



August 2024
Agging Well Inc.
is closed in Observance of
Victory Day (8/12)

Agging Well Inc.
84 Social Street
Woonsocket, RI 02895
(401) 766-3734



Join Us at the Senior Prom

Enjoy Photo Booth, DJ, & Dinner
Wednesday, August 21st
3:00 - 6:00 PM

Sponsored by:
Blue Cross & Blue Shield of Rhode Island
Oak Street Health &
Agging Well Inc.

Please RSVP by August 14th.

Write For Delight - share your story
Jane Allard will guide you to a fun way to
express yourself in writing and to lead
you to continue with creating the story of you!
10:30 AM - 11:30 AM
August 13th & August 20th.



Join Richard Muto from Ocean State
Center for Independent Living (OSCIL) as he presents an
overview of OSCIL services.

After the presentation Richard will lead a fun
and engaging knitting and crocheting group.

August 2nd @ 12:30 PM



Featuring music of the 60's
w/ Eric Therien
August 13th @ 12:30 PM



Join us for Drumming Circle
Tuesday, August 13th @ 4:00PM
&
Wednesday, August 14th @ 12:30 PM

“Senior Scene”
On radio station WOON
w/ Steve Healey and Linda Thibault
Tune in on the 4th Thursday of every month.

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

AGING WELL INC.
AUGUST 2024

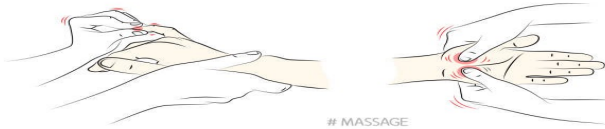


Manicures by Crystal
Thursday, August 8th
12:00-3:30 PM
By appointment only

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



Reflexology w/ Kimberly Cole
Certified Reflexologist
Wednesday, August 28th
12-3:00 PM
Appointments required



Reiki



Wednesday, August 7th
12- 2:00 PM
Appointments required



Game Room Open
Thursday's 1:30—3:30 PM
&
Friday's 12:30—2:30 PM

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 August 27th
\$3.00 donation
SEATING IS LIMITED, Registration required.

Registration required.

Aging Well Inc. is hosting a
BINGO !!!!!!! On Tuesday
August 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



Maria Sol Cuesta from The Point is coming
back August 20th 10:00 - 12:00 pm by a
Appointment only. She can assist
with many services for older adults,
adults with disabilities & caregivers

A Mini Matter of Balance
Series of 4 one hour sessions that
Streamline information a monthly
Balance and chair exercise.
August 2nd & 9th at 10:30 am

Aging Well INC.

Ryan MacLeod - Executive Director
Dave Webster - Director of Finance
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