



December



Aging Well Inc.

84 Social St. Woon. RI 02895

(401) 766-3734

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



TUESDAY, December 13th

Party begins at 10:00 am

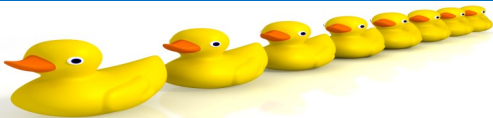
Lunch at 11:30am

**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**

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, cloth-
ing, 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