



Labor Day September 2

"Fall Prevention Awareness Month"

***National Ice**

*"Generations of Beauty" Fashion Show
and Brunch*

"Sponsored by Landmark Medical Center"

To Benefit Senior Services, Inc.

Saturday, September 28th

12:00 - 3:00pm

Woonsocket Senior Center

*Featuring fashions from Krazy Daisy Fashion Consignment and
Slater Clothing Company Of North Smithfield, Rhode Island*

*Join us for an elegant afternoon of fun, food and fashion as we
celebrate generations of beauty*

Sounds of Autumn



September 5th

Russ Morency sponsored by
Holiday Retirement and Nursing
Facility

September 12th

Vini Ames sponsored by Friendly
Nursing Home

September 19th

Robert Black sponsored by
Woonsocket Health and
Rehabilitation Centre

September 26th

Vini Ames sponsored by Trinity Health
and Rehabilitation Center

AAA Defensive Driving Course

Friday, September 27, 2019

9:30am - 2:30pm

Hosted By Senior Services, Inc.

Woonsocket Senior Center

84 Social St.

Woonsocket, RI 02895

The Defensive Driving course is Free!

This is a 4-hour program with a 1/2 hour lunch break.

Join us on your lunch break for our delicious congregate meal
(suggested donation \$3.00). Pre-registration is required to reserve
your spot in class! Be sure to pre-register by calling **401-766-3734**.

*Check with your insurance company as
completion of this course MAY make you eligible for a discount on
insurance premiums*

In Recognition of
Fall Prevention Month
URI Pharmacy will present
"Fall Prevention"
Strategies to prevent falls
September 10th, 2019
10:30 am in the lounge

SENIOR SERVICES, INC.

Barbara Waterman, MA - Executive Director
Linda Paul - Assistant Executive Director, Finance Director
Dana Chamberlin, RN - Director, "A Home for the Day"
Linda Thibault, RN - Wellness Director
Steve Healey - Director of Congregate Meal Program
Steve Westerman - Recreation Therapy
Penny Belisle - Finance Assistant
Lisa Jessop - Information Specialist

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

**Calling all Quilters and those that
want to learn!**

**Senior Services, Inc. announces a
plan to start a
"Quilts of Valor" Rhode Island
Chapter**

The mission of the "Quilts of Valor" Foundation
is to cover service members and veterans
touched by war with comforting and healing
"Quilts of Valor".

All Skills are welcome!

Where: Woonsocket Senior Center
84 Social Street Woonsocket, RI
401-766-3734

When: Tuesday September 10, 2019
9:00am - 11:00am

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*

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“Generations of Beauty” Fashion Show and Brunch

“Sponsored by Landmark Medical Center”

To Benefit Senior Services, Inc.

Saturday, September 28th

12:00 - 3:00pm

Woonsocket Senior Center

Thanks to the generosity of our sponsor the tickets are:

\$5 for Members, \$10 for Non-members

*Featuring fashions from
Krazy Daisy Fashion Consignment and
Slater Clothing Company
Of North Smithfield, Rhode Island*

*Join us for an elegant afternoon of fun,
food and fashion as we celebrate
generations of beauty*

*Tickets are available now at the
Woonsocket Senior Center, Krazy Daisy Fashion
Consignment and Slater Clothing Company
(Checks payable to Senior Services, Inc.)*



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Announces a plan to start a “Quilts of Valor”
Rhode Island Chapter**

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1/2 hour lunch break.

Join us on your lunch break for our delicious congregate meal (suggested
donation \$3.00)

The Defensive Driving course is Free!

Pre-registration is required to reserve your spot in class! Be sure to pre-register
by calling **401-766-3734**.

*Check with your insurance company as
completion of this course MAY make you eligible for a discount on insurance
premiums*

Open Office Hours with the
**Staff of U.S. SENATOR
SHELDON WHITEHOUSE**



Need assistance getting answers from federal agencies like the Department of Veterans Affairs (VA), the Social Security Administration (SSA), or the U.S. Postal Service?

Senator Whitehouse's staff can help.

When: Thursday, September 26th, 10:30 a.m.

Where: Woonsocket Senior Services

84 Social Street, Woonsocket

Exercise/Dance Classes

Seniors in Motion
Mondays, 1:00pm
Tap for Fun
Tuesdays, 10:00 am
Zumba Gold
Tuesdays, 1:30 pm
Senior Fitness
Wednesday, 10:00 am
Adult Tap
Wednesdays, 2:00 pm
“YOGALATES”
Wednesdays, 3:00 pm
Beginner Line Dancing
Thursdays, 1:00pm
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

Upcoming Events

Fancy Dancer Follies Dinner Show
Monday October 21st, 2019

Halloween Lunch and Ice Cream Social
Thursday October 31st, 2019

Veterans Appreciation Dinner
Saturday November 9th, 2019

“PERFORMERS” “interested in playing an instrument or looking to become a member of our Senior Services, Inc. Chorale group in September, please contact the office of Senior Services, Inc. at 766-3734 for more Information.

BLOOD PRESSURE CLINIC

Thursdays
9:00-10:30 am
Lower Level



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

Senior Services Celebrates You!

Monthly birthday
celebration at the
Woonsocket Senior Center.

for all members that
participate in the congregate lunch
Program.



Cake and a gift for the birthdays
in September



Celebration to be held 2nd
Tuesday of each month.

MOVIES IN SEPTEMBER



Senior Services, Inc.
September 2019

9-7-19 Somewhere in Time PG

1980 • Drama/Fantasy • 1h 48m

In 1972, playwright Richard Collier (Christopher Reeve) becomes fascinated by a photo of Elise McKenna (Jane Seymour), a turn-of-the-century stage actress, while staying at the Grand Hotel in Mackinac Island, Michigan. As Richard's obsession grows, he learns from a friend that time travel may actually be possible through hypnosis. Richard travels in time to meet Elise, and the two appear destined to be together. However, Elise's jealous manager (Christopher Plummer) attempts to keep them apart.

9-14-19 Dumbo PG 2019 • Fantasy/ Adventure • 1h 52m

Struggling circus owner Max Medici enlists a former star and his two children to care for Dumbo, a baby elephant born with oversized ears. When the family discovers that the animal can fly, it soon becomes the main attraction -- bringing in huge audiences and revitalizing the run-down circus. The elephant's magical ability also draws the attention of V.A. Vandevere, an entrepreneur who wants to showcase Dumbo in his latest, larger-than-life entertainment venture.

9-21-19 Ocean's Eleven PG-13 2001 • Crime/ Thriller • 1h 57m

Dapper Danny Ocean (George Clooney) is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary, the wry, charismatic thief is already rolling out his next plan. Following three rules: Don't hurt anybody, don't steal from anyone who doesn't deserve it, and play the game like you've got nothing to lose. Danny orchestrates the most sophisticated, elaborate casino heist in history.

9-28-19 Ocean's Twelve PG-13 2004 • Crime/ Caper story • 2h 5m

After successfully robbing five casinos in one night, Danny Ocean (George Clooney) and his crew of thieves have big problems. Despite pulling off one of the biggest heists in Las Vegas history, the members of the gang have already spent much of the money they stole. Casino owner Terry Benedict (Andy Garcia) demands that Ocean return the money, plus millions more in interest. Unable to come up the cash, the crew is forced to come together to pull off another series of heists, this time in Europe.



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

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!



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!



10/10 CLUB

TO BENEFIT SENIOR SERVICES, INC.

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

WOULD YOU LIKE TO JOIN OUR 10/10 CLUB?

NAME:

ADDRESS:

PHONE:

DO YOU KNOW SOMEONE ELSE WHO MAY BE INTERESTED?

NAME:

ADDRESS:

PHONE:

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.

Senior Services, Inc. Senior Wellness Program

In 2009, Senior Services, Inc. was awarded a Title IIIB grant from the Older Americans Act through the Rhode Island Division of Elderly Affairs. This resulted in the development of The Senior Wellness Project, a health promotion and disease prevention program aimed at providing seniors in the community with the tools necessary to stay active and healthy. The Wellness Program provides health education, screenings, clinics, support groups, and exercise classes for seniors throughout northern Rhode Island.

Exercise improves balance, builds muscle, lowers blood pressure, improves mobility and decreases falls.

EXERCISE/DANCE SCHEDULE AT WOONSOCKET SENIOR CENTER

- Seniors in Motion with Steve
Mondays, 1:00pm
- Tap for Fun with Fran
Tuesdays, 10:00 am
- Zumba Gold with Fran
Tuesdays, 2:00 pm
- Senior Fitness with Steve
Wednesday, 10:00 am
- Adult Tap with Fran
Wednesdays, 1:45 pm
- "YOGALATES" with Fran
Wednesdays, 3:00 pm
- Beginner Line Dance with Steve
Thursdays at 10:00 am
- Line Dancing with Fran
Thursdays, 2:00 pm
- Ballet Class with Fran
Thursdays, 3:00 pm
- Chair Exercise with Karen
Fridays, 10:00 am

Classes listed below are held at

Scouter's Hall in North Smithfield:

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

CLINICS/SCREENINGS

- Blood Pressure/Nurse Consultation
Thursdays 9:30-11:00
- Podiatry
Fridays by appointment
- Immunizations

EDUCATION

- URI—Nutrition
1st Tuesday every month
- URI Pharmacy
2nd Tuesday every month



The Senior Wellness Program is supported by Title IIIB of the Older Americans Act through the Rhode Island Department of Elderly Affairs. Donations are always welcome to help sustain the programs.