCOUTER'S HALL
in North Smithfield!**

**Mondays at 11:30am & 12:30pm
Thursdays at 11:30am**

**Please call in your order by 10am on the
Thursday prior to the day(s) on which you
plan to attend! Call Senior Services Inc. at
(401) 766-3734 with your choice of meal.
Suggested donation is \$3.00**



**Join us on Wednesday, October 31st at 10:30am
for our Halloween Party!**

**The students from Harris School will be here to trick
or treat with our seniors and our
participants from "A Home for the Day".
And of course we will have our costume parade!
It is sure to be a scary good time!**



URI NUTRITION PROGRAM

Tuesday, October 2nd 10:30am

Lower level Conference Room

URI PHARMACY PROGRAM

Tuesday, October 9th 10:30am

Upstairs Lounge

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

Medicare's Open Enrollment Notices

Medicare's Open Enrollment runs from
October 15 through December 7

During this time, you can make changes to your health insurance coverage, including adding or dropping different types of Medicare coverage. The last change you make will take effect on January 1, 2019.

Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

Sit with a SHIP Counselor to get unbiased assistance with reviewing your choices and answering any questions about any notices you receive. SHIP counselors can help you use the Medicare Plan Finder tool to review your options, pick a plan that meets your needs, and help you enroll.

Take action:

- Review any notices you receive from Medicare or your plan. Decide if you want to change your coverage. Contact your SHIP for assistance with reviewing your choices and understanding enrollment periods.
- Explore possible options for health and drug plans. Costs change each year, and you may find a less expensive plan that works for you.
- Contact your SMP if you suspect a plan has violated Medicare's marketing rules. Make sure you understand a plan's benefits before you enroll.

Call Senior Services Inc. at the Woonsocket Senior Center at 401-766-3734 to make an appointment with our SHIP Counselor!

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



Senior Services, Inc. FLU CLINIC!

WOONSOCKET SENIOR
CENTER
84 SOCIAL ST.
WOONSOCKET, RI
MAIN DINING ROOM

**FRIDAY, OCTOBER 19th
10:00am**

FIRST COME, FIRST SERVED!
BE SURE TO BRING YOUR
PHOTO ID AND YOUR
INSURANCE CARD!

Call us at 401-766-3734 with
any questions!



BLOOD PRESSURE CLINIC

Held every Thursday
9:00-10:30 am
**Wellness Room on
Lower Level**

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!

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



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!

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!



**October 5: Moondance Alexander (2007) G
1h 34min | Drama, Family**

Inspired by a true story, this family adventure features an all-star cast, including Don Johnson, Olympic-skating silver medalist Sasha Cohen, Lori Loughlin and Kay Panabaker. Life is a rough ride for awkward, friendless, 15-year-old Moondance (Panabaker). But when a Pinto pony named Checkers leaps into her life, Moondance pursues a dream she never knew she had.

**October 12: The Help PG-13 Drama 2hr
30 min**

An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.

**October 19: Miracle PG 2004 • Sport/
Drama • 2h 16m**

The inspiring story of the team that transcended its sport and united a nation with a new feeling of hope. Based on the true story of one of the greatest moments in sports history, the tale captures a time and place where differences could be settled by games and a cold war could be put on ice. In 1980, the United States Ice Hockey team's coach, Herb Brooks, took a ragtag squad of college kids up against the legendary juggernaut from the Soviet Union at the Olympic Games.

**October 26: Eight Below (2006) PG | 2h |
Adventure, Drama, Family |**

You think penguins have it bad? At least they've adapted to survive in Antarctica. "Eight Below" tells the harrowing story of a dogsled team left chained outside a research station when the humans pull out in a hurry. The guide who used and loved them wants to return to rescue them but is voted down: Winter has set in and all flights are canceled until spring. Will the dogs survive? Or will the film end in the spring, with the guide uttering a prayer over their eight dead bodies?

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
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
is on the back!

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.