



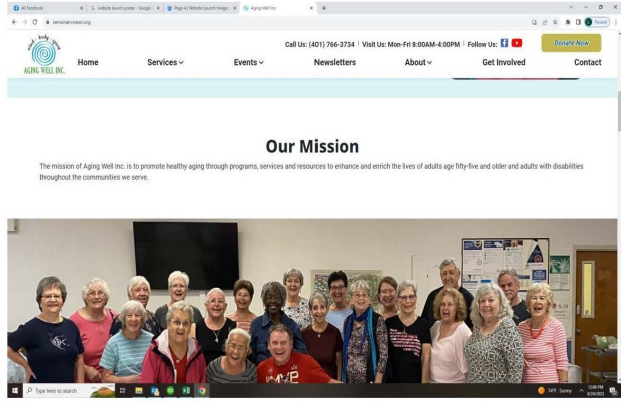
# October 2023

## Aging Well Inc.

84 Social  
St. Woonsocket, RI 02895

### ANNOUNCING OUR NEW WEBSITE

Our newly designed website is easy to navigate and promotes all of our great programs. Check it out by going to: [www.agingwellinc.org](http://www.agingwellinc.org)  
Please let us know what you think of it!!!



### JOIN US FOR A ROARING GOOD TIME AGING DISGRACEFULLY COMEDY SHOW AND DINNER

(Salad, Dynamites & Dessert)  
October 20th @ 4:30pm  
TICKETS \$30.00  
Proceeds to benefit our  
Health and Wellness Programs.  
Sponsored by  
Blue Cross Blue Shield of RI

Thank you to Kevin Kitson of Chepachet Village Wine & Spirits who generously donated Beer & Wine for the Hawaiian Luau

### FARMERS MARKET BOXES

People who previously registered can pick up their box  
October 18th between 12 and 3p.m.  
In the community room

### **LIHEAP** Outreach Heating Assistance at **Aging Well Inc.**

When and Where:  
**October 19th & November 16th**  
**11:00am - 1:00pm**

Gaston Ayotte Woonsocket Senior Center  
84 Social Street  
Woonsocket, RI 02895

Come and learn about LIHEAP (heating assistance) and other valuable programs to help you save money and energy! Learn about additional resources for food assistance/vouchers, clothing, and other needs.  
On-site LIHEAP enrollment assistance will be available.

### *Marie & Steve's Breakfast club*

*8:30am on the last Tuesday of the month*  
*\$3.00 donation*  
*SEATING IS LIMITED*  
*Registration required.*

**Jane Greco Deming**  
Animal Welfare Training Professional  
Development Consultant from Animal Rescue RI  
Featuring a presentation on  
Misunderstood Animals Icky to Awesome  
October 31st 10:30 - 11:30 am

Maria Sol Cuesta from The Point is coming back on  
October 17th & November 21st  
10:30 - 12:30 pm by a  
Appointment only. She will assist  
with all your Open Enrollment questions.

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

# *Aging Well Inc.*

## *OCTOBER 2023*

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

### Are your ducks in a row regarding your Health Insurance?

We have a representative who will review your current insurance. This is **JUST** for Open Enrollment. He is available on Wednesday's 9:00am-11:00am from October 18th thru December 6th by Appointment ONLY  
Call Aging Well, Inc. @ 766-3734

### *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.

Call Dana for more information  
401-766-3734

### **Halloween Party**

Tuesday, October 31st @ 10:00 am  
Harris School students will be here to trick or treat and to join us in the Costume Parade.  
Generously sponsored by United Healthcare

It will be a scary good time!



Ask about our frozen to go meals \$3.00 each.  
Just defrost and microwave  
They are a tremendous convenience.

Blue Cross Blue Shield of RI  
Will be here to assist with Open Enrollment on Monday, October 16th  
10:30 am - 12:30 pm

United Health Care  
Will be here to assist with Open Enrollment on Thursday, October 26th  
10:30 am - 12:30 pm



**Flu & COVID Clinic**  
**Tuesday, October 17th**  
**Starting @ 9:00A.M.**  
**Hosted by**  
**Greenline Pharmacy**

Aging Well Inc. is hosting a **BINGO!!!!!!!!!!!!** On Tuesday, October 24th @ 12:30  
**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 sponsored*  
By  
*The Bingo Advisory Board*

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