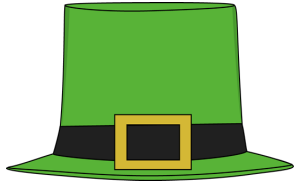




**MARCH 2024**



*Aging Well Inc.*

*84 Social  
St. Woonsocket, RI 02895*

*(401) 766-3734*



Join Us for  
**FREE Cooking Demonstration  
and Sample**

**W/Chef Kevin Millonzi  
“Blue Zone Recipes”**

**Tuesday March 19, 2024**

**@ 10:30 am**

**Sponsored by**

**Blue Cross Blue Shield of RI**

**Reserve your spot by calling  
401-766-3734 or stop by  
the office**

**The Point**

**Aging and Disability Resource Center  
Services at Aging Well Inc.**

**March 19th - 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.**

**Manicures with Crystal  
Friday March 22, 2024  
offered at Aging Well Inc.  
1-3pm by Appointment  
Call 766-3734 or stop by the office  
Appointments are  
approximately 15 minutes  
Cost – \$10.00**

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

**When and Where:**

**March 21st 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.**

**Blackstone Valley Prevention Coalition  
will have an  
informational table set up on  
Monday March 11th & 25th  
From 10:30 am - 12:00**

**They will have valuable information  
Regarding mental health, opioids and  
pain management.**

**Stop by our table for goodies such as  
Free lock bag for medication.**

**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

**LUNCH & LEARN**  
Tai Ji Quan  
Moving for Better Balance

Friday March 1, 2024  
@ 10:30 am  
Sponsored by  
Blue Cross Blue Shield of RI

**LUNCH & LEARN**  
Understanding Diabetes Prevention Strategies

Friday March 15, 2024  
@ 10:30 am  
Sponsored by  
Blue Cross Blue Shield of RI

“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

**Coming Soon**  
Aging Well Inc. has exercise equipment available for members. Before being able to use the equipment your doctor must sign a form (forms in office)  
You must sign additional waiver (forms in office)  
You must receive training on the use of machines .  
You can sign up for group training on March 12th @ 10:30am  
The equipment will be available for use beginning March 20th for 30 minute slots Monday - Friday 10-3:00pm w/ 2:30 last sign up time.

Thank you to The Wellness Company  
For sponsoring the Flu & Covid Clinic

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



*Marie & Steve's Breakfast Club*  
8:30am on Tuesday March 26th  
\$3.00 donation  
**SEATING IS LIMITED, Registration required.**

*Registration required.*



Aging Well Inc. is hosting a BINGO !!!!!!! On Tuesday March 26th @ 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!*

## Fran will be here March 14th Selling shirts!

**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](http://www.Agingwellinc.org)