



**May is older Americans month! Thank you to all  
"Older Americans" for all your  
accomplishments and contributions throughout the  
years!**

*Hello and Happy May to All!*

Senior Services, Inc. wishes health and happiness to all of you, especially all the mothers in our community, Happy Mothers Day!

Join us for Mother's Day lunch on Thursday, May 9th.  
Please sign up by Tuesday morning, May 7th.  
Please enjoy our newsletter and learn about all the wonderful meals, events, and services we offer!  
We appreciate each and every one of you and look forward to seeing you!

**Senior Services Inc. and Blue Cross/Blue Shield of Rhode Island Present a:**

Diabetes Boot Camp  
Tuesday, May 21, 2019  
10:00 - 1:00pm  
At

Woonsocket Senior Center  
84 Social Street  
Woonsocket, RI 02895

Lunch sponsored by Blue Cross/Blue Shield of Rhode Island.

Registration required.

Call 401-766-3734 by May 16th to reserve your spot.

**SENIOR SERVICES, INC.**

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

***Sounds of Spring!***



**May 2nd**

Steve Burke sponsored by  
Holiday Retirement Home

**May 9th**

Vini Ames sponsored by  
Friendly Retirement Home

**May 16th**

Kim Oaks sponsored by Trinity  
Health &  
Rehabilitation Center

**May 23**

Russ Morency sponsored by  
Oakland Grove

**May 30th**

Robert Black sponsored by  
Woonsocket Health &  
Rehabilitation Centre

Let us relish life as we live it,  
find joy in our journey, and  
share our love.

~ Thomas S. Monson

***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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## 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, 1:30pm*  
**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 NUTRITION PROGRAM**  
**Tuesday, May 7th, 2019**  
**10:30am**  
**Café Lounge**



**RIPTA will be at the**  
**Woonsocket Senior Center on**  
**FRIDAY MAY 3rd from**  
**11:30am till 2:00pm.**  
**You may get your senior or**  
**reduced fare bus pass then!**

## BLOOD PRESSURE CLINIC

**Thursdays**  
**9:00-10:30 am**  
**Lower Level**



**Volunteer Appreciation Dinner - By**  
**Invitation Only**

**Thursday, May 31st, 2019**

**Begins at 4:00pm ~**

**Dinner at 5:00pm**



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# Senior Services Celebrates You!

Monthly birthday celebration for the members that participate in the congregate lunch Program.



Cake and a gift for the birthdays in May, beginning Tuesday, May 14th and the 2nd Tuesday of each month.





May 3, 2019

My Big Fat Greek Wedding-PG 2002 Indie Film/Drama 1h 16m

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents, Gus (Michael Constantine) and Maria (Lainie Kazan). After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian."

May 10, 2019

De-Lovely ~ PG13 -2004 Drama/Music 2h 5m

At the staging of a musical production based on his life story, songwriter Cole Porter (Kevin Kline) begins to reflect on his life and career. As he trades notes with the play's director, Gabe (Jonathan Pryce), Porter recollects his meteoric rise on Broadway during the mid-1920's and his first meeting with his wife and muse Linda Thomas (Ashley Judd). He also recalls his many extra-marital, homosexual dalliances, and the deep depression and seclusion of his final years.

May 17, 2019

The Perfect Storm ~ PG13 2000 Drama/Thriller ~ 2h 10m

Based on a true story, the film tells of the courageous men and women who risk their lives every working day, pitting their fishing boats and rescue vessels against the capricious forces of nature. Their worst fears are realized at sea on Halloween of 1991, when they are confronted by their raging weather fronts which unexpectedly collide to produce the greatest, fiercest storm in modern history — "The Perfect Storm."

May 24, 2019

TO BE ANNOUNCED

May 31, 2019

TO BE ANNOUNCED



**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 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.