



AGING WELL INC.

GET IN TOUCH

84 Social Street
Woonsocket, RI 02895

401-766-3734
www.agingwellinc.org

NOVEMBER 2025 NEWSLETTER



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

ALL SENIORS WELCOME AT AGING WELL!

It seems like every day one or more new members are joining what we are building at Aging Well Inc. for just \$18/year. The building is beautiful, the activities are excellent, the bingo is growing, and the energy is contagious.

But bingo is just the beginning. From fitness and art to music, meals, and friendship, there is something here for everyone. Seniors 55+ can take part in all

activities and bingo, and those 60+ (or living in elderly or disabled housing) are welcome to enjoy our subsidized congregate meals.

Everything offered is well below market value; we pride ourselves on being the best deal in town! Invite a guest, bring a friend, and help us continue growing!

Stop by 84 Social Street in Woonsocket and see for yourself what makes this place so special!

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

Denise Marquis, Interim Dir.

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

Fall always makes me think of my grandfather. He was born in 1914, and he was a huge part of my childhood. He died when I was 18 years old, but I still think of him often. I think about how quickly time moves, and how the older I get, the more I understand him.

The funny thing is, if I were the Executive Director of his senior center, where he spent his golden years, he absolutely would have been one of the grumblers. The “why are we changing that, it was fine the way it was” type. And that’s not a criticism; it’s just human nature. Change is hard, especially for seniors, and especially when you feel you’ve finally found something that feels familiar, safe, and yours. But that doesn’t mean we stop trying to grow.

Take Bingo, for example. When we first rolled out the new high-tech system, it was far from perfect. The sound didn’t always work. The program sometimes froze. The setup took time. And I could hear it: “See? I knew this was going to happen.” “We should’ve left it alone.” Don’t think I didn’t hear the grumbles; I absolutely did. But I kept going because I believed in what I was doing and that the short-term pain is worth the long-term benefit. As Executive Director, those are the types of decisions I’m here to make. And we can never be afraid to try when we can always just go back to the way it was if it doesn’t work.

Be honest with yourself. When we were rolling the new Bingo system out, were you one of the “let’s give it time, Ryan will figure it out” people, or one of the “why’d we even change it” people? Only you know. But now, here we are, and honestly, is there a single person who wants to go back to the way Bingo used to be? We’re playing faster, smoother, and more games for bigger pots than ever. That’s progress, and it isn’t possible without a few growing pains along the way.

Since I took over in May of 2024, we’ve gone from 227 paying members to over well over 400. That’s amazing! In a world of uncertain funding at all levels, our biggest advantage for attracting the funding we need to stay open and vibrant is having a strong, popular, growing center that our funders can’t deny.

And even as we grow, there’s still plenty of room for everyone. You can still sit with your friends, have your routine, and enjoy your favorite activities. But we can also make space for new people and new ideas. There’s a big difference between “that seat’s taken” and “someone is sitting there, but let me help you find another place to sit.”

Aging Well is growing because it’s a place where people feel good about being together. Let’s keep it that way. Because the world out there is cruel enough already, but in here, it doesn’t have to be. It just takes all of us choosing for things to be better right here.

Lastly, I would like to inform everyone that Dave Webster has left the organization and Denise Marquis has taken the position of interim Finance Director. Denise was previously our finance assistant and previously worked as an auditor for the state of Rhode Island and will do a great job! Until next month, see you at the center! - Ryan

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Aging Well Inc, Woonsocket, RI

06-5460

NOVEMBER 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—Monday, Thursday, and Friday Bingo!

Our most consistently attended activity, bingo keeps the mind active while building friendships and community. 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.

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

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 Multiple communities. One newsletter. One voice. One vision. One community. One newsletter. One voice. One vision. One community. One newsletter. One voice. One vision. One community.

SECTION HEADING
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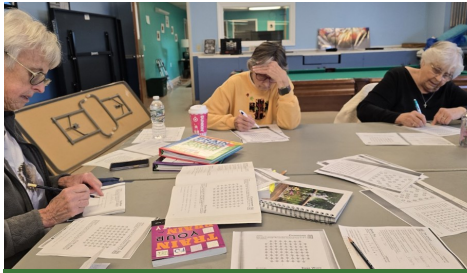
SUPPORT THE ADVERTISERS that Support our Community!

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 #1 Kale & chickpea soup Tandoori chicken Golden rice pilaf w/fruit Green beans Oatmeal raisin cookie #2 Ham & cheese on wheat	04 #1 Chicken soup Shepards pie (peas, carrots, & corn) Mashed potatoes Watermelon #2 Tuna salad plate	05 #1 Tomato cauliflower soup Baked chicken topped w/ Eggplant bolognese Spanish rice Sliced peaches #2 Chef salad	06 #1 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower & Broccoli Fruit cocktail #2 Turkey sandwich on rye	07 #1 Vegetable barley soup Sloppy joe sandwich Roasted potatoes Cucumber salad Chocolate cake #2 Cobb salad
10 #1 Mushroom barley soup Creamy Dijon chicken Roasted zucchini, carrot & potato Chocolate chip cookie #2 Egg salad on rye	11 Closed in Observance of Veterans Day	12 #1 Tomato soup Slow roasted pork & Peppers Vegetable fried rice Sliced carrots Sliced pears #2 Seafood salad sandwich	13 #1 Chicken soup Pot roast w/gravy Peas & onions Mashed potatoes Cake #2 Ham & Cheese on wheat	14 #1 Broccoli & Cheese soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples #2 Chef salad
17 #1 Minestrone soup Lasagna roll up w/meat sauce Roasted sweet potatoes Mixed vegetables Tropical fruit #2 Tossed salad w/Chick	18 #1 Escarole & bean soup Meatball sandwich Rice pilaf Broccoli florets Sliced peaches #2 Egg salad on rye	19 #1 Tuscan White bean soup Chicken Parm Roasted potatoes Green beans Yellow cake #2 Tuna salad plate	20 Roasted squash & carrot soup Roasted turkey w/gravy Stuffing/cranberry sauce Roasted vegetables Mashed potatoes Holiday pies	21 #1 Chicken soup Pub burger w/cheese Baked beans Cole slaw Corn ribs Watermelon #2 Chicken salad on wheat
24 #1 Lentil vegetable soup Sausage & pepper sandwich 3 bean salad Watermelon #2 Roast beef on roll	25 #1 Minestrone soup Oven roasted chicken Roasted potatoes Zucchini w/carrots Sliced pears #2 Chef salad	26 #1 Chicken soup Sauteed beef w/gravy Sweet potatoes Sweet corn Oatmeal cookie #2 Seafood salad sandwich	27 	28 
Congregate meals are served daily at 11:30am for a \$3 suggested donation for anyone eligible for the Title 3C federal program. Those determined ineligible for the federal meal program can sign up for lunch and pay \$7.50 per meal.	3C Eligibility Includes: • Age 60 or older, regardless of income. • Spouse of an eligible participant, regardless of age. • Individuals with disabilities under 60 who reside with an eligible participant.	3C Eligibility • Individuals with disabilities under 60 who live in senior or disabled housing where a congregare meal site operates. Ask a Staff member about free nutrition counseling.	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.	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. SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 08:30am: Coffee & Conversation 09:30am Get Moving sponsored by Oak Street 10:30am: Write for Delight 12:15pm: BINGO* 12:30 Ageless Pilates 01:30pm: Walk Fit	04 08:30am: Coffee & Conversation 09:30am: Balance & Flex 10:00am Tap for Fun 10:30am: URI Pharmacy - OTC pain relief 01:30pm: Zumba Gold 02:30pm: Line Dancing	05 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Meditation 12:30pm: Reiki* 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm - 03:00pm: Crochet Group	06 08:30am: Coffee & Conversation 09:30am: Get Moving 10:30am: Ageless Pilates 12:15pm: BINGO* 02:00pm: Adult Tap 03:00pm: Barre Fitness	07 08:30am: Coffee & Conversation 09:30am: Qigong w/Patricia 10:30pm: Brain Games 12:15pm: BINGO* 01:30pm: Garden Group
10 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Write for Delight 12:15pm: BINGO* 12:30pm: Ageless Pilates 01:00pm - 02:00pm: Veterans Museum 01:30pm: Walk Fit	11 Closed in Observance of Veterans Day	12 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Meditation 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm - 03:00pm: Crochet Group	13 08:30am: Coffee & Conversation 09:30am: Get Moving 10:30am: Ageless Pilates 12:15pm: BINGO* 02:00pm: Adult Tap 03:00pm: Barre Fitness	14 08:30am: Coffee & Conversation 09:30am: Qigong w/Patricia 10:30pm: Brain Games 12:15pm: BINGO* 01:30pm: Garden Group
17 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Write for Delight 12:15pm: BINGO* 12:30pm: Ageless Pilates 01:30pm: Walk Fit	18 08:30am: Coffee & Con. 09:00am - 02:30 pm - The Point w/Maria by appt. 09:00am - 1:00pm Free Mini Massages 09:30am: Balance & Flex 10:00am Tap for Fun 12:30pm - 3:30pm Northbridge Coin & Gold 01:30pm: Zumba Gold 02:30pm: Line Dancing	19 08:30am: Coffee & Conv. 9:30am: Get Moving 10:30am: Mindfulness & Meditation 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm-03:00pm: Crochet Group	20 08:30am: Coffee & Conversation 09:30am: Get Moving Sponsored by Oak Street 10:30am: Ageless Pilates 12:15pm: BINGO* 02:00pm: Adult Tap 04:00pm - 07:00pm: Craft Fair	21 08:30am: Coffee & Conversation 08:30am: Podiatrist* 09:30am: Qigong w/Patricia 10:30pm: Brain Games 12:15pm: BINGO* 01:30pm: Garden Group
24 08:30am: Coffee & Conversation 09:30am: Keep Moving 10:30am: Write for Delight 12:15pm: BINGO* 12:30pm: Ageless Pilates 01:30pm: Walk Fit	25 08:30am Steve & Marie's Breakfast Club* 08:30am Coffee & Conversation 09:30am: Balance & Flex 10:00am Tap for Fun 10:00am - 03:00pm: Reflexology* 01:30pm: Zumba Gold 02:30pm: Line Dancing	26 08:30am: Coffee & Conv. 12:30pm: Cribbage for Fun 12:45pm: Chair Yoga 01:30pm - 03:00pm: Crochet Group	27 	28 
Membership Aging Well Inc Membership is just \$18/year and includes free access to all activities without an asterisk. It really is the best deal in town!	La Bodega & La Farmacia Free items are available each and every Tuesday and Friday downstairs. Deliveries of new items are typically made the third week of the month.	La Placita Spanish language programming at 84 Social Street every Friday in partnership with Progreso Latino. Programación en español en 84 Social Street todos los viernes en colaboración con Progreso Latino.	Premium Offerings Bingo \$1/card (\$3/day) Reiki: \$10 Podiatrist: \$20 Breakfast Club: \$3 Reflexology: \$20 Every other activity is included free with membership!	Bingo Mondays, Thursdays, and Fridays in November Just \$1/card. Three games per day. Play bingo for just \$3/day! 55+ Only Large Print Bingo Cards Available



BRAIN GAMES

JOIN US FRIDAYS AT
84 SOCIAL STREET!

Brain Teaser: Which three U.S. states' names have only four letters?

And, a bonus question:

The names of which three U.S. states have only one vowel repeated four times?

(Submitted by Denice Mitchell)

(Answer on Page 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 PHARMACY

Tuesday, 11/4 10:30am

The University of Rhode Island will lead this one-time session on how to safely use over-the-counter pain medications like Tylenol, Advil, and Aleve. You'll get info on what each option is best used for, how they interact with other medications, and how to avoid common mistakes. This is a great chance to ask questions and feel more confident managing everyday pain, especially if you take other prescriptions.

REIKI*

Wednesday, 11/5 12:30pm

Reiki is a calming energy-based practice designed to help relieve stress and promote emotional balance. The cost is \$10 and is for members only. Sign-up is required in advance in the office to reserve your spot. Sessions begin at 12:30pm and space is limited. This is a quiet, low-pressure opportunity to pause midweek and care for your mental and physical well-being in a peaceful, private setting.

VETERANS DAY

Monday, 11/10 11:00am

Join us for a special Veterans Day celebration beginning with a free lunch and festivities at 11:00am, provided by the City of Woonsocket. After lunch, Veterans play bingo for free or you're welcome to join us for a group visit to the Veterans Museum at 1:00pm. The museum features local military artifacts, personal stories, and memorabilia honoring the service and sacrifices of veterans from our community. Whether you come for the meal, the museum, or both, it's a meaningful way to connect, reflect, and recognize those who have served.

THE POINT

Wednesday 11/18 9:00am

Need help navigating Medicare, housing support, SNAP, or other senior services? Maria from The Point will be at the center offering free, confidential one-on-one appointments throughout the day. Sessions run from 9:00am to 2:30pm and are available by sign-up only. Whether you're unsure about benefits or need help with paperwork, Maria can point you in the right direction.

MINI MASSAGES

Tuesday, 11/18 9:00am

Relax with a free mini massage from a licensed massage therapist. Massages will take place between 9:00am and 1:00pm and focus on easing tension in the neck, shoulders, and back. This one-day event is open to members, but advance sign-up in the office is required to reserve an appointment.

COIN AND GOLD

Tuesday, 11/18 12:30pm

Bring in your old coins, jewelry, or items and meet with Northbridge Coin & Gold. A professional appraiser will be on-site to evaluate your pieces and possibly purchase them. Each appointment lasts 15 minutes. Sign up in the office in advance to reserve a time slot.

CRAFT FAIR

Tuesday, 11/20 4:00pm

Come browse a fun evening Craft Fair filled with handmade items, gifts, holiday décor, jewelry, and more. Admission is free and everyone is welcome. If you'd like to sell your creations, vendor tables are available for \$25. Please sign up in the office to reserve a spot. While you shop, grab a bite—pizza and dynamites will be for sale during the event!

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 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

Mondays, 10:30am

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

Some Tuesdays/Fridays

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

Improve posture, stability, and everyday mobility with gentle, targeted work that is safe for all fitness levels. The focus is on controlled movements, proper form, and breathing so you can move confidently through your day. Come as you are and leave feeling looser, taller, and more steady on your feet.

ZUMBA GOLD

Tuesdays 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 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.

CROCHET GROUP

Wednesdays, 12:30pm

Join a crafty group of members in our beautiful new crafts and sewing room for a calm, social hour of stitching and conversation. Beginners get friendly help and experienced crafters swap tips and patterns. Start a project here with our many free supplies or bring your own if you prefer. Work at your own pace, share ideas, and enjoy a welcoming space that pairs perfectly with a cup of coffee and great conversation after lunch.

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 uses slow, flowing movements and mindful breathing to support balance, circulation, and relaxation. It is an accessible way to reduce stress and ease stiffness while improving focus. Start your Friday with calm energy and a friendly group that welcomes all experience levels.

BRAIN GAMES

Fridays, 9:30am

Keep your mind sharp with puzzles, wordplay, memory challenges, and friendly group problem solving. These sessions are lighthearted but effective at giving your brain a workout. Come for the challenge, stay for the laughter, and leave feeling focused and accomplished. September and beyond.

GARDEN GROUP

Fridays, 1:30pm

Join us downstairs in El Jardín, our beautiful new indoor garden space for our weekly Garden Group with Open Farms Retreat. 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: Which three U.S. states' names have only four letters?

(Answer: Iowa, Ohio, and Utah)

And, a bonus question:

The names of which three U.S. states have only one vowel repeated four times?

(Answer: Alabama, Mississippi, and Tennessee)

(Submitted by Denice Mitchell)

BINGO MON/THUR/FRI IN NOVEMBER

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 proud to offer fun and excitement three times per week! Full card coveralls routinely top \$50 x3. Come and see what everyone is talking about and why Aging Well Inc. sets the standard for daytime bingo in Woonsocket!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Another Season

by Sheila Turcotte

Come sit with me
And have some tea
Winter is near
Be more careful
When snow and ice are here.
Don't hibernate
Maybe skate
Like we did in our past.

Time

by Denise E. Mitchell

TIME IS FRUSTRATING—
WHEN I WANTED IT FASTER,
IT WASN'T.
WHEN I WANT IT TO STAY,



"I feel that art has something to do with the achievement of stillness in the midst of chaos. A stillness which characterizes prayer, too, and the eye of the storm. I think that art has something to do with an arrest of attention in the midst of distraction."

- Saul Bellow, 1915-2005

END OF SUMMER *by Mel Gendron*

Sun behind the cloud.
Suddenly much cooler.
I smell the earth,
Not pleasant,
Not unpleasant.
Lying in the grass
Is sheer pleasure.
The sky way up
And so far away.
All mysterious
And lovely.
I could fall asleep here,
And wake up,
As in a dream.

POLITICS *by Mel Gendron*

Like all of us,
I'm really smart
At some things,
And really dumb
At others.
That's why
We're all equal.
Some have power
Over me,
But they are no better.
They may be ambitious,
And have more.
Yet in the end,
None of us
Gets away
With anything.

NOVEMBER *by Mel Gendron*

Approaching
Grey November days,
To cook soup,
To cozy up—
Inside.
To read,
To do indoor things,
Where it's warm.
To finally catch up
On the things
We couldn't do before,
Because
It was too lovely
Outside. Outdoors.

CHAOS *by Mel Gendron*

Why worry about
The days to come?
I'll never see them.
Yet I fear
For the children
I leave behind.
Will they suffer
Too much?
I do my best
To protest
The powers that be.
But their 'Billions'
Outnumber
Me.

MY HOPES

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...

DONALD'S CORNER

By Donald Crepeau



The holidays are coming upon us. Scams for Halloween, Thanksgiving, and Christmas are on the horizon. Just be aware of scammers trying to get you to get gift cards or send money. They may also try to get personal information or financial information. The scammers don't need any of it. You should not give any information to anyone if you did not initiate the phone call. And that is also true with texts or e-mails. With texts or e-mails the best thing is not to answer the text or e-mail. You do not know who is on the other end. Even if the person identifies himself or herself in any profession you do not know if that person is telling the truth. If the person gives you a phone number you can call, you do not want to use that number. Look up the phone number yourself and use the phone number you found. This month is the month to give thanks. To give thanks to God for everything. Let us be thankful for family, relatives, and friends. To give thanks for those in the military service and vets, for policemen and policewomen and also firefighters and EMTs. There are so many things to be thankful for—health, shelter, the Senior Center, nature, and more. Let us be thankful for the instructors that lead us into the exercises and activities at the Senior Center. Thanks to Ryan for letting me write something for the newsletter. Until next month!

WOONSOCKET
Community Meal
SUPPORT



starting
Mon 11/3

A warm dinner provided daily throughout the month of November or until SNAP benefits are reinstated.

SUN	MON	TUE	WED	THU	FRI	SAT
Boys & Girls Club 600 Social St 4-5pm	Vida Church 120 Prospect St 6:30-7:30pm	Aging Well 84 Social St 6:30-7:30pm	Vida Church 120 Prospect St 5:30-6:30pm	Aging Well 84 Social St 6:30-7:30pm	Milagros Project 122 N Main St 6:30-7:30pm	St James Episcopal 24 Hamlet Ave 4-5pm

CITY OF WOONSOCKET
BOYS & GIRLS CLUB
VIDA CHURCH
AGING WELL
ST JAMES EPISCOPAL
MILAGROS PROJECT
ELISHA PROJECT

COMMUNITY CARE ALLIANCE
LIMITLESS LIVING
SENATOR MELISSA MURRAY
SENATOR BRIAN THOMPSON
STATE REP STEPHEN CASEY
COUNCILWOMAN VALERIE GONZALEZ
GARRETT MANCIERI

BANDIDO'S
CIRO'S TAVERN
GATOR'S PUB / SCOTT MCGEE
LA PLACITA KITCHEN
OLLY'S PIZZA
WOONY SMOKE SHOP



FREE CRAFT FAIR



Thursday, November 20th 4pm-7pm
Free Admission
84 Social Street - 401-766-3734
Crafts, Dynamites, Pizza, and more for sale!
All are welcome!



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



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!