



GET IN TOUCH

84 Social Street
Woonsocket, RI 02895

401-766-3734
www.agingwellinc.org

AUGUST 2025 NEWSLETTER



CHRISTMAS IN JULY
7/22/2025

OUR MISSION

Aging Well Inc. is dedicated to enhancing the lives of seniors and adults with disabilities in Northern Rhode Island. Since 1974, we have been providing a range of services including Congregate Meals, Exercise Classes, Meals On Wheels program, and Referrals & Resources.

HOURS

Monday - Friday
8:00am - 4:00pm

IN MEMORY OF EUGENE "ZEENY" AREL



Join us in remembering Eugene "Zeeny" Arel, our longtime maintenance supervisor who passed away on June 29 after a courageous battle with pancreatic cancer. Zeeny was a beloved member of the Aging Well family.

Known for his sense of humor, strong work ethic, and generous spirit, he made a lasting impact on everyone he met. He loved music, carpentry, and spending time with family. We are grateful for his years of service and friendship. He will be missed by staff, members, and all who knew him. Our heartfelt condolences go out to his wife Debbie, his children, his grandchildren, and his many friends and family members.

To register for events and activities, please call (401-766-3734) or register in person at 84 Social St.



OUR STAFF

Executive Director

Ryan MacLeod

Finance Department

David Webster, Director
Denise Marquis

Congregate Meals

Stephen Healey, Director
Marie Piette

Director of Wellness

Susan Jameson, PT

Dir. Of Senior and Community Service

Donna Narodowy

Receptionists

Jane Dubois
Diana Denomme

MIAA Counselor

Guy Boulay

Meals on Wheels

Mike Melsopp
Jeanne Theroux

Maintenance

James Forcier
Paul Mioduszewski

Facilitators

Diane Westerman
Jane Allard

Fitness Instructors

Steve Westerman
Elaine Olivier

Dance & Fitness Instructor

Fran Golombiewski

FROM THE EXECUTIVE DIRECTOR

Putting this newsletter together each month is a labor of love. From gathering stories and photos to checking every date and detail, I take pride in creating a publication that reflects who we are and where we're headed. Your warm response makes every minute of work worthwhile and reminds me that this is more than a newsletter. It's our shared story.

That sense of shared purpose shows up every day at the center. I hear it all the time: "Is the new issue ready?" That tells me this newsletter connects us and keeps our community engaged. I see that connection in town as well. Copies of our newsletter appear at local businesses, the library, city hall, and health clinics. Sometimes someone new walks through our doors clutching a copy, saying a friend suggested they drop by. That kind of word of mouth is the best sign that what we're doing matters.

We're always looking for ways to improve, and Bingo is a great example. We've leveled up with a sleek, modern system. We now have large television monitors so you can see the numbers clearly from every seat, and a new ticket-checking system that makes it easy to spot winners. The pace stays steady and fun, and more people win as we can do three games instead of two in about the same amount of time.

By the way, September is National Senior Center Month — check Page 10 of this newsletter for a very special announcement!

We're also excited that work has begun on our outdoor recreation area. Soon you'll be able to enjoy shaded seating, pickleball courts, shuffleboard, garden beds bursting with flowers, and more. This new space will invite you to enjoy fresh air, light exercise, and good conversation when the weather is nice.

Inside the center, La Bodega and La Farmacia are open Tuesdays and Fridays. Each month the Elisha Project donates personal care items and other essentials, which we distribute to members at no cost. Seeing how these services ease daily needs reminds me of our commitment to support one another every day.

One of the brightest parts of each issue is highlighting your contributions. From Donald's Corner to Melvyn's poems and photographs, along with Valerie and Laurie's and now Sheila's poetry, your creative work is the heart of this newsletter.

As we look ahead, I hope you'll join in that creative effort. If you have a memory, a short essay, a poem, a recipe you love, a photo that makes you smile, or even a joke you enjoy, please send it our way. Don't worry about spelling or format. I will handle it.

I have an exciting announcement! Beginning in September, we will expand this newsletter from 12 to 16 pages. That extra room will let us highlight more happenings at the center and include Spanish-language content for our Spanish-speaking members. Most importantly, it gives us more space to celebrate you and the spirit of Aging Well.

Thank you for reading, for sharing, and for helping us make this center a little better every day. Let's keep moving forward. – Ryan

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Woonsocket, RI 02895**

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Wed-Sat 10-4 • Anytime by Appointment

Tom, Jane, Zachary Stone-Tatro

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Family Support Center
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Woonsocket, RI

LIHEAP

Get one-on-one help with your Medicare questions

I'm Shannon Crowe, a licensed sales agent in Woonsocket. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

**Call today to learn more about Medicare
Advantage plans in your area**



Shannon Crowe
Licensed Sales Agent
401-206-3227, TTY 711
scrowe@crowechoice.com
UHC.com/medicare

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Aging Well Inc, Woonsocket, RI

06-5460

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Serving Sizes Grains: 2 Ounces Vegetables: 1/2 Cup Fruits: 1/2 Cup Protein: 3 Ounces Dairy: 1 Cup Coffee, Tea, Water * Cold Option All menu items may contain nuts, seeds, beans, wheat bran, and other	Allergens All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the RI Office of Healthy Aging</i>			01 Tomato cauliflower soup Braised beef brisket Roasted Potato w/ veggies, Tomato salad Pineapple chunks *Ham & Cheese on Wheat
04 Escarole bean & sausage Meatball sandwich Roasted zucchini & carrots Brownie * Chicken salad on rye	05 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches * Tossed salad w/Chicken	06 Tuscan white bean soup Roasted pork loin w/ gravy Rice pilaf Peas & onion Sliced pears * Seafood salad sandwich	07 Chickpea & Kale soup Pot roast w/ gravy Mashed potatoes Green beans Cake * Spinach salad w/Chicken	08 Cream of mushroom soup Goulash Cucumber salad Garlic roll Sliced apples * Ham & Cheese on rye
11 Closed in Observance Of Victory Day	12 Vegetable soup Creamy Tuscan chicken Broccoli Florets Roasted sweet potatoes cake * Egg salad on rye	13 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon * Tuna salad plate	14 Tomato soup Meatloaf w/gravy Mashed potatoes Baby carrots Peaches * Cobb salad	15 Chicken soup Pub burger w/cheese Baked beans Cole slaw/chips Watermelon * Hot dog
18 Vegetable lentil soup Cider glazed chicken thighs Potato wedges Mixed vegetables Watermelon * Roast beef on roll	19 Minestrone soup Pepper steak Rice pilaf Roasted carrots Sliced pears * Chef salad	20 Tomato soup Creamy feta & tomato chicken Potatoes, mushrooms & tomatoes Oatmeal cookie * Seafood salad sandwich	21 Mushroom barley soup Sliced turkey w/gravy Sweet potatoes Green beans, Cake *Ham & cheese on wheat	22 Chicken escarole soup Shepards pie Mashed potatoes Peaches * Cobb salad
25 Corn chowder Fried chicken Roasted potatoes Green bean salad Chocolate chip cookie *Turkey sandwich on wheat	26 Mushroom barley soup Smothered pork /gravy Mashed potatoes Broccoli Sliced peaches * Chicken salad on wheat	27 Tomato soup Baked chicken topped w/ Eggplant Bolognese Mediterranean rice Cake * Seafood salad plate	28 Chicken soup Salisbury steak Mashed potatoes Buttered corn Fresh melon * Tossed salad w/chicken	29 Chicken soup Grill chicken Spanish rice Mixed vegetables Mixed fruit * Egg salad on wheat

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Visit lpcommunities.com



COMMUNITY HIGHLIGHT

Photo courtesy of [Name] showing their home in [Location].

SECTION HEADING

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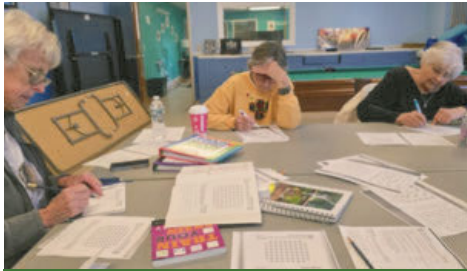
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SUPPORT THE ADVERTISERS that Support our Community!



August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
84 Social St. All activities listed on this calendar are held at 84 Social Street in Woonsocket, RI. 401-766-3734	\$18/year All activities listed on this calendar are included in the \$18/year except Premium Activities followed by an asterisk*			01 09:30am Qigong w/ Patricia 10:30am Brain Games 01:30pm The Garden - Hydroponics gardening Located downstairs
04 09:30am Keep Moving 10:30am Write for Delight 12:30pm Bingo 12:30pm Ageless Pilates with Elaine 01:30pm Walk Fit w/ Elaine	05 09:30am Balance & Flex 10:00pm Tap for fun 10:30am Chair Volleyball 01:30pm Zumba Gold 02:30pm Line Dancing	06 09:30am Get Moving 10:30am Meditation 12:30pm Cribbage 12:30pm Beg. Line Dance 12:30pm *Paint class * 12:30pm-2:30pm *Reiki* 12:30pm Crochet for Fun 12:45pm Chair Yoga	07 09:30 am Get Moving 10:30am Ageless Pilates 12:30pm Bingo 02:00pm Adult Tap Class 03:00pm Barre Fitness	08 09:30am Qigong w/ Patricia 10:30am Brain Games 01:30pm The Garden - Hydroponics gardening Located downstairs
11 Closed in Observance of Victory Day	12 09:30am Balance & Flex 10:00am Tap for fun 10:30am Chair Volleyball	13 09:30am Get Moving 10:30am Meditation 10:30am Blood Pressure Screening 12:30pm Cribbage 12:30pm Beg. Line Dance 12:30pm Crochet for Fun 12:45pm Chair Yoga	14 09:30am Get Moving 10:30am Ageless Pilates 12:30pm Bingo 02:00pm Adult Tap 03:00pm Barre Fitness	15 09:30am Qigong w/ Patricia 10:30am Brain Games 01:30pm The Garden - Hydroponics gardening Located downstairs
18 09:30am Keep Moving 10:30am Write for Delight 12:30pm Bingo 12:30pm Ageless Pilates w/Elaine 01:30pm Walk Fit	19 09:00 am *The Point* 09:30am Balance & Flex 10:00am Tap for fun 10:30am Chair Volleyball 01:30pm Zumba Gold 02:30 pm Line Dancing 02:30pm-6:30pm *Food Day* more info to follow	20 09:30am Get Moving 10:30 am Mindfulness & Meditation 12:30pm Cribbage 12:30pm Beg. Line Dance 12:30 pm Crochet for fun 12:45pm Chair Yoga	21 09:30am Get Moving with Elaine 10:30am Ageless Pilates 12:30pm Bingo 02:00pm Adult Tap Class 03:00 pm Barre Fitness	22 09:30am Qigong w/ Patricia 10:30am Brain Games with Sue 12:30 am Movie 01:30pm The Garden - Hydroponics gardening
25 09:30am Keep Moving 10:30am Write for Delight 12:30pm Bingo 12:30pm Ageless Pilates w/Elaine 01:30 pm Walk Fit	26 08:30am *Breakfast* 09:30am Balance & Flex 10:00am Tap for Fun 10:30am Chair Volleyball 12:00pm *Reflexology* 12:30pm Special Bingo 01:30pm Zumba Gold 02:30pm Line Dancing	27 09:30am Get Moving 10:30am Meditation 12:30pm Cribbage 12:30pm Beg. Line Dance 12:30pm Crochet for Fun 12:45pm Chair Yoga	28 09:30am Get Moving with Elaine 10:30am Ageless Pilates 12:30pm Bingo 02:00pm Adult Tap Class 03:00 pm Barre Fitness	29 09:30am Qigong w/ Patricia 10:30am Brain Games 01:30pm The Garden - Hydroponics gardening Located downstairs



BRAIN GAMES

JOIN US FRIDAYS AT 10:30AM
AT 84 SOCIAL STREET!

Brain Teaser: *If you have me,
you want to share me. If you
share me, you no longer have
me. What am I?*



ACTIVITIES FREE W/MEMBERSHIP

All activities, unless explicitly stated*, are included in your \$18/year membership! Some free events require lunch registration. Also take advantage of free nutrition counseling and more!

DID YOU KNOW?

Aging Well Inc. welcomes members from all over Rhode Island and Southern Massachusetts. Our participants come from diverse backgrounds, including those who are still working and balancing busy lives. We're proud to provide programs and resources that fit the needs of our vibrant and active community.

REIKI*

Wednesday, 8/6 12:30pm

Experience a soothing, one-on-one energy healing session with our certified Reiki practitioner. Each 30-minute appointment helps ease tension, support relaxation, and promote balance through gentle touch and guided intention. Space is limited, so reserve your spot for the first Wednesday of the month.

PAINT CLASS W/ANA

Wednesday, 8/6 12:30pm

Join Ana for a guided painting session sponsored by Oak Street Health. All supplies are provided and no experience is needed, only your creativity and enthusiasm. This one-time workshop will help you explore color and technique in a friendly, supportive setting.

DIAMOND ART*

Wednesday, 8/13 12:30pm

Join Ryan's mom Teri for a hands-on diamond art workshop. Participants place tiny "diamonds" onto a pre-printed canvas to reveal a sparkling design. This friendly session encourages focus and fine motor skills, and you'll leave with your own work of art to display or gift.

THE POINT

Tuesday, 8/19 9:00am

Maria from The Point will be on site to offer free, personalized guidance on programs, benefits, and services available to older adults in our community. Call ahead to schedule your one-on-one session.

FOOD DAY*

Tuesday, 8/19 2:30-6:30pm

Join us for The Power of Food event featuring a 2:30pm screening of "We Feed People," the story of Chef José Andrés and World Central Kitchen. At 4pm,

Chef Kevin Millonzi will demonstrate healthy cooking techniques with samples courtesy of Blue Cross Blue Shield RI. The evening wraps up with dinner and a cash bar at 5pm. \$10 members, \$15 non-members.

MUSIC W/ NICOLE

Monday, 8/18 10:30am

Nicole returns to fill the main hall with music and welcomes all your song requests, from timeless standards to modern favorites. Whether you choose to join the singalong or simply listen, her performance offers a lovely fun time bringing us all together through the power of music.

BREAKFAST CLUB*

Tuesday, 8/26 8:30am

Come enjoy a \$3 hot breakfast made fresh by Steve and Marie. It's a great way to start your morning with good food, great company, and lively conversation. Advance sign-up is required—space is limited.

REFLEXOLOGY*

Tuesday, 8/26 12:00pm

Treat your feet to a restorative reflexology session that uses gentle pressure on key points to encourage relaxation and improve circulation. Each 20-minute session aims to ease tension and promote a sense of overall well-being. Sign up in advance as appointments are \$20 for members and limited.

SPECIAL BINGO

Tuesday, 8/26 12:30pm

Our monthly Free (w/ lunch) Special Bingo includes bonus games, extra prizes, and big laughs. Whether you're a bingo pro or new to the game, this is your chance to experience our new bingo system and play for free for a chance to win money! \$100 will be won for free!

Reflections

A poem by Laurie Bartlett

Reflecting back upon the years
The smiles and the tears
The triumphs, the failures
The victories and the fears

The things that molded me
Made me who I am today
Took pieces of my heart
Or filled in all the gray

The lessons that I learned
Mistakes I made along the way
Paths that I had chosen
Detours I took and went astray

Did I do me any good
Bring a smile to someone's day
Did opportunities go unnoticed
Did I take advantage either way

Did I do the best I could
At that moment in that time
Did I strive for self improvement
And be better as I climbed

Was I considerate of others
Was I kind before they left me
Did I not hurt people's feelings
Was there something to respect in me

When I look now in the mirror
Am I liking what I see
Do I recognize that person
Or does a stranger stare at me

What is August?

A poem by Valerie Popek

National Peach Month
National Golf Month

THE JOY OF GREAT AUGUST

National Farmer Market Month
National Summer Safety Month

ENJOY THE MONTH OF AUGUST

August 9th is National Book Lovers Day
Read one whole book, enjoy it, what the hay
And please read your book by the bay
Pick a day that is sunny and not gray.

Go get a book just meant special for **YOU**
Or read 2 and 3 books go wild and go koo-koo
Read a book about "Bobby Met Sue"
August is a time to read a book, whoo knewww.

Take Care

A poem by Sheila Turcotte

Take Care of Yourself
Smile each day
To take the Sadness away
Move your body
because Motion is Lotion
Friends help in lots of ways
Be one to have one
It truly helps
You will Shine when you're kind

Anticipation

A poem by Mel Gendron

*From my garden,
Still mostly green,
On the windowsill,
Ripen.
Lightly blushing.
Someday soon,
A total red,
Luscious
Treat.*



DONALD'S CORNER

Lots of people like to dance. Different people like different dances. Lots of different types of dances; polka, line dancing, the waltz, ballroom dancing, salsa, ballet, tango, and square dancing to name some types of dances. I started square dancing once again and I like it. Square dancing is fun, good exercise, a team effort. There is time to socialize, have a bit to eat and have coffee or water. Learn a lot of different steps. Square dancing is starting once again in September. I am going to have fun. Until next month, see you at the Senior Center.

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OUTDOOR
GREEN SPACE
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mind - body - spirit

AGING WELL INC.

GOAL: \$150,000

Help Us Get There!



BRAIN GAMES

Answer from Page 6:

If you have me, you want to share me. If you share me, you no longer have me. What am I?

(Answer: A secret)

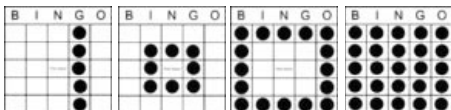
Whether you got the right answer or not, what truly matters is keeping your brain active and sharp. Exercise your mind and have fun while you're at it. Join us at Brain Games every Friday at 10:30am and challenge yourself with more puzzles

BINGO

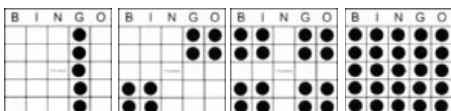
Mon/Thu 12:30pm

Our all new bingo system is up and running! Let's Play Three!

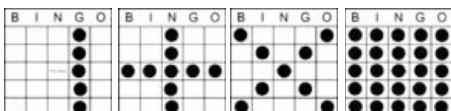
Game 1: Single, Inner Round, Outer Round, Full Card.



Game 2: Single, Double Postage, Four Corner Postage, Full.



Game 3: *Bonus Ball* Single, Plus Sign, Letter X, Full Card.



Cards (4 grids) are just \$1.00.

GET & KEEP MOVING

M/W/Th 9:30am

Stay energized in this engaging class for all fitness levels. Build strength, flexibility, and stamina at your own pace. It's a fun way to stay healthy, meet friends, and enjoy movement at your pace.

WRITE FOR DELIGHT

Most Tuesdays, 10:30am

Join Jane Allard for a creative writing journey! Whether you love poetry, stories, or journaling, this group sparks creativity and connection. Beginners and experienced writers are all welcome to participate!

AGELESS PILATES

Mon 12:30pm, Th 10:30am

Join Elaine for Ageless Pilates, a gentle workout designed to build core strength, improve posture, and enhance flexibility. Perfect for all abilities, this class combines relaxation and movement to leave you feeling your best.

CHAIR VOLLEYBALL

Most Tuesdays, 10:30am

Team up for an adapted game of volleyball while seated. Using a beach ball, participants work on hand-eye coordination and gentle movement in a fun, social setting. It's a playful way to stay active, have laughs, and enjoy friendly competition with some fun and friendly people!

ZUMBA GOLD

Most Tuesdays, 1:30pm

Fran leads this high energy Zumba Gold class set to lively Latin and world rhythms. Easy-to-follow steps and low-impact moves boost cardio and coordination. Wear comfortable clothes and sneakers and bring a positive attitude for a spirited, social workout that energizes the body and mind.

MEDITATION

Wednesdays, 10:30am

Relax and recharge with Jane Allard in a guided meditation session designed to calm your mind and restore balance. Learn techniques to reduce stress, improve focus, and cultivate mindfulness in your everyday life. Take time for yourself, reconnect with your inner calm, and leave feeling refreshed and ready to embrace the day.

CRIBBAGE

Wednesdays, 12:30pm

Sharpen your mind with Cribbage! Enjoy this timeless card game in a friendly and relaxed environment. Beginners and seasoned players alike will love the camaraderie and competition. From the seasoned player to people looking to learn the rules, everyone is welcome to join in and play this classic card game!

CROCHET GROUP

Wednesdays, 12:30pm

In the crafts room downstairs, gather with fellow crafters to sit, chat, crochet, and have fun. Bring your own yarn and hook or use ours to work on projects big and small. All skill levels welcome. Come for conversation, company, and creativity.

GARDEN GROUP

Fridays, 1:30pm

Downstairs in El Jardin at La Placita, join our Garden Group to learn hydroponic growing techniques and hands-on balm and aloe making. Our instructor leads each step in English, showing you how to set up systems, nurture plants, and transform fresh herbs into soothing remedies. No experience needed. Stay social as you share tips, harvest together, and learn new skills and have a great time gardening!



BINGO EVERY DAY AFTER LUNCH IN SEPTEMBER

September is national senior center month, and to celebrate we are offering Bingo every weekday on our brand new bingo system.

THREE CALLS PER DAY FIVE DAYS PER WEEK

BINGO CARD (4)

\$1.00 EACH



84 Social Street
Woonsocket, RI



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AGING WELL INC.

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UnitedHealthcare's contract with Brown University Health will no longer include Rhode Island Hospital, Miriam Hospital, Hasbro Children's Hospital, or Newport Hospital as of July 1, 2025. CMS has authorized a two-month Special Enrollment Period (SEP) for affected members; it begins the month you receive your official UHC notice about the network change and runs through two full calendar months after. During this SEP you may:

- Switch to any Medicare Advantage plan in your area—including ones that still include Brown University Health hospitals in-network
- Return to Original Medicare
- After returning to Original Medicare, enroll in a Medigap policy without medical underwriting using your guaranteed-issue rights (you cannot stay in a Medicare Advantage plan and get a new Medigap simultaneously)

Medigap guaranteed-issue rights: All affected members always have GI rights to Plans A and B. If you turned 65 before January 1, 2020, you also have GI rights to Plans C and F (but not D or G). If you turned 65 on or after January 1, 2020, you have GI rights to Plans D and G (Plans C and F are not available to new eligibles).

For free, confidential one-on-one help during this SEP, make a free appointment with Guy today.



FREE ASSISTANCE

- **MEDICARE PART D**
- **MEDICARE ADVANTAGE PLAN**



Aging Well offers Frozen Meals to go (\$3 suggested donation)

Ask a staff member for assistance maintaining an emergency food shelf at home.

MAKE A DONATION

Aging Well Inc. is a separate non-profit 501(c)(3) organization that proudly operates the senior center for the City of Woonsocket. Meals cost double our suggested donation, and your support helps bridge the gap and allows us to continue offering our great activities. Please consider donating if you're able!