



**January
2024**

Aging Well Inc.

***84 Social
St. Woonsocket, RI 02895***



**Common Upper Extremity Diagnoses
And Management Strategies**

**Presented by Jane Soucy, Certified Hand
Therapist and Registered
Occupational Therapist**

Tuesday January 12th at 10:30 am



**The Village Common
of Rhode Island**

Aging Better Together

**Tuesday, January 23rd at 10:30
Presented by Susan De Rita**

**The Village Common of RI is a non-
Profit, volunteer driven membership
organization that aims to support older
Adults who wish to age in their home with
the help of local communities in RI.**

**Aging Well Inc. is hosting a
BINGO !!!!!!! On Tuesday
January 30th @ 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
A special anonymous person
Lunch reservations are required 48 hours in
Advance. Lunch is served at 11:30am**



**LIHEAP Outreach Heating Assistance
At Aging Well Inc.
When and Where:
January 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 yo save money and energy!
Learn about additional resources for foo assistance/vouchers, cloth-
ing, and other needs
On-site LIHEAP enrollment assistance will be available.**

To Our Valued Members!

**Just a reminder that Annual Membership
renewal is due in January.
The membership dues will increase to \$18.00.
This increase will help us to
continue our programs here at Aging Well Inc.
We thank you for your continued support.**

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

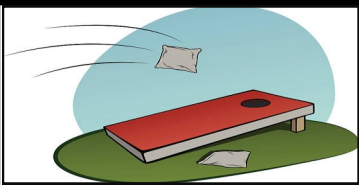
Aging Well Inc.
January 2024

Thank you Senator Jon Brien for facilitating a \$1000.00 grant for Aging Well Inc. Your generous support to our programs is greatly appreciated.

Thank you to the Friendly Nursing Home
For sponsoring our Annual Children's Christmas Party!
Your continued support is always Greatly appreciated.

Thank you to The Ice Cream Machine For the generous donation of Ice Cream for our Children's Christmas Party.

“Senior Scene”
With Steve Healey and Linda Thibault
Tune in on the 4th Thursday of every month
Airing from 9am-9:30am



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

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 the last Tuesday of the month
\$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!

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

Blood Pressure & Nutrition
Counseling with Linda Thibault, RN
Every Thursday During the Month of
January
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
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.Agingwellinc.org