



**September 2024**  
**Aging Well Inc.**  
**is closed in Observance of**  
**LABOR DAY 09/02/24**

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



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**Dinner & A Show**  
**Wednesday, September 18th**  
**4-7pm**  
**4pm Ham & Bean Supper**  
**5:30pm Showtime**  
**Featuring George Lyons**  
**Frank Sinatra Impersonator**  
**\$5 members**  
**\$15 Non-Members**  
**Sponsored by**  
**United Healthcare**



**RIPTA IS BACK**  
**THURSDAY, SEPTEMBER 19th**  
**9:00 AM - 11:00 AM**

**Celebrating September as**  
**National Senior Center Month**



**HEALTHY AGING**  
**never gets old**

**Celebrate National Senior Center Month**  
**With Aging Well Inc. at the Beef Barn.**  
**Saturday, September 28th 1:00 pm - 4:00 pm**  
**(rain date Sunday, September 29th)**  
**Music By DJ Fran Golombiewski**  
**Beef Barn food truck and Ice Cream**

**Join the fun with Zumba, Line Dancing, Corn**  
**Hole & Yard Games**  
**RSVP by Friday, September 20th**  
**Suggested Donation \$5.00**



**Come Join the Fun**  
**at the**  
**Drum Circle**

**W/John Belisle**  
**Tuesday, September 17th @ 10:30 am**

**Blue Cross Annual Step Up Challenge**  
**Starting September 1st.**

**Aging Well Inc. will join in the Challenge!**  
**We will submit photos of our weekly exercise classes to**  
**the Blue Cross face book page. A drawing will be held**  
**after the challenge endpoint, September 30th and**  
**Aging Well Inc. may win a \$500 prize.**

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



**AGING WELL INC.  
SEPTEMBER 2024**

**Manicures by Crystal  
Thursday, September 12th  
12-3:00 pm  
By appointment only  
Cost \$10.00**

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, September 25th  
12-3:00 PM  
\$20.00  
Appointments required**



**Reiki  
Wednesday, September 4th  
12- 2:00 PM  
\$10.00  
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  
September 24th @ 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**

Maria Sol Cuesta from The Point is coming  
back Tuesday the 17th 10:00 –12:00 by a  
Appointment only. She can assist  
with many services for older adults,  
adults with disabilities & caregivers



With Eric Therien  
Tuesday, September 10th @ 12:30 pm  
Featuring music of the 60's

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