FARMERS MARKET VOUCHERS DISTRIBUTION
Monday through Friday 9am-11am ONLY
In the main office, lower level until supply runs out!

The SLAND Party attire winners! Everyone enjoyed the “Smoothies.”

Are you on-line? “Like” Senior Services Inc. on Facebook!
Let’s go to the HOP!
Save the Date!

SENIOR SERVICES INC.

Sock Hop!
Sunday, September 17th
2:00 pm—5:00 pm
Stay tuned for details!

Thank you
Woonsocket Health & Rehabilitation
for your monthly sponsorship of entertainer
Robert Black

Exercise/Dance Classes

Seniors in Motion
Mondays, 10:00 am

Tap for Fun with Fran
Tuesdays, 10:00 am

Zumba Gold with Fran
Tuesdays, 1:45 pm

Senior Fitness with Karen
Wednesday, 10:00 am

Adult Tap with Fran
Wednesdays, 1:45 pm

“YOGALATES”
Wednesdays, 3:00 pm

Line Dancing with Fran
Thursdays, 1:45 pm

Ballet Class
Thursdays, 3:00 pm

Chair Exercise with Karen
Fridays, 10:00 am

Classes held at Scouter’s Hall in North Smithfield are:
Zumba Gold Mondays, 10 am
Chair Exercise Mondays, 11 am
Zumba Gold Thursdays, 10 am

Classes held at Beckwith Hall in Burrillville are:
Easy Line Dancing for Seniors
Tuesdays, 5:30

These classes are funded through the RI Department of Elderly Affairs Wellness Grant. However, donations are still needed to sustain and expand classes. Thank you!

Are you on-line? “Like” Senior Services Inc. on Facebook!
JOIN YOUR FRIENDS for LUNCH at the SENIOR SERVICES CAFE at any of these sites:

WOONSOCKET: Woonsocket Senior Center, Crepeau Court, J F Kennedy Manor, Parkview Manor
CUMBERLAND: Chimney Hill Apartments (Tues –Fri), Cumberland Manor, Cumberland Senior Center
BURRELLVILLE: Bradford Court GLOCESTER: Gloucester Senior Center LINCOLN: Lincoln Senior Center

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
- Open to the public for seniors (60+) and persons with a certified disability
- EBT cards (Food Stamp) accepted at main office 84 Social Street, Woonsocket

Stop by and pick up a monthly menu!

**PLEASE NOTE: Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Senior Services Inc. cannot allow any perishable foods to leave the congregate meal site.**

SENIOR SERVICES TEAM

Barbara Waterman, MA Executive Director
Linda Paul, Assistant Executive Director and Finance Director
Linda Thibault, RN, Director of Wellness
Rose Marie Amato, Community Information Specialist/Point Partner
Steve Healey, Director of Congregate Meal Program
Dana Chamberlain, RN Director of “A Home for the Day”
Holly Desrosiers, Director of Senior & Community Programs
Laura- Jean Ferranti, Project Director of RSVP

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

Ask us for valuable information about:
Health & Prescription Benefits * Housing Information * Elder Abuse
*Medical Assistance * Low Income Subsidy for Prescriptions * Medicare Saving Program * Supplemental Medical Plans * RIPAE * Social Security and Medicare * Senior Medicare Patrol (SMP) and more…..

This service is free and confidential.
Call 766-3734 today to be pointed in the right direction!

Senior Services, Inc. offices are open
8:00 am – 4:00 pm, Monday – Friday
(Exclusive of holidays)
Main Telephone (401) 766-3734
“A Home for the Day”
(401) 766-0516
7:30 am – 4:00 pm Monday– Friday
(Exclusive of holidays)

Are you on-line? “Like” Senior Services Inc. on Facebook!
ARTSY FRIDAY CLASSES
Fridays at 8:45 am.
In art room behind the BINGO machine.
YOU ALL HAVE TALENT!
You just have to use it. Sign up and start creating your masterpieces.
Acrylic painting on canvas, shells & rocks plus a few artsy crafts.

Senior Services, Inc.
Calendar Fund Raiser!

TRIPS TRIPS
PROVIDENCE WATER FIRE
Saturday, September 23, 2017
Transportation, gondola ride and dinner on your own.

Gloucester Lobster Cruise
Thursday August 17th $89 per person
Transportation, NE Clam Bake buffet and cruise!

Vine to Wine Foliage
Sunday September 3rd $79 per person
Travel along Mohawk Trail, Yankee Candle Store, Lunch at Chandler’s Restaurant, then to Honora Vineyards, Putney Mountain Winery, and the Basketville Store in VT.

Stop by the main office at 84 Social St to reserve your spot!!

Donation: $10.00
Drawings start in August
• One prize drawn daily—31 Prizes!
• Ticket holders may win more than once!
• Winners not present during daily drawings will be notified by telephone
• 100% of proceeds support the programs and services of Senior Services, Inc.
• Please make checks payable to Senior Services, Inc.

Calendars may be purchased
at the 84 Social St.

We’re on the air!
“SENIOR SCENE” RADIO
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!
Sunday, Monday, Wednesday and Saturday at 7am!
Cox Channel 18
Verizon Channel 23

Are you on-line? “Like” Senior Services Inc. on Facebook!
“OPERATION STAND DOWN”
Donate your gently used adult winter coats and jeans to our VETERANS in need.
Senior Services, Inc. will be collecting jeans & coats for “OPERATION STAND DOWN”

Drop-off begins TUESDAY, AUGUST 1st

Drop-off locations:
Woonsocket Senior Center
Navigant Credit Union, Park Ave, Woonsocket
Navigant Credit Union, Slatersville
BVCAP office, 32 Goff Ave., Pawtucket

For more information call Senior Services, Inc. at 766-3734

AARP Safe Driver Course
Friday, October 13th 9:30am—2:30pm
This is a 5-hour program with a 1/2 hour lunch break. Be sure to pre-register by calling 766-3734!
Join us on your lunch break for our delicious congregate meal! (suggested donation $3.00)

$15 for AARP members
$20 for non-members

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

IMMEDIATE NEED!
Can you volunteer one hour or more per week delivering meals to our community homebound seniors? MEALS ON WHEELS NEEDS YOU!
Please call the “Retired Senior Volunteer Program” (RSVP) at Senior Services, Inc. at 401-766-3734

Thank you!
Do you enjoy helping others?  
Looking for a volunteer opportunity?  

Join the Senior Medicare Patrol or the  
State Health Insurance Assistance Program!  

Senior Medicare Patrol (SMP)  
The mission of the SMP program is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education.  

State Health Insurance Assistance Program (SHIP)  
SHIP provides free unbiased, conflict-free, confidential counseling and assistance to help beneficiaries better understand their Medicare benefits, the supplementary programs associated with Medicare, and programs that help beneficiaries to pay for the costs associated with Medicare.  

Volunteer Opportunities Available:  
Counseling  
Staffing Exhibits  
Making Group Presentations  
Assisting with Administration  

For additional information, please call:  
Michelle Boudreau  
Rhode Island Division of Elderly Affairs  
(401) 462-0194  

Your local SHIP Counselor/POINT Network Partner  
Senior Services Inc. Woonsocket Senior Center- Rose Amato 401-766-3734  

DONATIONS TO SENIOR SERVICES  

Senior Services, Inc. is funded in part by the U.S. Administration on Aging and state funds through the RI Division of Elderly Affairs.  
Senior Services, Inc. receives governmental grants/allocations, client fees and voluntary contributions for meals, but we still must raise funds each year to cover the costs of providing services to the northern Rhode Island seniors and adult disabled population. If you or a family member would like to make a tax deductible donation or leave a bequest to Senior Services, Inc., we would be happy to assist you.  

Our offices are open 8:00am-4:00pm, Monday-Friday  
Main Telephone: 401-766-3734  
"A Home for the Day": 401-766-0516
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.