



**November
2023**

Aging Well Inc.
84 Social
St. Woonsocket, RI 02895



**VETERANS DAY APPRECIATION
LUNCHEON**

Sponsored by United Health Care
Thursday, November 9th
Hosted by Aging Well Inc,
Doors open at 2:00pm
Fancie Follies USO Show 2:30pm
Veterans Ceremony
Pot Roast luncheon immediately
following

All Veterans welcome free of charge
Veterans Guest tickets are \$12.00 per
guest



With Eric Therien
November 22nd @ 11:00am
It's a **BLAST**

Come & Enjoy
Stay for lunch.
Lunch reservations are re-
quired.
Suggested donation \$3.00

RIPTA
will be returning to Aging Well Inc
November 16th
9a.m. to 11p.m.

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

**Thank you to Greenline Pharmacy for hosting a
Flu & Covid Clinic on October 17th.**

Maria Sol Cuesta from The Point is coming back
on November 21st & December 19th
10:30 - 12:30 pm by a
Appointment only. She can assist
with many services for older adults,
Adults with disabilities & caregivers

**Thank you to Kevin Kitson of
Chepachet Village Wine & Spirits
who generously donated Beer &
Wine for the Veterans
Appreciation Luncheon**

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

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



Aging Well Inc. November 2023

Neighborhood Health will be here on November 6th
10:00 am - 12:30 pm
They will be assisting in Open Enrollment and have
a booth for Glucose Testing & Blood Pressure
Checks.

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



URI Pharmacy - November 14th
at 10:30 am. This months topic is Arthritis
Treatment options.

URI Nutrition - November 28th at 10:30 am.
This months topic is Feed your Lifestyle



It is with much sadness that Aging Well Inc. is announcing the closure of their Adult day unit A Home For The Day. The last day of services will be December 29th at its Woonsocket location at 84 Social Street.

Barbara Waterman, executive Director of Aging Well said it was a difficult decision that was not made lightly. "The decision to close the adult day care program was driven by several factors including low number of clients, higher costs of care and low insurance reimbursement."

This change in service will not affect other services provided by Aging Well. The congregate meal program, exercise classes, health, wellness programs, social events, and resources will continue.

Aging Well has provided services to seniors and adults with disabilities since 1974.

Pathways Through Grief

Coping with Grief during the Holidays
This workshop is designed to help individuals navigate the challenges that arise during the Holiday season.
November 6th 1:00pm - 2:00pm



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 in November**
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!

Senior Scene"

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

Aging Well Inc. is hosting a
BINGO!!!!!!!!!!!!!! On Tuesday,
November 28th @ 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
"In Loving Memory of Clara Gurwitz"
ENJOY!!

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 November
Thursday's 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.seniorservicesri.org