

November 2016

Director's Corner...

The Senior Center will be closed on Friday, November 11  
in observance of Veterans' Day.

We will also be closed on Thursday and Friday, November 24 & 25  
in observance of the Thanksgiving Holiday.

How quickly the months are going by. The holidays are already upon us!

We have been busy with Open Enrollment since October 15. Please be sure to take the time to review your Medicare Prescription Drug plans to see if the one you have is the best plan for you, and your health insurance plans if you are not satisfied with what you currently have. You only have until December 7.

On Thursday, November 10, URI School of Pharmacy Outreach will do a program on "Safe Internet Pharmacy Navigation" at 10:30. With the recent news that pharmaceutical companies will be increasing the prices of many of their brand name drugs, it is extremely important that you do internet searches safely. Please feel free to attend this program. It is free and always opened to the public.

Just a reminder...on Saturday, December 3, the Knitting and Quilting Volunteers will hold their last sale of the year at the Senior Center from 9 to 3.

With Veteran's Day and Thanksgiving Day right around the corner, it is time for everyone to reflect on what they have to be thankful for. Sometimes we fall into a terrible rut thinking "why do these things always happen to me? Or so and so is so lucky." Sometimes we just never see the things in our lives that are good. Did you wake up today? That's a good thing. Do you have enough money to buy food? That's good also. Do you have family and friends who really care about you? That's wonderful. Is there someone you know who is worse off than you? Now isn't that something to think about! I'm sure if we all took the time to think of one thing out of our day to be grateful for we might find two.

I am grateful for every Veteran who ever served our country to keep us free and safe. I am grateful for my siblings, my children, and especially my grandchildren. I am also grateful for all the friendships that I have made and the acquaintances I have met over my many years of working at the Senior Center.

Let's think **THANKFUL** this month and see how positive we can be.

Janice