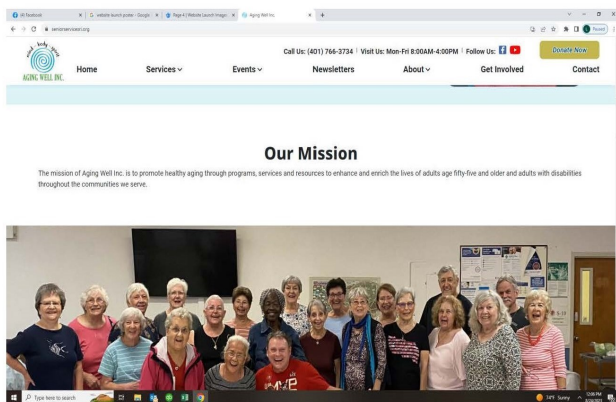




ANNOUNCING OUR NEW WEBSITE

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



HAWAIIAN LUAU
THURSDAY, September 21st
4:00pm - 7:00pm
Aging Well at the Gaston Ayotte Senior Center
Member tickets \$15.00
Guest tickets \$20.00
Stop by the office to purchase tickets
Entertainment provided by Fran Golombiewski

Russ Morency
 Wednesday, September 6th at
 10:30 am
 Aging Well Inc.
 84 Social Street, Woonsocket, RI
 Come & Enjoy
 the music and stay for lunch!
Sponsored by The Friendly Nursing Home

FARMERS MARKET BOXES

People who previously registered can pick up their box
 September 20th between 12 and 3p.m.
 In the community room

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 young!

AARP SAFE DRIVERS COURSE
 September 15th 9:15 Meet & Greet
 Class 9:30 - 2:30
 (Lunch Break at 11:30)
 \$20 (AARP Members)
 \$25 (Non Members)

LIHEAP Outreach Heating Assistance at Aging Well Inc.
When and Where:
September 18th, 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.

Personal Safety Presentation
By Stephen Lombardi retired law Enforcement officer
Tuesday, September 19th
10:30 - 11:30
Will be discussing situational awareness, safety at home & safety when out in public.

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

Aging Well Inc.

September 2023

Technology Assistance
Twice a Month On Monday's
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

Ask about our frozen to go meals \$3.00 each. Just defrost and microwave
They are a tremendous convenience
Call Steve 401-766-3734



Healthy Eating on a Budget
W Chef Kevin Millonzi
Tuesday, September 26th @ 10:30 am
Sponsored by Blue Cross, Blue Shield of RI

The Podiatrist will be here Friday,
September 29 starting at 8:30 by
appointment only.

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

Aging Well Inc. is hosting a
BINGO!!!!!!!!!!!! On Tuesday,
September 26th @ 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 provided by
Donna & Mike Belisle
In Memory of Pauline Belisle

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 September
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 holi-
days)

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