



GET IN TOUCH

84 Social Street
Woonsocket, RI 02895

401-766-3734
www.agingwellinc.org

SEPTEMBER 2025 NEWSLETTER



This cover image of our updated main hall at 84 Social Street was featured in the August 28 Valley Breeze article by Corey Plante. Scan the QR code to see the full story about our new bingo system.

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

BINGO EVERY WEEKDAY IN SEPTEMBER!

Attention all bingo fans age 55 and older! September is National Senior Center Month, and Aging Well Inc. is celebrating with bingo every weekday. Monday through Friday all month long, join us at 12:15pm after lunch for an afternoon of fun, excitement, and friendly competition. We will be playing on our new bingo system with four big screen TVs so everyone can follow along. Cards are just \$1 each, and we play three

games every day with plenty of chances to win. Whether you are a seasoned player or trying it for the first time, there is a seat waiting for you. New to Aging Well? Just be 55+ and stop by 84 Social St. at 12:15pm to buy your cards and play! Also, stick around immediately after bingo for a guided tour of our renovated and revitalized community center with Executive Director Ryan MacLeod. We bet you will be impressed!

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

Jane Allard
Diane Westerman

Fitness Instructors

Steve Westerman
Elaine Olivier

Dance & Fitness Instructor

Fran Golombiewski

FROM THE EXECUTIVE DIRECTOR

In September we launch The Kindness Project with Diane and Jane, and for this project to succeed, it has to mean more than being kind for an hour a week. Real kindness is deeper than that. It means being honest with yourself, and sometimes it means challenging others to do better when they are not living up to what this place is about.

People often describe my office as “Grand Central Station” because of the steady stream of people who pass through each day. I welcome that. I believe in an open door policy, and I am glad people feel comfortable enough to bring ideas and concerns. That is part of what makes Aging Well alive. But I will also be honest: it is frustrating to hear so many complaints that would not exist, or would be solved quickly, if we all simply exercised more kindness. If we saw everyone else as our fellow human being and not a competitor or foe.

It even came to my attention recently that someone told another member they do not belong here. That Aging Well is not for them. That is nonsense. Aging Well Inc. is for any senior who wishes to be here and follows the rules, whether they are a multi-millionaire or homeless. No one has the right to tell another person they do not belong if they are following the rules. We are all just human beings trying to get by.

We would do well to remember that every one of us, myself included, is much closer to being homeless than to being a billionaire. Any of us could be some bad luck away from disaster. That is a reality. Many of us benefit from public housing or other forms of support. Many struggle every day just to get by in a cruel world. But there is more than enough for us all, to lift our neighbor up rather than push them down. And to remember our brains are not always primed to be kind and rational.

If I receive one bag from La Placita and the person next to me takes two, part of my primal brain feels it has been wronged. It feels like I lost a bag compared to my neighbor. But rationally, that is not true. I did not lose anything. I gained a bag of free stuff. I am much better off than I was before. It may not feel “fair” that someone broke the rules, and it is not, but one person taking advantage should not mean we stop helping people. The only way I can guarantee that everyone gets the same number of bags of free items from downstairs is for that number to be zero. Would we really be better off as a community with no one getting anything so that no one feels wronged?

Our brains trick us into comparison, envy, and resentment, even when gratitude would be healthier. No one knows what someone else is going through. That extra bag may have made all the difference in their life. This is not saying it is okay to break the rules, it isn't, rather it is saying we would all be better off being grateful for what we have.

The Kindness Project can be about conditioning ourselves to live this way. To notice when the jealous instinct kicks in and deliberately replace it with gratitude. To treat each other with patience and understanding even when we are tired or frustrated. Because it will make us happier people. And in the end, Aging Well will only be as strong as the kindness we live by. I hope you will join the project. - Ryan

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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
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Aging Well Inc, Woonsocket, RI

06-5460

SEPTEMBER AT 84 SOCIAL STREET

Membership at Aging Well is just \$18 a year and gives you the freedom to pick just your favorite activities or spend the entire day. From busy professionals to retirees, Aging Well Inc. is here for all local seniors with fun, excitement, a good meal, and community.

8:30-9:30am—Coffee & Conversation

Start your morning with good company, a warm cup of coffee or tea, and plenty of conversation in the main hall at 84 Social Street. Starting in September, we will be offering breakfast options on select days, so be on the lookout for that! Members sit around and chat, walk around the center to get their steps in, and start their day on a positive note.

9:30-10:30am—Morning Exercise

Every weekday at 9:30am we offer a free exercise class included with your \$18 membership. Whether it is Keep Moving, Get Moving, Balance and Flex, or Qigong, you can start each weekday on the right note with healthy movement and socialization at your own pace.

10:30-11:30am—Wellness Activity

Each morning at 10:30am features a free wellness activity. Options include Write for Delight, Chair Volleyball, Mindful Meditation, Ageless Pilates, Music, or Brain Games. It is the perfect way to follow up exercise while keeping both body and mind active. Check the activity schedule for that day's offering.

11:30am-12:15pm—Lunch

Enjoy a delicious catered hot meal for just a \$3 suggested donation (60+). Where else can you find a deal like that in these days of inflation and everything costing more? Also, the food is good! If you haven't eaten at 84 Social Street, sign up for lunch 48 hours in advance and come try it out, you don't even have to be a member of Aging Well Inc. to eat here!

12:15pm-1:30pm—Daily Bingo!!!

Our most consistently attended activity, bingo keeps the mind active while building friendships and community. What better way to celebrate National Senior Center Month this September than by offering bingo every weekday after lunch?

Cards are just \$1 and go on sale at 12:15pm for all three games. That means members (\$18 per year) can enjoy coffee and conversation, morning exercise, a wellness activity, lunch, and three games of bingo for a grand total of six dollars. You can barely cross the street these days for that price. Plus, it might just be your lucky day—each afternoon brings a variety of fun games with 12 chances to win.

In September we are testing daily bingo to see if Woonsocket seniors want more than two days per week. Please come play, invite your 55+ friends to join Aging Well Inc., and help spread the word. The October schedule will be based on how popular bingo is in September, so your support will help shape the future of our brand-new bingo program. Do you want bingo to be offered more often than Mondays and Thursdays? Then show up, play bingo, and tell your 55+ friends to join Aging Well Inc. and do the same!

12:30pm-1:30pm—Enjoy the rest of the center

Not a bingo player? No Problem! There is plenty more to do. Shoot a game of pool, try a board game in La Placita, knit, sew, crochet, or work on crafts in the craft room. You can also do puzzles, go for a walk, dance, exercise, read, or simply relax. 84 Social Street is a big, beautiful building filled with possibilities.

1:30pm—Afternoon Activities

There is almost always something going on in the afternoons at Aging Well Inc. Check the activity calendar for that day's offerings, whether it's diamond art, music, dance, fitness, or gardening.

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 OCTOBER EDITION

COMMUNITY HIGHLIGHT
 Photo courtesy of [Name] showing a group of people smiling.

SECTION HEADING
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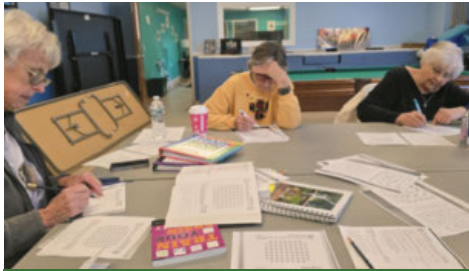
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 Community!**

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 	02 #1 Tomato cauliflower soup Beef tips w/ mushroom gravy Mashed potatoes Green beans Cookie #2 Chicken salad on wheat	03 #1 Vegetable soup Creamy Dijon chicken Rice pilaf Mixed vegetables Sliced peaches #2 Tuna salad plate	04 #1 Chicken soup Roasted pork loin Sweet potatoes Cauliflower broccoli salad Cake #2 Turkey sandwich on rye	05 #1 Clam chowder Meatball & pepper sandwich Roasted vegetables Herb roasted potato salad Sliced watermelon #2 Cobb salad
08 #1 Mushroom barley soup Chicken marsala Roasted zucchini & carrot Lemon rice Chocolate chip cookie #2 Chicken salad on rye	09 #1 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches #2 Tossed salad w/ chicken	10 #1 Tuscan white bean soup Chicken & broccoli Vegetable fried rice Peas & onion Sliced pears #2 Seafood salad sandwich	11 #1 Tomato soup Open turkey sandwich Mashed potatoes Green beans Cake #2 Ham & cheese on wheat	12 #1 Mediterranean lentil soup Lasagna roll up w/meat sauce Cucumber salad Garlic roll Sliced apples #2 Chef's Salad
15 #1 Vegetable soup Shepherd's pie (peas, carrots, corn, mashed potatoes) Brownie #2 Turkey sandwich	16 #1 Vegetable barley soup Creamy garlic pork chop Broccoli florets Roasted sweet potatoes Mixed fruit #2 Egg salad on rye	17 #1 Carrot soup Chicken parmesan Roasted potatoes Green beans Watermelon #2 Tuna salad plate	18 #1 Cream of broccoli soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake #2 Greek salad w/chicken	19 #1 Chicken soup Pub burger w/cheese Baked beans Cole slaw Watermelon #2 Hot dog
22 #1 White bean soup Chicken cordon bleu Potato wedges Mixed vegetables Watermelon #2 Roast beef on roll	23 #1 Meatball soup Stuffed shell w/meat sauce Roasted potato Zucchini w/carrots Sliced pears #2 Chef salad	24 #1 Tomato soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie #2 Seafood salad sandwich	25 #1 Creamy mushroom soup Pepper steak Mashed potatoes Green beans Cake #2 Ham & cheese on wheat	26 #1 Chicken escarole soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches #2 Cobb salad
29 #1 Minestrone soup Sausage & pepper sandwich Roasted potatoes 3-bean salad Chocolate chip cookie #2 Turkey sandwich on wheat	30 #1 Chicken soup Smothered pork w/gravy Mashed potatoes Broccoli Sliced peaches #2 Chicken salad on wheat	Congregate meals served daily at 11:30am for a \$3 suggested donation are for anyone 60+ and eligible Aging Well Inc. members. Members younger than 60 and determined ineligible for the federal meal program can sign up for lunch and pay \$7.50 per meal.	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging and The Rhode Island Office of Healthy Aging. Dinner rolls, milk, and water are served with all meals. Menu subject to change without notice.	Please reserve meals at least 48 business hours in advance. EBT cards accepted at 84 Social Street for meals. SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01  08:30am: Coffee & Conversation 09:30am: Balance & Flex 10:00am: Tap for Fun 10:30am: URI Nutrition 12:15pm: BINGO* 01:30pm: Zumba Gold 02:30pm: Line Dancing	02 08:30am: Coffee & Conversation 09:30am: Balance & Flex 10:00am: Tap for Fun 10:30am: URI Nutrition 12:15pm: BINGO* 01:30pm: Zumba Gold 02:30pm: Line Dancing	03 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Meditation 12:15pm: BINGO* 12:30pm: Reiki* 12:30pm: Beg. Line Dance 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm: Crochet Group	04 08:30am: Coffee & Conversation 09:30am: Get Moving 10:30am: Ageless Pilates 12:15pm: BINGO* 02:00pm: Adult Tap 03:00pm: Barre Fitness	05 08:30am: Coffee & Conversation 08:30am: Podiatrist* 09:30am: Qigong w/Patricia 10:30am: Kindness Project 12:15pm: Brain Games 12:15pm: BINGO* 01:30pm: Garden Group
08 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Music w/Anne Marie 12:15pm: BINGO* 01:30pm: Board Games	09 08:30am: Coffee & Conversation 09:00am: Mini-massage & Reflexology* 09:30am: Balance & Flex 10:00am: Tap for Fun 10:30am: Chair Volleyball 12:15pm: BINGO* 01:30pm: Zumba Gold 02:30pm: Line Dancing	10 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Meditation 12:15pm: BINGO* 12:30pm: Beg. Line Dance 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm: Crochet Group	11 08:30am: Coffee & Conversation 09:30am: Get Moving 10:30am: Music 12:15pm: BINGO* 02:00pm: Adult Tap 03:00pm: Barre Fitness	12 08:30am: Coffee & Conversation 09:30am: Qigong w/Patricia 10:30am: Kindness Project 12:15pm: Brain Games 12:15pm: BINGO* 01:30pm: Garden Group
15 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Write for Delight 12:15pm: BINGO* 12:30pm: Ageless Pilates 01:30pm: Board Games 01:30pm: Walk Fit	16 08:30am: Coffee & Conversation 09:30am: Balance & Flex 10:00am: Tap for Fun 10:00am: The Point 10:30am: Museum of Work and Culture* 12:15pm: BINGO* 01:30pm: Zumba Gold 02:30pm: Line Dancing	17 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Meditation 12:15pm: BINGO* 12:30pm: Reiki 12:30pm: Beg. Line Dance 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm: Crochet Group	18 08:30am: Coffee & Conversation 09:00am: RIPTA 09:30am: Get Moving 10:30am: Ageless Pilates 12:15pm: BINGO* 02:00pm: Adult Tap 03:00pm: Barre Fitness	19 08:30am: Coffee & Conversation 09:30am: Qigong w/Patricia 10:30am: Senior Center Forum 11:30: Free Lunch BCBSRI 12:15pm: Brain Games 12:15pm: BINGO* 01:30pm: Spanish Guitar 01:30pm: Garden Group
22 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Write for Delight 12:15pm: BINGO* 12:30pm: Ageless Pilates 01:30pm: Board Games 01:30pm: Walk Fit	23 08:30am: Coffee & Conversation 09:30am: Balance & Flex 10:00am: Tap for Fun 10:30am: Chair Volleyball 12:15pm: BINGO* 01:30pm: Zumba Gold 02:30pm: Line Dancing 04:00pm: Paint & Sip*	24 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Kindness Meditation 12:15pm: BINGO* 12:30pm: Beg. Line Dance 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm: Crochet Group	25 08:30am: Coffee & Conversation 09:30am: Get Moving 10:30am: Ageless Pilates 12:15pm: BINGO* 02:00pm: Adult Tap 03:00pm: Barre Fitness	26 08:30am: Coffee & Conversation 09:30am: Qigong w/Patricia 10:30am: Brain Games 12:15pm: BINGO* 01:30pm: Garden Group
29 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Write for Delight 12:15pm: BINGO* 12:30pm: Ageless Pilates 01:30pm: Board Games 01:30pm: Walk Fit	30 08:30am: Steve & Marie Breakfast Club* 09:30am: Balance & Flex 10:00am: Tap for Fun 10:30am: URI Pharmacy-Tickborne Illness 12:15pm: BINGO* 01:30pm: Zumba Gold 02:30pm: Line Dancing	Aging Well Inc Membership is just \$18/year and includes free access to all activities without an asterisk.	La Bodega & La Placita stores with free items for members open Tuesdays and Fridays with new deliveries once per month	La Placita Spanish language programming is Fridays in the basement level and is open to all members



BRAIN GAMES

JOIN US FRIDAYS AT
84 SOCIAL STREET!

**Brain Teaser: I am the
largest in the world, but
have the shortest name.
What am I?**
(Answer on P. 10)



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.

URI NUTRITION

Tuesday, 9/2 10:30am

Our friends from The University of Rhode Island share practical tips on healthy eating and simple changes that boost balance, energy, and overall well-being. Free and open to all members.

REIKI*

Wednesday, 9/3 12:30pm

Relax and restore with Kim Garneau in our wellness room. This gentle energy practice promotes balance, eases stress, and supports overall well-being. Sessions are \$10 each and for members only. Sign up in the office to reserve your spot!

PODIATRIST*

Friday, 9/5 8:30am

Healthy feet help you stay active and comfortable. A professional podiatrist will be available for on-site visits to check foot health and provide care. Slots are limited, so please sign up in the office to reserve your appointment.

MUSIC W/ ANNE MARIE

Monday, 9/8 10:30am

Enjoy a fun morning of live music with Anne Marie. Tap your feet, sing along, dance, and share familiar favorites in a relaxed and welcoming setting. Anne Marie always makes it fun. Free to attend for all Aging Well Inc. members, no sign up is needed. Just be in the main hall at around 10:30 and enjoy some live music!

MUSEUM TRIP*

Tuesday, 9/16 10:30am

Meet us at the Museum of Work & Culture or let us know if you need transportation. Admission is \$10 and boxed lunches will be available. Explore Rhode Island's stories of workers, families, and tradition while enjoying the day.

CENTER FORUM

Friday, 9/19 10:30am

Make your voice heard at our community forum. Share your thoughts, discuss future offerings, and connect with staff and members about the direction of the center. Followed by free lunch sponsored by Blue Cross Blue Shield of Rhode Island!

SPANISH GUITAR

Friday, 9/19 1:30pm

Enjoy a beautiful afternoon of live Spanish guitar. Sit back, relax, and take in the warm, melodic sounds that fill the room.

PAINT & SIP*

Tuesday, 9/23 4:00pm

Sign up for a fun evening of painting and refreshments. All supplies are provided and you will create your own fall-themed artwork to take home while sipping wine and having fun!

BREAKFAST CLUB*

Tuesday, 9/30 8:30am

Enjoy a hearty \$3 breakfast prepared in our kitchen by Steve and Marie. Good food, good company, and a wonderful way to start your day. Always a member favorite, so be sure to join us in the main hall at 8:30am. Must sign up in the office.

TICKBORNE ILLNESS

Tuesday, 9/30 10:30am

Learn from URI Pharmacy experts about how to prevent, identify, and respond to tickborne disease.

REFLEXOLOGY*

Tuesday, 9/30 12:00pm

Treat yourself to a reflexology session in our wellness room. This \$20 members-only treatment supports circulation, eases stress, and restores balance. Space is limited, sign up in the office to secure your appointment today!

COFFEE & CONVERSATION

Weekdays, 8:30am

Enjoy free coffee and unstructured socialization, walking, or whatever you choose. This is an easy and welcoming way to start your day with friends. We are also working to make breakfast options available in September, adding even more reason to join us each morning.

GET & KEEP MOVING

Mon/Wed/Thu 9:30am

Stay active and feel strong with Steve and Elaine in these upbeat movement classes. You will build endurance, improve coordination, and increase flexibility through simple, guided exercises. Go at your own pace in a friendly, welcoming setting where newcomers and regulars feel equally at home. Like all of our exercise classes, this program is free and included with your \$18 per year membership.

WRITE FOR DELIGHT

Mon 10:30am (9/15, 22, 29)

Join Jane Allard for a welcoming writing group where everyone has a voice. Whether you enjoy journaling, storytelling, or poetry, this program encourages self expression, creativity, and connection. No experience is needed, just bring your imagination. You are also encouraged to write something that will be included in this newsletter if you would like!

BLOOD PRESSURE CHECKS W/ SUE

Most Tue/Fri Mornings

Stay on top of your health with free blood pressure screenings. These quick and simple checks are an easy way to monitor your wellness. No sign up is needed, see Sue behind the front desk.

BALANCE & FLEX

Tuesdays, 9:30am

Build strength and stability in this class designed to improve posture, flexibility, and everyday mobility. Gentle, guided movements make it safe for all fitness levels. A supportive and social environment ensures you get a workout that leaves you feeling confident and energized.

ZUMBA GOLD

Tue & Thurs 1:30pm

Dance your way to fitness with Fran in this lively, low impact class designed for older adults. Easy to follow routines set to upbeat music will boost your coordination, endurance, and energy. Zumba Gold feels more like a party than a workout!

MEDITATION

Wednesdays, 10:30am

Take a midweek pause with Diane and explore guided practices to calm your body and mind in our beautiful meditation room downstairs. This class reduces stress, improves focus, and supports emotional well being. Open to all levels, it offers a peaceful reset that leaves you centered and ready for the week.

CHAIR YOGA

Wednesdays, 12:45pm

Stretch, strengthen, and breathe in this gentle yoga class done entirely from a chair. Improve flexibility, posture, and peace of mind without needing to get on the floor. Chair Yoga is a relaxing way to build movement and mindfulness into your week.

QIGONG

Fridays, 9:30am

Qigong supports balance, circulation, and relaxation, making it a wonderful way to begin your Friday.

KINDNESS PROJECT

Fri 9/5, 12, Wed 9/24, 10/1

Join Diane and Jane for our Kindness Project, an ongoing program devoted to spreading positivity and building connections within our Aging Well community. Each week brings something different and meaningful: simple mindfulness practices that help us pause and reflect, creative art projects that brighten our walls and lift our spirits, and group conversations where we share personal stories and experiences of kindness in everyday life. In past sessions we have painted small canvases to create a "Kindness Wall," explored ways to weave kindness into our routines, and celebrated with joyful gatherings like a dance party and ice cream social. These programs remind us that kindness is not just an idea but a powerful force that brings people together, strengthens community bonds, and helps us feel more hopeful about the future. Everyone is welcome to participate, whether you want to create, share, or simply enjoy the company of others. We all need more kindness, and kindness is the way. Join us and take an active role in spreading kindness throughout September and beyond.

GARDEN GROUP

Fridays, 1:30pm

Join us downstairs in El Jardín for our weekly Garden Group. Instruction is in English and each week offers something new to try, from learning how to grow plants and herbs to making simple balms, lotions, and other creations with aloe and natural ingredients. It is a relaxed and friendly way to learn, share tips, and enjoy the calming benefits of working with plants together in our beautiful hydroponic garden.

Game 1

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Game 2

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Game 3

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BRAIN GAMES

Answer from Page 8:

Brain Teaser: I am the largest in the world, but have the shortest name. What am I?

Answer: The Continent of Asia (Submitted by Denise Mitchell)

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 on Fridays and challenge yourself with more puzzles with Sue and a great group of smart people!

BINGO EVERY WEEKDAY IN SEPTEMBER

Cards on sale Monday-Friday at 12:15pm

Bingo is open to everyone 55+ and combines the fun of competition with the joy of being together. Studies show it can improve memory, coordination, and mental focus while reducing stress and increasing joy.

Essentials for New Players:

- Game 1 typically starts right after card sales at 12:30pm
- Cards are \$1 each, and \$3 per pack of three cards, one for each game
- Cash only, purchase all cards at once for all games at 12:15pm
- Daubers provided free, or bring your own, or buy one for \$1.50
- Open seating, make sure you can see a screen
- Numbers are called every 17 seconds
- Wait until your number is officially called before calling Bingo
- Prizes split evenly for multiple winners, brought directly to your chair
- A special bonus ball begins Game 3

Bingo is about fun, friends, and community, and we are celebrating National Senior Center Month with bingo every day in September. We will determine our bingo schedule for October based on demand in September, so if you want more bingo, play — and bring your friends!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Kindness 101

by Sheila Turcotte

Just take a minute
or two

To do a kind deed.

Many go unnoticed
but you will
Shine if you are kind.

No matter how big
or small notice
daily how it
Brightens your day
and others.

So try, try, try to be kind.

Traffic on Truman Bypass

by Denice E. Mitchell

Autos flowing down the
pavement
Must

Stop
for the geese that flow
Across
the pavement

And moments later,
flow back across
to the greenway—

Mechanical monsters
Acquiescing

To bipeds blithely
Taking control
of the space
That humans presume
They
Have conquered.

Why is “E” the most unfortunate letter?

Because it is never in cash,
always in debt,
and never out of danger.

WHATS YOUR PORCH STORY?

Participant submissions from Write for Delight with Jane Allard on Monday mornings at 10:30am

My Porch Was a Party *by Denise Raab*

My porch was a party. A place of welcoming. A great place
To host friends, my daughter’s friends. Sunny days, windy days.
Especially rainy days! Thunder and lightning was an added bonus.

It was a beautiful wraparound affair, and I adorned it with great green
plants and white wicker furniture. There were breakfast and cocktails.

Most of all, there was joy on that porch. And love.

The Porch *by Jackie Browder*

I have several porch stories. My best is, of course, in the country before
the heat of the day comes, having a cup of coffee, small talk with my
grandmother and auntie and more family members who are beginning
their day would stop to say good morning.

My father’s porch was screened in, so it was a sort of spy porch because
no one knew you were there unless they came closer to the house.
Watching the birds and squirrels and chickens coming to life in the
morning was always a pleasure.

My porch is used now for small Bar BQ’s and talking with my husband, or
hanging out with the grandchildren.

Porch Memories *by Andree Fanning*

Today I have a small porch outside my screen door close to the recliner.
I sit and sleep in. I never go out on the porch, but enjoy the peacefulness
of the trees and the sky that I can see and even hear the leaves blow in
the wind.

But my memory is of a great porch we had on our second floor tenant
where I grew up. In summer, the living space for my sister and me. We
spent all day out there playing school or reading books.

We never sat to meditate then.

Stepping Out *by Denice Mitchell*

Stepping out onto the closed in porch, brings a change in temperature, a
transition between the closeness of the house and the complete
openness of “outside.”

The vista opens up — Windows, even picture windows, allow you to see
only so much of the world. The view from the porch opens up so much
more of the world, and brings me so much closer to the outside.

This view, though, still limits my view; I can’t see all of the sky and
clouds and the sun’s effects on them. I prefer a 360° view of the world,
but the porch is a great alternative to the four walls of the house’s
interior. Any poem I’ve written in the house was usually about “outside”
memories.

The Porch by Mel Gendron (reflecting on a screen house torn down)

Why do they always come after and destroy the things you alone find beautiful? This has happened to me several times.

When I first moved back to Woonsocket on Providence Street, I noticed when I went for walks there was a unique green house with a marvelous wrap-around porch constructed in an appealing unusual way. I found it so fascinating and lovely. I even took a photograph of it.

A couple of years later they began to renovate and to me it needed no such thing. Painting it brown with tan trimming on the porch. The whole thing was ruined.

Someone took something I thought was beautiful and corrupted it with mundane nothingness once again.

My Porch Story by Jeannine Giguere-Gagnon

My porch story is more of a patio, looking out to my backyard. There are trees on the right and backside, and a 3 foot fence between my other neighbor who has a dog.

I like to go out there when it is sunny and take in the ray of the sun. Many birds come and rest in the trees. Sometimes, I'll even see a groundhog before I step out. He is usually a big one, but I've seen smaller ones, too.

It's usually quiet if there are no neighbors out there. Someone even commented about my backyard that it does not seem like you are in Woonsocket being out there. You don't usually hear car noises because it is not a very busy street.

I have not enjoyed it so much this year because we never moved all the patio furniture out there for various reasons. I'm looking forward to next year. I have missed that spot to sit out and relax.

Martinis on the Porch by Jim Gagnon

When I was married to my first wife, we had a first floor apartment with a front porch. It was fenced in so when I would get home from work at 3 PM, I would take my dog out there with me and sit and enjoy a couple of martinis before starting dinner.

In the evenings before bed, back outside with the dog to look at the stars, enjoy the fresh air, and prepare for a good night's sleep. The porch had a light overhead, so if I wanted to bring a book with me, I could spend some quiet time, relaxing.

For some reason, my former wife never came out there. It felt like a place where I could just be me.

Porch and Breezeway by Don Crepeau

For me, my spot can be in the yard. Take a chair and sit on the chair in the yard. Sometimes see some birds either on the ground or flying in the air. Look at a few trees.

For my late stepfather his place was the breezeway. It is an enclosed space, could call it an enclosed porch. He liked sitting there and looking out the window.

Awakening

by Mel Gendron

Struggling to see,
Struggling to hear.
My sense of taste
Is as strong as ever.
As is my smell and touch.

I perceive more beauty
Now in nature,
Innocence of children,
Acts of kindness,
A good belly laugh,
A caring glance,
And certain little gestures,
That mean so much.

DONALD'S CORNER

By Donald Crepeau



We have the
Kindness Project
this month.

Kindness to one another is a good thing. Giving kindness to another person can make that person feel good and also make you feel good.

We will have to see how the Kindness Project goes. How can one be kind to another person? There are plenty of examples. A kind word, a smile, helping someone if they need it, or giving a glass of cold water to someone who is thirsty.

Kindness can extend beyond family, relatives, and friends. Extend kindness to people we know a little bit, and also extend it to strangers. Kindness in action can be a good deed in action.

Until next month, see you at the Senior Center.

SEPTEMBER KINDNESS PROJECT

Page 14

WITH DIANE & JANE



KINDNESS MAGNIFIED: 10:30AM

Join us as we share individual ideas, stories and experiences of kindness in our lives. We will focus on positive messages: past, present and future. As a group we will begin creating our wall of kindness for the Senior Center. Kindness shared is doubled!

COLLECTIVE COMMUNITY ART PROJECT: 10:30AM

Bring your open mind and allow your creativity to flow in our collective art project! We will create small canvases using paint, markers and other art materials to share our visions of kindness. These will be hung on our kindness wall to inspire and continue our collective kindness wishes for our Aging Well community and beyond... No art experience needed!!



LOVING/KINDNESS MEDITATION PRACTICE: 10:30AM

Come and experience a loving kindness meditation with special guest facilitator Sandy Deryck. Find some inner peace, self-kindness, and joy in easing the suffering of others. Let's make this world a brighter place!

DANCE PARTY & ICE CREAM SOCIAL: 1:30PM

Because Kindness is internal and comes to out to the external: Dance-it-out! Let's have some fun with a Dance party and Ice Cream social! Where do we go from here to spread kindness?



Our Kindness Project will spread out through our Aging Well community during the month of September with a kindness theme incorporated into our classes and daily activities!

My Hopes

A poem by Laurie Bartlett

I'm hoping that
Right from the start
You felt the love
Within my heart

I hope you know
I'm here for you
With a hug
Or an ear to chew

I hope I helped
To dry your tears
And took the time
To calm your fears

I hope I stopped it
When you bled
And chased the demons
From your head

I hope you felt me
Reaching out
Believed in you
You had no doubt

I hope I helped
To ease your pain
Restore your confidence
Helped keep you sane

Kept you warm
When it was cold
And gave you space
As you grew old

I hope that when
The times were tough
What I could give
It was enough

To see you through
The years you grew
Hoping I was always
There for you

I can't undo
My raising you
And that you wouldn't
Want me to

And never doubted
My love for you
And how it helped
What you went through

And healed me when
I broke in two
I'll never forget
There was a you...

Language

by Jeannine Dionne

How much is shared
through language?
Does the language
use really matter?
Why does one
language have so
many words for snow,
while others have
none for snow?

Does language only
qualify if it is spoken?
How about sign
language?

Are there "universal
sounds" such as to
express joy or
disapproval?

Are ears (hearing) and
eyes (sight) or touch
necessary for
"language?"

How many speakers
of a language are
needed to qualify as a
language?

Is laughter the same
in every language?

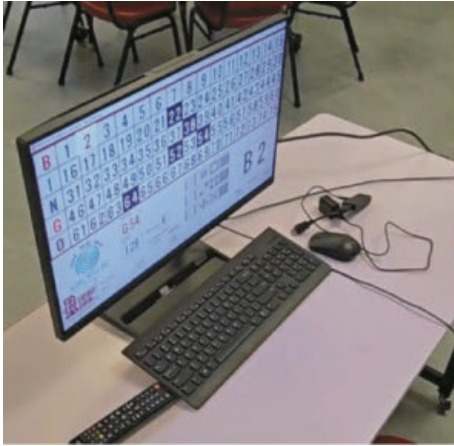
CONTRIBUTE SOMETHING TO THIS NEWSLETTER

We would love to feature your creativity in our monthly newsletter. Members of Aging Well Inc. are invited to share a poem, short story, recipe, photo, drawing, or any other creative work you would like included. Handwritten is perfectly fine. This is your chance to inspire others and make our newsletter truly yours.

Just swing by Ryan's office or email rmacleod@agingwellinc.org. Or, consider joining Write for Delight with Jane Allard on Monday mornings at 10:30 at 84 Social Street!

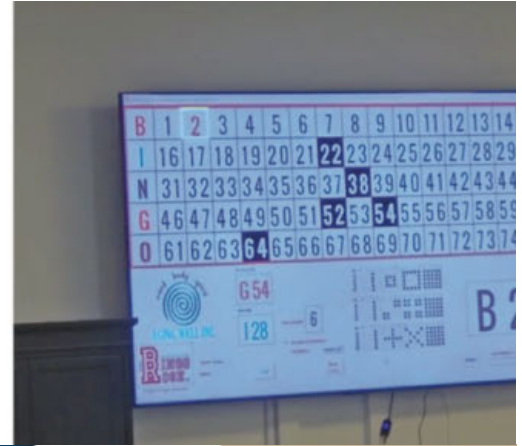
AGING WELL INC.

84 Social Street
Woonsocket, RI 02895
401-766-3734
www.agingwellinc.org



Bingo Every
Weekday in
September at 84
Social Street
Woonsocket, RI

12:15 PM



FREE ASSISTANCE

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

UnitedHealthcare and Brown University Health have failed to reach a new agreement, meaning as of July 1, 2025, Brown hospitals—including Rhode Island Hospital, Miriam, Hasbro Children's, and Newport—are no longer in-network for UnitedHealthcare Medicare Advantage plans. This change could result in higher costs for non-emergency hospital services. If you or someone you know has concerns or questions about how this may affect care or coverage, our MIAA counselor Guy is available for free, confidential meetings to help you understand your options.



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!