



APRIL 2024



Aging Well Inc.

*84 Social
St. Woonsocket, RI 02895*

(401) 766-3734

**AGING WELL INC.
PRESENTS
SPRING IS BLOOMING**



**WEDNESDAY APRIL 10TH
1:30-3:00 PM**

**MAKE A SPRING FLORAL
ARRANGEMENT WITH
HORTICULTURIST SALLY GRUBER
MEMBERS \$15.00 - NON MEMBERS \$23.00
ALL SUPPLIES PROVIDED
CALL 401-766-3734 FOR
RESERVATIONS**

THE GREAT GATSBY GALA

April 27th 6-10pm

This event is at an off site location. Guest will be shuttled to the event from Aging Well Inc.

Tickets include Dinner, Live Music (the band "Fixed Income")

Bar service available

\$25 members - \$35 non-members

Visit Aging Well for tickets.



**LIHEAP Outreach Heating Assistance
At Aging Well Inc.**

When and Where:

April 18th 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.**

WHAT IS REIKI ?

**Join us to learn about Reiki
& Experience its Effects.**

Kim Garneau, Reiki Master

**Tuesday April 2nd @ 10:30 AM
84 Social Street**

**Woonsocket, Rhode Island
please call 401-766-3734 or stop**

by

The office to register.

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



AGING WELL INC.

URI PHARMACY - Anemias
TUESDAY APRIL 9TH @ 10:30
 Anemia can be caused by nutritional deficiencies of iron, B12 and folate. Learn about the symptoms and diagnostic test for anemias and how to treat them.



The Point
Aging and Disability Resource Center
Services at Aging Well Inc.
April 16th - 10:30am - 12:30pm
w/ Maria
Appointments are required
call Aging Well Inc. 401-766-3734 or
stop by the office to make
Your appointment.

"Senior Scene"
 On radio station Woon
 With Steve Healey and Linda Thibault
 Tune in on the 4th Thursday of every month

Blood Pressure & Nutrition
 Counseling with Linda Thibault, RN
 Every Thursday During the Month of March
 * **New Time 10:30 am-12:00 pm**

Kimberly Cole, Certified Reflexologist is offering 15 minute treatment/\$20.00.
 April 24th 1:30-3:30 by appointment only
 Reflexology is when pressure is applied to specific points of the foot or hands. Reflexology is often able to create a relaxation response.



Call 401-766-3734 or stop by the office to book your appointment



Diabetes Prevention Strategies; Facilitated by Sheryl Parente
Sign up for this 6 week program
Fridays 12:30 - 2:30pm April 5th, 12th, 19th and May 3rd, 10th and 24th.
NO CLASS APRIL 26th OR MAY 17th
Come and learn strategies for diabetes prevention.
Register by calling 401-766-3734 or stop by the by the office.



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

Marie & Steve's Breakfast Club
8:30am on Tuesday April 30th
\$3.00 donation



Aging Well Inc. is hosting a BINGO !!!!!!! On Tuesday April 30th @ 12:30
FREE NO COST BINGO FOR ALL PARTICIPANTS WHO STAY FOR LUNCH!
DONTION FOR LUNCH IS \$3

All prizes for **FREE NO COST BINGO** are
 Generously sponsored by a special anonymous donor
 Lunch reservations are required 48 hours in advance,
 Lunch is served at 11:30am

Brain Games
 *10:30 am every Friday!
 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!

Jane Greco Deming
 Animal Welfare Training Professional
 Development Consultant from Animal Rescue RI
 Featuring a presentation on Spring Wildlife
 April 12th 10:30 am Presentation
 11:30 am Complimentary Lunch provided by United Healthcare



Join us for Corn Hole on Tuesday's in April @ 12:15pm
Come and give it your best shot!

Aging Well INC.

Barbara Waterman, MA - Executive Director
Linda Paul - Chief Financial Officer
Linda Thibault, RN - Wellness Director
Susan Jameson - Wellness Director
Steve Healey - Director of Congregate Meal Program
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
 visit us at www.Agingwellinc.org