

## August 2023

## Aging Well Inc.

84 Social St. Woonsocket, RI 02895

*(401)* 766-3734



Join Us for the Vini Ames Duo August 16th at 10:30 Playing your favorites! Sponsored by Trinity Health & Rehabilitation Center

Maria Sol Cuesta from The Point is coming back on August 1st 10:30 - 12:00 pm by a Appointment only. She can assist with many services for older adults, Adults with disabilities & caregivers

**Technology Assistance** Twice a Month On Monday's W/ Kayli Graveline from The Friendly Home 10am-11 am

Food is Medicine Learn how to prepare nutritious meals on a budget and decrease your risk of health issues. 4 week in person FREE course Friday, August 11th-September 8th (no class August 25th) 1:00 - 2:00 pm Receive a free cookbook & bottle of Extra Virgin Olive Oil.

**Jane Greco Deming Animal Welfare Training Professional Development Consultant** Presents "Eureka" **Animal Jeopardy Game** August 29th 10:30 - 11:30 am

Join us for Music Bingo Wednesday August 2nd w/Eric Therien Starting at 10:45 am

Laughter is Medicine Tuesday, August 8th at 10:30 AM Laughter is good for your health. It helps you stay mentally healthy and brings people together and strengthens Relationships.

**SUMMER LUAU 2023** Postponed till Thursday, **September 21st - 4-7:00 PM** 

Cheryl Tudino with the Department of Social Security will be here on August 31st at 10:30 am She will do a presentation on Identity theft, Fraud, Scams

All our FUR friends would like to say Thank you to the Animal Rescue League of RI 506 B Curtis Corner Road Peace Dale, RI

To register for events and activities, please call or register in person at the office **84 Social Street** 401-766-3734

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August **2023** 

"Senior Scene"
With Steve Healey and Linda Thibault
Tune in on the 4th Thursday of every month
Airing from 9 am -930 am
O-N Radio WOON 1240 AM

# A Home For The Day

Are you or someone you know in need of assistance in caring for a loved one at home?

Home care help is hard to find.

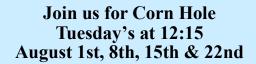
A Home For The Day
is a program that provides
socialization, meals, activities in
a safe friendly environment with
an individualized care plan and
program designed by a
registered nurse.

Call Dana for more information 401-766-3734

Ask about our frozen to go meals - \$3.00 each. Just defrost and

microwave

They are a tremendous convenience
Call Steve 401-766-3734



#### **Brain Games**

\*10:30 am every Friday in August
Have fun while we tackle a few brain teasers.
Memory games, observation skills, and logic practice.. all great game fun while keeping our brains

Aging Well Inc. is hosting a
BINGO!!!!!!!!!! On August 29th
FREE-NO COST BINGO FOR ALL
PARTICIPANTS WHO STAY FOR
LUNCH! Donation for lunch is \$3
All prizes for FREE-NO COST BINGO
are generously provided by the

Sponsorship of United Healthcare

Lunch reservations are required 48 hours in advance. Lunch is served at 11:30am











Blood Pressure & Nutrition Counseling with Linda Thibault, RN For the Month of August Thursday's 11:30am-1:00pm

### Aging Well INC.

Barbara Waterman, MA - Executive Director
Linda Paul - Chief Financial Officer
Dana Chamberlin, RN - Director, "A Home for the

**Dana Chamberlin, RN** - Director, "A Home for the Day" an Adult Day Program

Linda Thibault, RN - Wellness Director Susan Jameson - Wellness Director

Steve Healey - Director of Congregate Meal Program
Steve Westerman - Recreation Therapy

Penny Belisle - Finance Assistant

8:00am - 4:00pm Monday - Thursday (exclusive of holidays)

8:00am - 3:00pm Friday (exclusive of holidays)
BUILDING HOURS

8:00am - 4:00pm, Monday - Friday (exclusive of holidays)

Main Telephone (401) 766-3734 Fax (401) 765-5578 "A Home for the Day" (401) 766-3734

8:00am - 3:00pm Monday - Friday (exclusive of holidays) visit us at www.seniorservicesri.org