



March 2023



*Aging Well Inc.*

*84 Social St. Woonsocket, RI 02895*

*(401) 766-3734*



Join us for the sweet sounds of  
Russ Morency

March 15th at 10:30am

Aging Well Inc.

84 Social Street, Woonsocket, RI

Sponsored by

The Friendly Home Inc.

Enjoy the music and stay for  
lunch!

Linda Thibault and Steve Healey  
co hosts of the "Prime of Life" on  
Public Access TV now have a statewide  
timeslot. Tuesday's  
at 2pm Channel 13 for Cox &  
Channel 32 for Verizon.

**Technology Assistance  
W/ Kayli Graveline from The Friendly  
Home**

**Monday the 13th & 27th**

**11 am - 12 pm**

**Aging Well Inc.**

**84 Social Street, Woonsocket, RI**

**Please register by calling**

**Thank you Aging Well Supporters.  
Our January calendar raffle was a  
huge success!**

**Calendar sales are used to support  
Programs, Special Events and also  
utilized for additional fundraising.**

**Join Us for a Special Presentation by  
Ocean State Center for Independent  
Living (OSCIL)**

**Presented by Angela Pesare & OSCIL  
Staff**

**Learn about resources, technology,  
equipment, support groups that can help  
you be safer and  
happier at home.**

**Tuesday March 28th, 10:30 - 11:30**

**Please register in main office or by  
Calling 401-766-3734**

Technology Help is Here w/ Nancy Koczer  
and her Sophomore Information  
Technology Students.

They will assist with questions  
regarding your

I Phone, Android Phone, Tablet or Laptop.

Wednesday's (except for school breaks)

10:00am - 11:00am

One on One 20 minute  
appointments available

Aging Well Inc., 84 Social Street

Please register at the office or call

401-766-3734



URI Pharmacy is back. Join us on  
Tuesday

March 14th @ 10:30.

Aging Well Inc.

84 Social Street, Woonsocket, RI

We will be discussing Over the  
Counter Medications.



*Aging Well  
Inc.*



## *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 March**  
Have fun while we tackle a few brain teasers. Memory games, observation skills, logic practice all great game fun while keeping our brains young!

Aging Well Inc. is hosting a **BINGO!** On March 28th  
**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 Trinity Health & Rehabilitation Center  
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 March on Thursday's 11:30 am—1:00pm**

### **Aging Well INC.**

**Barbara Waterman, MA - Executive Director**  
**Linda Paul - Assistant Executive Director, Finance Director**

**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