



**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 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



### 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.

### 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

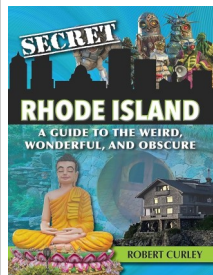
(lunch break 11:30AM)

\$20 for AARP member

\$25 for non member

Registration Required stop by the office

Or call 401-766-3734



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.



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

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

Registration required.



Aging Well Inc. is hosting a

BINGO !!!!!!! On Tuesday

April 30th @ 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 by

a special anonymous donor

Lunch reservations are required 48 hours in ad-  
vance,

Lunch is served at 11:30am

### URI Nutrition

Tuesday May 7th

10:30 am



Topic: Grocery Store

NEW CLASS !

Get Moving w/Steve

Wednesday, May 1st @ 9:30 AM

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.

