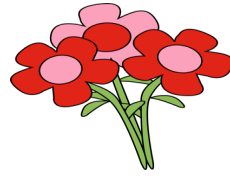




**FEBRUARY
2024**



*Aging Well Inc.
84 Social
St. Woonsocket, RI 02895
(401) 766-3734*



SOCK HOP 2024

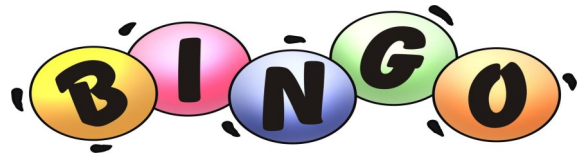
February 6th 1:30 pm - 4:00pm
Entertainment by
Fran Golombiewski

“Sponsored by United Healthcare”
Cost for tickets
\$10.00 for members
\$15.00 for guest
Enjoy a burger or a hot dog, chips
with a delicious root beer float!



AGELESS PILATES
w/ our own Elaine
Mondays for 6 weeks
Starting-February 5, 2024 at 12:30
w/last class
March 18, 2023
No class Presidents' Day

Pilates is “a mind-body exercise that requires core stability, strength, & flexibility, and attention to muscle control, posture, & breathing”. It uses repetitive exercises to create strength & flexibility.



LIHEAP Outreach Heating Assistance
At Aging Well Inc.
When and Where:
February 15th 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.

Aging Well Inc. is hosting a BINGO !!!!!!! On Tuesday FEBRUARY 27TH @ 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

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

AGING WELL INC.
FEBRUARY 2024



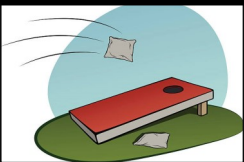
RIPTA IS COMING
FEBRUARY 15TH 9-11AM
TO ASSIST WITH
BUS PASSES



**Building a Resilient Brain: Secrets
Of the Super Agers**
Presented by: The
Alzheimer's Disease & Memory
Disorders Center
Tuesday, February 6th at 10:30 am

"Senior Scene"
On radio station WOON
With Steve Healey and Linda Thibault
Tune in on the 4th Thursday of every month
Airing from 9am-9:30am

The Wellness Company
Is sponsoring a Flu & Covid Clinic
February 6th from 10:00am - 12:00pm
Please register by stopping by the office or calling
401-766-3734



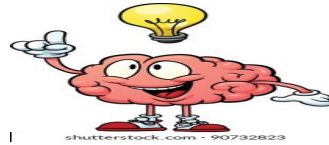
Start the year off with a new form of exercise!
Corn Hole
On Tuesday's at 12:15 for the
Month of February 2024

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



Marie & Steve's Breakfast Club
8:30am on Tuesday February 27th.
\$3.00 donation
SEATING IS LIMITED, Registration required.

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!*



URI PHARMACY
TOPIC: Skin Conditions
Tuesday, February 13th at
10:30 am

Blood Pressure & Nutrition
Counseling with Linda Thibault, RN
Every Thursday During the Month of
February
11:30am-1:00pm

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