



**Newsletter**  
**September 2019** **84 Social St. Woonsocket RI 02895** **Senior Services, Inc.**

# **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**

### **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**

### **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](http://www.seniorservicesri.org)**

### ***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**

**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**

**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

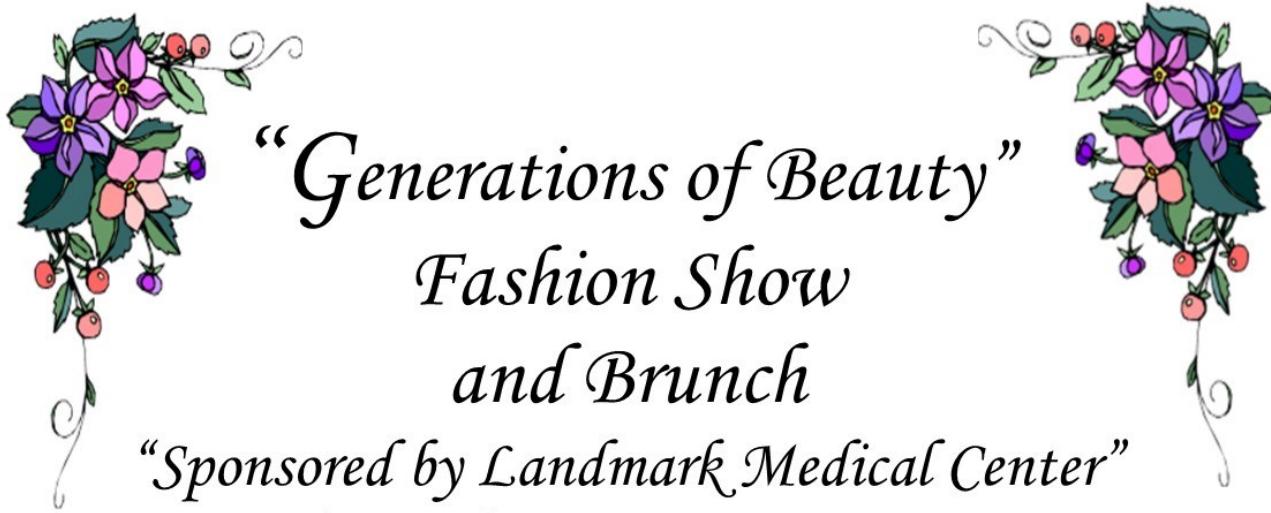
Senior Medicare Patrol &

more.....



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

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



# *“Generations of Beauty”*

## *Fashion Show and Brunch*

*“Sponsored by Landmark Medical Center”*

*To Benefit Senior Services, Inc.*

*Saturday, September 28<sup>th</sup>*

*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.)*



**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!**

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**Hosted By Senior Services, Inc.**

**Woonsocket Senior Center  
84 Social St.  
Woonsocket, RI 02895**

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)

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



## 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.



Senior Services, Inc.

September 2019

**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:** Gloucester 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.