



AGING WELL INC.

Newsletter
March 2020

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

Month of March celebrates Saint Patrick's Day and Saint Joseph's Day!

"Coming Soon" to Aging Well Inc.

- *Computer and Technology Classes
- *Hairdresser Services (Ladies and Gentlemen haircuts)

Aging Well Inc. would like to thank Ocean State Job Lot and their Charitable Foundation Executive Director David Sarlitto as well as Blackstone Valley Tourism Council Program Director Michael Martin for a most generous gift of 2,100 Amaryllis starter plants. These bulb kits have been distributed throughout our senior community. Recipients of these beautiful starter kits included Gaston A. Ayotte Jr. Memorial Senior Citizens Center, Crepeau Court, Kennedy Manor, Parkview Manor, St. Germain Manor, A Home For The Day participants and the weekly recipients of the Meals On Wheels program.

Thank you Ocean State Job Lot David and Mike!

*Aging Well Inc. Presents
St Patrick's Celebration!
Tuesday March 17th*

*Entertainment beginning at 10:00am
followed by Corned Beef and Cabbage Luncheon*

*Entertainment provided by "Shannon O'Day"
(Fran Golombiewski)*

84 Social Street, Woonsocket

Reservations required 48 hours in advance, 766-3734
(*\$3.00 per meal suggested donation)

*Aging Well Inc. presents
Sock Hop 2020
"Sponsored by United Health Care"
Saturday March 21st
84 Social Street, Woonsocket
1:00pm - 4:00pm, Cash Bar
Doors open at 12:30 pm
(Flyer With Details Enclosed)*

Aging Well INC.
Barbara Waterman, MA - Executive Director
Linda Paul - Assistant Executive Director, Finance Director
Dana Chamberlin, RN - Director, "A Home for the Day"
Linda Thibault, RN - Wellness Director
Steve Healey - Director of Congregate Meal Program
Steve Westerman - Recreation Therapy
Penny Belisle - Finance Assistant
Lisa Jessop -Information Specialist

OFFICE HOURS

8:00 am -4:00 pm, Monday - Friday (exclusive of holidays)
Main Telephone (401) 766-3734 Fax (401) 765-5578
"A Home for the Day" (401) 766-0516
7:30 am -4:00 pm Monday- Friday (exclusive of holidays)

"Spring Forward" to Seasonal Sounds



March 5th

Steve Burke sponsored by
Holiday Retirement and
Nursing Facility
March 12th

Vini Ames sponsored by
Trinity Health and
Rehabilitation Center
March 19th

Russ Morency sponsored by
Friendly Nursing Home
March 26th

Robert Black sponsored by
Woonsocket Health and
Rehabilitation Center

Aging Well Inc. Fundraiser Event:
SAVE THE DATE!!!
Dinner and Concert
Saturday May 16th

"Through The Doors"

Music Sponsored by "United Health Care"
Food and beverages Sponsored by
"Champ's Liquors for Keyway"

6:00 Dinner, Music 7:30-9:30

\$30.00 per ticket

84 Social Street, Woonsocket

(More event details to follow)



Easter egg coloring and
Easter basket decorating
April 6th at 9:30am
Join us in decorating
Easter eggs and creating
festive basket centerpieces

Daylight Savings
Time Begins
March 8th

Don't forget to set your clocks
ahead one hour
Sunday March 8th



Are you on-line? "Like" Aging Well Inc. on Facebook!

Exercise/Dance

Classes

Seniors in Motion
Mondays, 1:00pm

Tap for Fun
Tuesdays, 10:00 am

Zumba Gold
Tuesdays, 1:30 pm

Senior Fitness
Wednesday, 10:00 am

Adult Tap
Wednesday, 2:00 pm

“YOGALATES”

Wednesdays, 3:00 pm

Beginner Line Dancing
Thursdays, 1:00pm

Line Dancing
Thursdays, 2:00 pm

Ballet Class

Thursdays, 3:00 pm

Chair Exercise

Fridays, 10:00 am

North Smithfield:

Zumba Gold
Mondays, 10am

Chair Exercise
Mondays, 11am

Zumba Gold
Thursdays, 10am

Upcoming Events

URI Nutrition - Tuesday March 3rd

Saint Patrick’s Celebration
Tuesday March 17th

Sock Hop Dinner Dance
Saturday March 21st

April-Volunteer Appreciation Dinner

Easter Egg and Easter Basket Centerpiece
Decorating
April 6, 9:30am Main Dining Hall

!!!Save The Date!!!
“Through The Doors”
Dinner and Concert
Aging Well Inc. fundraiser event
Saturday May 16th
84 Social Street Woonsocket, RI
(More event Details to Follow)

BLOOD PRESSURE CLINIC

Thursdays
9:00-10:30am



Lower
Level

Are you on-line? “Like” Aging Well Inc. on Facebook!



Aging Well Inc. presents

Sock Hop 2020

“Sponsored By United Health Care”

Saturday March 21



84 Social Street , Woonsocket

1:00pm - 4:00pm

Doors open at 12:30pm



Cash Bar

Enjoy a burger or a hot dog, fries and a root beer float!

Get your Poodle skirts and Saddle shoes ready and

“Let’s Go To The Hop!”

Cost for tickets are \$5.00 for a member, \$10.00 for a non-member

***Tickets are available in the main dinning hall and also
downstairs in the main office.***

Call Aging Well Inc. at 401-766-3734 for more information!

Aging Well Inc. Senior Wellness Program

In 2009, Aging Well Inc. was awarded a Title IIIB grant from the Older Americans Act through the Rhode Island Division of Elderly Affairs. This resulted in the development of The Senior Wellness Project, a health promotion and disease prevention program aimed at providing seniors in the community with the tools necessary to stay active and healthy. The Wellness Program provides health education, screenings, clinics, support groups, and exercise classes for seniors throughout northern Rhode Island.

Exercise improves balance, builds muscle, lowers blood pressure, improves mobility and decreases falls.

EXERCISE/DANCE SCHEDULE AT WOONSOCKET SENIOR CENTER

- **Seniors in Motion with Steve**
Mondays, 1:00pm
- **Tap for Fun with Fran**
Tuesdays, 10:00 am
- **Zumba Gold with Fran**
Tuesdays, 2:00 pm
- **Senior Fitness with Steve**
Wednesday, 10:00 am
- **Adult Tap with Fran**
Wednesdays, 2:00 pm
- **“YOGALATES” with Fran**
Wednesdays, 3:00 pm
- **Beginner Line Dance with Steve**
Thursdays at 1:00 pm
- **Line Dancing with Fran**
Thursdays, 2:00 pm
- **Ballet Class with Fran**
Thursdays, 3:00 pm
- **Chair Exercise with Karen**
Fridays, 10:00 am

Classes listed below are held at

Scouter's Hall in North Smithfield:

- **Zumba Gold, Mondays, 10am**
- **Chair Exercise, Mondays, 11am**
- **Zumba Gold, Thursdays, 10am**

CLINICS/SCREENINGS

- **Blood Pressure/Nurse Consultation**
Thursdays 9:30-11:00
- **Podiatry**
Fridays by appointment
- **Immunizations**

EDUCATION

- **URI—Nutrition**
1st Tuesday every month
- **URI Pharmacy**
2nd Tuesday every month



The Senior Wellness Program is supported by Title IIIB of the Older Americans Act through the Rhode Island Department of Elderly Affairs. Donations are always welcome to help sustain the programs.

Aging Well INC.

“A HOME FOR THE DAY”

From the desk of

Dana Chamberlin RN, Director

dchamberlin@seniorservicesri.org

401-766-0516, 766-3734 ext. #28

Aging Well Inc. adult day care program,

“A Home for the Day”

is available to provide a safe place for you or your loved one to socialize with

“A Home For The Day” is designed for seniors and disabled adults.

Services are provided by an on-site Registered Nurse and licensed staff with an individualized care plan for each client

- Assistance with eating, taking medicines, toileting, and/or walking
- Counseling, educational programs
- Exercise programs
- Health monitoring, blood pressures, blood sugars, diets
- Social Activities
- Wound care
- Immunizations
- Personal Care
- Therapeutic activities
- Advocacy and support for families
- Nutrition program and meals

We offer a competitive daily rate that is scaled according to income. “A Home For The Day” accepts Private Pay, Neighborhood Health Plan and Medicaid. For questions and possible financial assistance eligibility, please call us at 401-766-0516.

MISSION STATEMENT

A Home For The Day, a division of Aging Well Inc. of Woonsocket R.I. delivers supportive, social, economic, protective and health services that build better lives for individuals and families. A Home for the Day strives to maintain individuals in their preferred environment by keeping them healthy, happy, and active as well as helping them maintain their independence

COMMUNITY INFORMATION SPECIALIST and POINT Network

**Aging Well Inc. is a member of *THE POINT*
Aging & Disability Resource Center Network.
We provide resources to seniors &
adults with disabilities.**

**Ask us for valuable
information regarding:**

Medicare Open Enrollment
Health & Prescription Benefits
DHS Application Assistance
Housing Information
Elder Abuse
Medical Assistance
Low Income Subsidy for Prescriptions
Medicare Saving Program
Supplemental Medical Plans
Social Security and Medicare
Senior Medicare Patrol &
more....



***This service is free and confidential
Call 766-3734 today
to schedule your appointment
with our Community Information Specialist***

Are you on-line? "Like" Aging Well Inc. on Facebook!



March 6, Darling Companion

PG-13 2012 · Drama · 1h 43m

Fifteen-year-old Megan Shephard and her parents will do anything to save their struggling farm. When the family discovers a wild stallion in a nearby forest they begin to wonder if this could be the answer to their prayers. Kris Kristofferson and Jodelle Ferland star in this heartwarming and inspiring tale that celebrates the spirit of family and the amazing courage and determination it takes to defeat all odds.

March 13, Overboard (G) 1h 52min |

Comedy, Romance 1987

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her they're husband and wife.

March 20, Beaches (1988) PG-13 | 2h 3min |

Comedy, Drama, Music

The twists and turns of career, romance, and illness impact the lifelong friendship between two very different women in this unforgettable tearjerker.

March 27, Paul Blart: Mall Cop (2009) PG |

1h 31min | Action, Comedy, Crime

A single suburban father (Kevin James) works at a mall as a security guard to make ends meet, and he takes his job very seriously, even though most of his colleagues and customers don't. As the holidays approach, Paul gets his moment to shine when Santa's little helpers shut down the mall down and take hostages, including his daughter and girlfriend. He realizes no one knows the place better than he does, and he mounts his trusty steed, a Segway, and goes to the rescue.

ENJOY the GOOD LIFE!

Are you an adult over sixty or with a certified disability?

Delicious dining is served five days a week. Two daily meal choices with a menu that changes monthly, planned by our caterer and reviewed by a registered dietician.

**We know you will be pleased!
Join your friends for lunch at the
Aging Well Inc. CAFES**

at any of these sites:

WOONSOCKET: Woonsocket Senior Center, Crepeau Court,

J F Kennedy Manor, Parkview

CUMBERLAND: Chimney Hill Apartments (Tues -Fri),
Cumberland Manor, Cumberland Senior Center

BURRILLVILLE: Bradford Court (Mon -Thurs))

GLOCESTER: Gloucester Senior Center

LINCOLN: Lincoln Senior Center

Open Monday – Friday (exclusive of holidays)

- Reserve meals by Thursday, 11:00am the week before.
- Please make your reservations with your site director or call 766-3734, if dining at Woonsocket Senior center
- Suggested donation for each meal (appetizer, meal, drink and dessert) is \$3.00
- Pub Option daily
- EBT cards (Food Stamp) accepted at main office , 84 Social Street, Woonsocket

**Stop by and pick up a monthly menu!
The ACTIVITY CALENDAR
is on the back!**



10 / 10 CLUB

TO BENEFIT AGING WELL INC.

With your help, Aging Well Inc. will be having another 10/10 club!

Tickets on sale NOW!

What is a 10/10 club?

A 10/10 club is a fundraising event in which participants pay \$10 per month for 10 months, or pay one lump sum of \$100 when ticket is purchased. Each month there is a drawing to win \$100. At the end of the 10 months, there will be a 10/10 Club Dinner where the Grand Prize winners will be drawn!

1st Prize: \$1,000

2nd Prize: \$500

3rd Prize: \$250

4th Prize: \$250

5th, 6th, 7th 8th prizes: \$100 each!

9th and 10th prizes: \$50 each!

Why is Aging Well Inc. having a 10/10 club?

To raise much needed program income. As a private, not for profit organization, Aging Well Inc. is dependent upon local, state and federal funding. Over the past few years, Aging Well Inc. has lost thousands of dollars in funding. Despite these cuts, Aging Well Inc. is committed to maintaining and expanding existing programming. Therefore, additional funds are needed to continue these programs.

Your 10/10 Club tickets may be purchased at:

Aging Well Inc. main office 84 Social St.

Pepin Lumber 830 Cumberland Hill Rd.

Bileau's Florist 665 Diamond. Hill Rd

Or call Pauline Clancy at 401-769-4469

Thank you for your support!



10/10 CLUB

TO BENEFIT AGING WELL INC.

With your help, Aging Well Inc. will be having another 10/10 club!

WOULD YOU LIKE TO JOIN OUR CLUB?

NAME: _____

ADDRESS: _____

PHONE: _____

DO YOU KNOW SOMEONE ELSE WHO MAY BE INTERESTED?

NAME: _____

ADDRESS: _____

PHONE: _____