



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

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

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

Aging Well Inc.



August
2023

Join us for Corn Hole
Tuesday's at 12:15
August 1st, 8th, 15th & 22nd

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

"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

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



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

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 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

OFFICE HOURS

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

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



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