



# December

**Come Make Merry with the Harris School  
Children and Special Guest  
SANTA**

**CLAUS!**



**TUESDAY, December 13th  
Party begins at 10:00 am  
Lunch at 11:30am**

**Reservations are required 48 hours in  
advance**

**Sponsored by United Health Care  
Aging Well Inc.  
84 Social Street  
Main Dining Room**

**Last Session  
Healthy Eating for Successful Living  
Tuesday December 6th  
9:30 am-11:30 am**

**RI Bar Association  
Wednesday December 14th 1-3  
A lawyer will be available for a 15 minute individual  
Session. Space limited to 8 people  
PLEASE SIGN UP IN THE OFFICE OR CALL  
401-766-3734 to make appointment.**



**Are your ducks in a row for your  
Health Insurance?**

We have a representative who will review your current insurance. This is just for Open Enrollment.

He is available on Wednesday's Until December 7th by apt. Call Aging Well, Inc. @ 766-3734

**Aging Well Inc.**

**84 Social St. Woon. RI 02895**

**(401) 766-3734**

**Linda Thibault and Steve Healey  
co hosts of the "Prime of Life" on  
Public Access TV recently produced  
Nursing Student Interviews**

**Wednesday's - 9am, Friday's - 8pm, Saturday's - 1pm  
"Salute To Veterans" Veterans Appreciation Dinner  
Monday's - 10am, Wednesday's - 4pm & Friday's -  
4pm**

**Through the Doors Concert fundraiser  
Tuesday's - 1pm, Wednesday's - 6pm, Thursday's - 6  
pm, Friday's @ 9pm  
Saturday's @ 2pm and Sunday's @ 7pm  
Halloween Dinner Dance with DJ**

**Fran Golombiewski with surprise performance by  
"The Fancie Follies" Monday's - 12pm, Wednesday's -  
7pm & Friday - 3pm**

**Veterans Interviews at PEG RI-TV Lincoln Studio  
Tuesday's - 5pm, Saturday's - 4pm & Sunday's - 8pm  
These programs can be viewed on Cox channel 18 Cox  
Verizon channel 23**

**LIHEAP Outreach Heating Assistance  
at [Aging Well Inc.](#)**

**When and Where:**

**December 8th  
11:00am-1:00pm**

**Gaston Ayotte Woonsocket Senior Center  
84 Social Street  
Woonsocket, RI 02895**

Come and learn about **LIHEAP** (heating assistance) and other valuable programs to help you save money and energy! Learn about additional resources for food assistance/vouchers, clothing, and other needs. On-site LIHEAP enrollment assistance will be available.



**Exciting news from Social Security!  
Starting in January 2023 Medicare  
premiums are going down & COLA  
(cost of living adjustment) will increase  
by 8.7 percent.  
Social Security and SSI beneficiaries will be notified by  
mail starting in early December.**



## Aging Well Inc. December 2022



### *A Home For The Day*

Are you or someone you know in need of assistance in caring for a loved one at home?

Home care help is hard to find.

*A Home For The Day* is a program that provides socialization, meals, activities in a safe friendly environment with an individualized care plan and program designed by a registered nurse.

Ask about our frozen to go meals - \$3.00 each. Just defrost and microwave

They are a Tremendous convenience  
Call Steve 401-766-3734



### JOIN US FOR CORN HOLE

@ 12:15 PM ON 12/6, 12/13, 12/20 & 12/27

Representatives from United Health Care and Blue Cross Blue Shield Will be here On December 8th from 11:00 am to 1:00 pm to assist with any questions you have regarding your coverage.

#### Brain Games

\*10:30 am every Friday in December

Have fun while we tackle a few brain teasers. Memory games, observation skills, logic practice all great game fun while keeping our brains young!



### Happy New Year!

To Our Valued Members!

Each January, we kindly ask that our members stop by the main office of the center and submit the \$12.00 membership fee for the year. Just one payment of \$12.00 covers your membership for the year 2023!

Be sure to let your friends know too! If they are not a member, they are welcome to join us! We would love to have them as a member!



### Blood Pressure & Nutrition Counseling with Susan Jameson

For the month of December  
Tuesday's 9:00-10:00 & Friday's 11:30 to 12:30

### 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

Susan Jameson - Wellness Director

Steve Healey - Director of Congregate Meal Program

Steve Westerman - Recreation Therapy

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

"A Home for the Day" (401) 766-3734

8:00am - 3:00pm Monday - Friday (exclusive of holidays)

visit us at [www.seniorservicesri.org](http://www.seniorservicesri.org)