



July 2024
Aging Well Inc.
is closed in Observance of
Independence Day (7/4)

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



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!
3 sessions at 10:30 AM - 11:30 AM starting on
July 30th,
August 13th & August 20th.

Serenade of Summer Floral Arrangement
With Sally Gruber, Horticulturist
Wednesday, July 31st.
1:30-3:00 PM
\$15 members
\$23 non-members
Reservation required by
Friday, July 26th



Back by popular demand
Drumming circle w/John Belisle, MA
Tuesday, July 9th @ 10:30 AM

Music is Back at Aging Well Inc.
Featuring NICOLE sings.
Monday July 15th @ 10:30 AM



If you love Bingo you will love



Featuring music of the 70's
w/ Eric Therien
Tuesday, July 9th at 12:30 AM

CYBER SENIORS
A URI RESEARCH PROJECT
W/MELISSA
JULY 12th, 19th & 26th
9:00-12:00
MORE INFORMATION TO COME!

Does your posture measure up?
Join us to check and learn about your
posture and learn about exercises you
can do.

Tuesday, July 23rd @ 10:30 AM
With Sue Jameson

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

AGING WELL INC.
JULY 2024



Manicures by Crystal
July 12th 12-2:30 PM
&
July 25th 12-3:00 PM
By appointment only

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



Reflexology w/ Kimberly Cole
Certified Reflexologist
Wednesday, July 31st
12-3:00 PM
Appointments required



RIPTA is Back
To Assist with your bus pass
needs
July 11th
9-11:00 am



Ask about our frozen to go meals
\$3.00 each. Just defrost &
microwave. They are a
tremendous convenience

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

Registration required.



Aging Well Inc. is hosting a
BINGO !!!!!!! On Tuesday
July 30th @ 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,

Maria Sol Cuesta from The Point is coming
back on July 16th 10:30 - 12:00 pm by a
Appointment only. She can assist
with many services for older adults,

A Mini Matter of Balance
Series of 4 one hour sessions that
Streamline information a monthly
Balance and chair exercise.
July 19th, 26th , 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