



**MAY 2024**

**Aging Well Inc. is closed in Observance  
of Memorial Day May 28th**



*Aging Well Inc.*

**84 Social Street  
Woonsocket, RI 02895**

**(401) 766-3734**



**Music  
BINGO**

**Music Bingo is back!  
w/ Eric Therien  
It's a Blast!  
Come and Play  
NEW TIME - 12:30 on May 14th  
Aging Well Inc.  
84 Social Street  
Woonsocket, RI 02895**



**Come and experience the art of  
African Dance w/our very own  
Bamitale Adisa.  
Tuesday, May 21st @ 10:30 am**



**OPEN HOUSE  
for our new  
Exercise Room & Game Room  
Friday, May 17th  
12:30 - 2:30 pm  
Check out our new Exercise and  
Recreation Equipment.  
New ping pong table, a Wii game for  
bowling & tennis, Treadmill and a  
Recumbent Bike, plus a variety of new  
programs!**



**Do you feel lucky? Get your Derby Hats out for our  
Annual Kentucky Derby!  
Come for Lunch  
and stay for the Derby.  
May 3rd  
1-3:00 PM  
Aging Well Inc.**

**Blue Cross Blue Shield of Rhode Island will be sponsoring  
YOGA IN THE PARK @ Lincoln Woods State Park  
Field E  
Tuesday, May 21st @ 2:00 PM  
Bus transportation will be provided to Lincoln Woods State  
Park and back to Aging Well Inc.  
We recommend bringing a yoga mat, towel, or blanket.  
A limited supply of chairs will be available to accommodate  
those who prefer to do chair yoga.  
Hope to see you all!  
Bus will be picking up at Aging Well Inc. @ 1:15 pm  
& returning to Aging Well Inc. for 4:00 pm**

**Manicures w/Crystal  
Offered at Aging Well Inc.  
Friday, May 10th  
1-3:00 pm  
Space is limited  
By appointment only  
Call 766-3734 or stop  
by the office.**

**Cost-\$10.00**



Appointments  
will be 30 min each. Please  
arrive 5 min prior to your  
scheduled time

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

**AGING WELL INC.**  
**MAY 2024**



**Marie & Steve's Breakfast Club**  
8:30am on Tuesday May 28th  
\$3.00 donation  
**SEATING IS LIMITED, Registration required.**

*Registration required.*



**Who doesn't love a Parade!**  
Revisit the historical 100 year Woonsocket Anniversary Parade from 1980  
We will be watching the original parade video on May 7th during lunch starting at 11:30 AM until parade conclusion.

**Aging Well Inc. is hosting a BINGO !!!!!!! On Tuesday April 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,**  
**Lunch is served at 11:30am**

**Drumming Circle w/ John Belisle, MA**  
**Drumming can reduce tension, stress & anxiety**  
**May 14th 10:30 - 11:30 am**  
**Spots are limited so call 401-766-3734 or stop by the office to reserve your spot.**

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



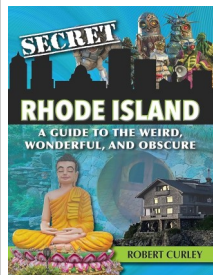
**AARP Safe Driving Course Coming Friday, June 7th**  
9:15 AM Meet & Greet  
Class 9:30 AM- 2:30 PM  
(lunch break 11:30AM)  
\$20 for AARP member  
\$25 for non member  
Registration Required stop by the office  
Or call 401-766-3734

**URI Nutrition Tuesday May 7th 10:30 am**



**Topic: Grocery Store**

**NEW CLASS !**  
**Get Moving w/Steve**  
**Wednesday, May 1st @ 9:30 AM**



Robert Curley, Rhode Island Author  
Presents Secret Rhode Island - A Guide to the Weird, Wonderful, and Obscure  
Tuesday, June 18th  
5-6pm  
Salad, Sloppy Joe's & Brownies  
Tickets - \$5.00  
RSVP required by June 11th  
Call 401-766-3734 or stop by the office.

**NEW CLASS!**  
**Beginner Line Dance classes w/ Steve**  
**Starting on May 1st 12:30pm**  
Call 401-766-3734 or stop by the Office to reserve a spot.



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

