



## GET IN TOUCH

84 Social Street  
Woonsocket, RI 02895

401-766-3734  
[www.agingwellinc.org](http://www.agingwellinc.org)

### APRIL 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

## APRIL IS FOR GIVING: WE NEED YOUR HELP

Aging Well Inc. is taking part in 401Gives, Rhode Island's campaign to support local nonprofits — and while the official date is April 1, we're inviting support all month long.

With just an \$18 annual membership, catered lunches priced below cost, and creative programs that keep older adults and people with disabilities active and connected, we stretch every

dollar. We serve Woonsocket and surrounding communities with care — and on a limited budget.

If you can give this month — whether it's \$5, \$18, or more — please know it helps us build the welcoming, inclusive senior center our community deserves. Please scan the QR code with your phone to help us keep going!



**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  
Penny Belisle

### Congregate Meals

Stephen Healey, Director  
Marie Piette

### Directors of Wellness

Linda Thibault, RN  
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

### Facilitators

Diane Westerman  
Jane Allard

### Fitness Instructors

Steve Westerman  
Elaine Olivier

### Dance & Fitness Instructor

Fran Golombiewski

## FROM THE EXECUTIVE DIRECTOR

In 2008, after graduating college in the middle of the Great Recession and with no job prospects, I moved to South Korea to teach English. It turned out to be one of the most important decisions of my life. I met my wife there, and I also experienced what it felt like to be an outsider.

I didn't speak the language well, and everyday tasks like reading a sign, asking for directions, or joining a conversation were difficult. But over time, I came to understand something simple and powerful: as human beings, we have so much more in common than what separates us. We may speak different languages, come from different backgrounds, or live in different places, but we all want the same basic things out of life.

We want to feel safe. We want to be treated with dignity. We want a chance to laugh, to contribute, and to have our voices heard. We want good food, meaningful connections, and people around us who care. We love our families. We hope the next generation does better than we did. We want to belong.

What helped me most during my time in Korea were the small spaces where I could connect with other English speakers. These weren't places that pulled me away from Korean life. They were part of it. They gave me a foothold, a space where I could breathe, feel understood, and slowly build confidence to engage more fully. I never forgot how important those spaces were, and how much easier it became to connect when I felt seen and included.

That's the spirit behind La Placita, our new initiative launching Friday, May 9. It will take place Fridays in a downstairs area of our building that was previously used primarily for storage. We're transforming the space into a warm, welcoming environment designed with Spanish-speaking seniors in mind. It will include music, dominoes, casual conversation, and opportunities to connect with others in a way that feels natural and relaxed.

Woonsocket is home to a vibrant and growing Spanish-speaking community, making up over 25 percent of the population. La Placita is an opportunity to reflect that diversity and ensure Aging Well Inc. continues to be a place where everyone feels welcome and valued.

To be clear, La Placita is less a separate program than an extension of what we do. The people joining us will be community members aged 55 and over. They'll pay the same \$18 annual fee and \$3 for lunch. They'll be members of the center, just like everyone else. La Placita is simply a starting point—a space that makes it easier to get comfortable and take part in everything Aging Well has to offer.

And it's open to everyone. All members are invited to stop in, play a game, listen to music, or say hello. It's another opportunity for connection, for kindness, and for friendship. Because in the end, we're all just people. We all benefit from being part of something larger than ourselves. We all do better when we're surrounded by warmth, laughter, and a sense of community. And together, we can all thrive in the welcoming environment we're building at Aging Well Inc. – Ryan



*A Special Place*

**719 Front Street, Ste. 105  
Woonsocket, RI 02895**

(Heritage Place / NeighborWorks Plaza)

Wed-Sat 10-4 • Anytime by Appointment

**Tom, Jane, Zachary Stone-Tatro**

*Always best to "call first"*

**401-597-0950 • 401-474-8251**

## Meeting Your Basic Needs

Income-based food, rent & utility assistance,  
home energy improvements and more

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**Call 401-235-6000**



The Nancy Paradee  
Family Support Center  
245 Main Street  
Woonsocket, RI

**LIHEAP**

Low Income Home Energy Assistance Program

## 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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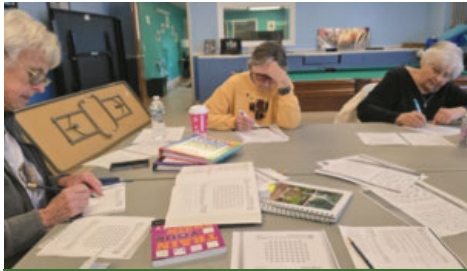
# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Serving Sizes</b> Grains: 2 Ounces Vegetables: 1/2 Cup Fruits: 1/2 Cup Protein: 3 Ounces Dairy: 1 Cup Coffee, Tea, Water <b>* Cold Option</b> All menu items may contain nuts, seeds, beans, wheat bran, and other	<b>01</b> Mushroom barley soup Chicken cacciatore Roasted potatoes Ww roll, Cookies *Turkey & bacon Sandwich	<b>02</b> White bean soup Mongolian pork Fried rice Broccoli florets Ww roll, Cake *Chicken salad plate	<b>03</b> Cauliflower tomato soup Roasted chicken thighs Roasted potato Sweet corn, Ww roll Sliced peaches *Ham salad sandwich	<b>04</b> Minestrone soup Baked fish Florentine rice Mixed vegetables Ww roll, Fruit cocktail *Tuna salad sandwich
<b>07</b> Chicken soup Sloppy joe Pasta salad Ww roll, Brownie *Ham & cheese on rye	<b>08</b> Minestrone soup Honey garlic chicken thighs Roasted carrots & broccoli. White rice Ww Roll, melon *Tossed salad w/chicken	<b>09</b> Vegetable lentil soup Pork chop Italiano Sweet potatoes Peas & onion, Ww roll Sliced pears *Seafood salad sandwich	<b>10</b> Tomato soup Chicken n gravy Mixed vegetables Roasted potatoes Roll, Cookies *Chef salad	<b>11</b> Cream of broccoli soup Fish sandwich Cole slaw Potato wedges, Mixed fruit, Ww roll *Tuna sandwich
<b>14</b> Vegetable soup Shepards pie Mashed potato Ww roll Sliced peaches *Chicken Salad sandwich	<b>15</b> Tomato soup Pub burger w/cheese Sliced potatoes Ww roll Brownie *Chef salad	<b>16</b> Cream of broccoli soup Chicken coq au vin Rice pilaf Chuck wagon corn, Ww Roll, Pineapple Chunks *Corned beef sandwich	<b>17</b> Easter Meal Chicken soup Baked ham w/sauce Mashed sweet potatoes Roasted carrots, Ww roll Easter dessert *Tossed salad w/chicken	<b>18</b> Minestrone soup Baked fish Rice pilaf Green beans Ww roll Watermelon *Tuna salad plate
<b>21</b> Kale & bean soup Chicken cordon bleu Roasted Vegetables w/potatoes, garlic bread Watermelon *Roast beef on roll	<b>22</b> Chicken soup Lasagna roll up w/ meat Sauce Spinach w/mixed vegetables Ww roll, fresh melon *Chicken salad plate	<b>23</b> Escarole & bean soup Creamy garlic pork chops Mushroom rice pilaf, Corn Ww Roll, Brownie *Seafood salad sandwich	<b>24</b> Fresh fruit cup Beef Stew Roasted vegetables Cookie, Ww roll *Chopped salad w/ Chicken	<b>25</b> Cauliflower tomato soup Sausage & pepper sandwich Chips, Cole slaw Ww roll, peaches *Tuna salad plate
<b>28</b> Vegetable lentil soup Fajita style chicken w/ Peppers & onions, Ww roll White rice, Sliced pears *Cobb salad	<b>29</b> Vegetable barley soup Pork scallopini Roasted potatoes, Ww roll Green beans, Fresh fruit *Turkey sandwich	<b>30</b> Meatball soup Grilled chicken Roasted zucchini Ww roll Spanish rice, Oatmeal Cookie *Italian grinder	<b>Donation</b> \$3/meal suggested. Need not be a member of Aging Well Inc. to eat. Must reserve 48 hrs. in advance. <b>401-766-3734</b>	<b>Allergens</b> 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>

# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>84 Social St.</b> All activities listed on this calendar are held at 84 Social Street in Woonsocket, RI. <b>401-766-3734</b>	<b>01</b> <b>09:30am</b> Balance & Flex <b>10:00pm</b> Tap for fun <b>10:30am</b> Write for Delight <b>10:30am</b> Chair Volleyball <b>12:15pm</b> Corn Hole <b>01:30pm</b> Zumba Gold <b>02:30pm</b> Line Dancing	<b>02</b> <b>09:30am</b> Get Moving <b>10:30am</b> Mindfulness & Meditation <b>12:30pm</b> Reiki w/ Kim* 12:30 pm Crochet for Fun <b>12:30pm</b> Cribbage <b>12:45pm</b> Chair Yoga	<b>03</b> <b>09:30am</b> Get Moving with Elaine <b>10:30am</b> Ageless Pilates With Elaine <b>12:30pm</b> Bingo <b>02:00pm</b> Adult Tap Class <b>03:00pm</b> Barre Fitness	<b>04</b> <b>09:30am</b> Exercise & Flex with Sue <b>10:30am</b> Brain Games with Sue
<b>07</b> <b>10:00am</b> Keep Moving <b>11:00 am</b> Music w/Nicole <b>12:30pm</b> Bingo <b>12:30pm</b> Ageless Pilates with Elaine <b>01:30pm</b> Walk Fit w/ Elaine	<b>08</b> <b>09:30am</b> Balance & Flex <b>10:00pm</b> Tap for fun <b>10:30am</b> Chair Volleyball <b>10:30am</b> Write for Delight <b>12:15 pm</b> Corn Hole <b>01:30pm</b> Zumba Gold <b>02:30pm</b> Line Dancing	<b>09</b> <b>09:30am</b> Get Moving <b>10:30am</b> Mindfulness & Meditation <b>12:30pm</b> Cribbage 12:30 pm Crochet for Fun <b>12:45pm</b> Chair Yoga	<b>10</b> <b>09:30am</b> Get Moving with Elaine <b>10:30am</b> Ageless Pilates with Elaine <b>12:30pm</b> Bingo <b>02:00pm</b> Adult Tap Class <b>03:00pm</b> Barre Fitness	<b>11</b> <b>09:30am</b> Exercise & Flex With Sue <b>10:00 am</b> Manicures by Crystal <b>10:30am</b> Brain Games With Sue
<b>14</b> <b>10:00am</b> Keep Moving <b>12:30pm</b> Bingo <b>12:30pm</b> Ageless Pilates with Elaine <b>01:30pm</b> Walk Fit w/ Elaine	<b>15</b> <b>09:30am</b> Balance & Flex <b>10:00pm</b> Tap for fun <b>10:30am</b> Write Delight <b>10:30 am</b> The Point <b>10:30 am</b> Chair Volleyball <b>12:30pm</b> Music Bingo <b>01:30pm</b> Zumba Gold <b>02:30pm</b> Line Dancing	<b>16</b> <b>09:30am</b> Get Moving <b>10:30am</b> Mindfulness & Meditation <b>12:30pm</b> Cribbage for Fun 12:30 pm Crochet for Fun <b>12:45pm</b> Chair Yoga	<b>17</b> <b>09:30am</b> Get Moving with Elaine <b>10:30am</b> Ageless Pilates <b>12:30pm</b> Bingo <b>02:00pm</b> Adult Tap Class with Fran <b>03:00 pm</b> Barre Fitness	<b>18</b> <b>08:30 am</b> Podiatrist by Appointment* <b>09:30am</b> Exercise & Flex with Sue <b>10:30am</b> Brain Games with Sue
<b>21</b> <b>10:00am</b> Keep Moving <b>12:30pm</b> Bingo <b>12:30pm</b> Ageless Pilates w/Elaine <b>01:30pm</b> Walk Fit w/ Elaine	<b>22</b> <b>09:30am</b> Balance & Flex <b>10:00pm</b> Tap for fun <b>10:30am</b> Chair Volleyball <b>10:30am</b> Write for Delight <b>12:30pm</b> Corn Hole <b>01:30pm</b> Zumba Gold <b>02:30pm</b> Line Dancing	<b>23</b> <b>09:30am</b> Get Moving <b>10:30 am</b> Mindfulness & Meditation <b>12:30pm</b> Cribbage for Fun <b>12:30 pm</b> Crochet for fun <b>12:45pm</b> Chair Yoga	<b>24</b> <b>09:30am</b> Get Moving with Elaine <b>10:30am</b> Ageless Pilates <b>12:30pm</b> Bingo <b>02:00pm</b> Adult Tap Class with Fran <b>03:00 pm</b> Barre Fitness	<b>25</b> <b>09:30am</b> Exercise & Flex with Sue <b>10:30am</b> Brain Games with Sue <b>12:30pm</b> Movie and Popcorn
<b>28</b> <b>10:00am</b> Keep Moving <b>12:30pm</b> Bingo <b>12:30pm</b> Ageless Pilates with Elaine <b>01:30pm</b> Walk Fit w/ Elaine	<b>29</b> <b>08:00am</b> Breakfast Club <b>09:30am</b> Balance & Flex <b>10:00pm</b> Tap for fun <b>10:30am</b> Write for Delight <b>01:30pm</b> Zumba Gold <b>02:30pm</b> Line Dancing <b>04:00pm</b> Spring Fling Dinner Dance*	<b>30</b> <b>09:30am</b> Get Moving <b>10:30 am</b> Mindfulness & Meditation <b>12:00 pm</b> Reflexology* <b>12:30 pm</b> Cribbage <b>12:30 pm</b> Crochet <b>12:45 pm</b> Chair Yoga	<b>\$18/year</b> All activities listed on this calendar are included in the \$18/ year except Premium Activities followed by an asterisk*	<b>Premium</b> Reiki \$10 Manicures \$10 Reflexology \$20 <b>4/29</b> Spring Fling Members: \$10 Non-Members: \$15





## BRAIN GAMES

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

**Brain Teaser:** *What comes once in a minute, twice in a moment, but never in a thousand years?*



## 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, 4/2 12:30pm**

Experience the calming benefits of Reiki with Kim Garneau in our wellness room. This energy-healing practice promotes relaxation, reduces stress, and helps restore balance. Sessions are \$10 and space is limited.

## MUSIC W/ NICOLE

**Monday, 4/7 11:00pm**

Join Nicole Slepuhova for live music that lifts your mood and brings back memories. She'll perform classics and upbeat favorites to get your toes tapping. She also accepts requests, so feel free to suggest some songs for her to sing! A great way to brighten your Monday morning!

## MANICURES\*

**Friday, 4/11 10:00 am**

Pamper yourself with a \$10 manicure from Crystal in our wellness room. Enjoy a relaxing treatment and professional care at a great price. Appointments are limited—be sure to reserve your spot in advance. are limited—reserve yours today!

## THE POINT

**Tuesday, 4/15 10:30am**

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.

## MUSIC BINGO

**Tuesday, 4/15 12:30pm**

Join Eric for a lively round of Music Bingo! Listen to classic hits, match them to your card, and win fun prizes. It's a great way to enjoy music, laugh with friends, and try something new. Listen to some great tunes, win prizes, and spend time with some fun people!

## PODIATRIST\*

**Friday 4/18, 8:30am**

Looking after your feet is important! A licensed podiatrist will provide expert foot care services right here at the center. Insurance is accepted. Appointments are required—please call ahead to schedule.

## MOVIE & POPCORN

**Friday 4/25, 12:30pm**

Enjoy a featured movie on the big screen with friends and free popcorn! Relax and unwind as we bring the theater to you. Check the bulletin board to see what's playing this month and join us.

## BREAKFAST CLUB\*

**Tuesday, 4/29 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.

## SPECIAL BINGO

**Tuesday, 4/29 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 win and enjoy an exciting afternoon with friends.

## SPRING FLING\*

**Tuesday, 4/29 4pm**

Our Spring Fling Dinner Dance has delicious food sponsored by The Friendly Home, great music from DJ Fran, dancing, and lots of fun! Tickets are just \$10 for members and \$15 for non-members.

## REFLEXOLOGY\*

**Wednesday 4/30, 12:00pm**

Relax with Kimberley Cole for a rejuvenating \$20 reflexology session in our wellness room.

## A LETTER FROM SPARKY

This May, I will be 83 years old. I was brainwashed when I was young by the Catholic Church and for many years believed God was out to get me. I got sick with a schizophrenic breakdown when I was 25. I have spent many years in and out of clinics and doctors' offices. The internal isolation of mental illness has prevented me from speaking out. I was very quiet and afraid to speak my mind. Recovery has not happened overnight. It took many years of hardships, suffering and sorrow. There were times I didn't shower and just slept. With God's help and careful assistance from CCA during the last 30 years, I have made it. I still hold onto Saint Dymphna who is the saint of mental illness and anxiety. There were many deaths in my family – my mother, father, brother and sister-in-law which I grieved over. I miss those that have passed, but life goes on. We all have trials like this in life. Speak your mind – you have a brain. I

had lots of needs and was afraid for myself. Fortunately, after years, I got a young and bright doctor at CCA who decreased my medications and I felt significantly better. I was afraid I would end up in mental hospitals, but I trusted him. Today, I feel recovered with medication and at last speak my mind. My secret is to believe in yourself, and that God has carried you during the low points in your life. Keep busy and get hobbies like adult coloring books, baking and sending cards to stay active. Everyone is unique and has a gift or talent from God. Be careful when choosing friends and don't be gullible. I made mistakes in judgement and now am quite careful. If you have one friend in your life, consider yourself lucky.

P.S. You can't help the whole world. Pray and talk to God, He always listens. He is not your servant, but he always knows what is best for you. I pray that this is helpful.

## Thinking Back

"You are amazing!"  
Why didn't I ever tell  
Anyone that?  
Because  
I was full  
Of my own  
Amazement.  
I wanted to impress,  
Never noticing  
How impressed  
I really was  
With them.  
All the impressive  
People I've known.  
Now I realize,  
It's too late  
to say,  
"You're amazing!".

Maybe not...

**Mel Gendron**  
**March 2025**

## NORTH SMITHFIELD: SCOUTER'S HALL



### **Mondays:**

**10:15am:** Zumba Gold w/ Fran  
**11:15am:** Sit, Fit, and Be Strong  
**03:00pm:** Mat Yoga w/ Elaine

### **Tuesdays:**

**01:00pm:** Mindful & Meditation  
with Jane Allard

### **Wednesdays:**

**11:30pm:** Balance Class by Blue  
Cross Blue Shield of Rhode Island  
**12:30pm:** Jazzy Seniors

### **Thursdays**

**10:15am:** Zumba Gold  
**12pm:** Weight Training  
**1:00pm:** Get Moving  
**2:15pm:** Mat Pilates

### **Fridays:**

**1pm:** Line Dancing  
**2pm:** Yogalates



## DONALD'S CORNER

What new adventures are you going to do this year or next year? As for me, I have a few ideas. A glider ride, a bus trip to Lake Memphremagog, indoor skydiving, and a singles cruise. Will it happen? Who knows. But I can let you know. Other activities I have not done are skydiving, snorkeling, scuba diving, hang gliding, downhill skiing, a hot air balloon ride, very fast and very rough amusement rides and bungee jumping. I am not interested in the last two that I mentioned. Until next month, see you at the Senior Center.

**Donald Crepeau**  
**Woonsocket, R.I.**



## BRAIN GAMES

Answer from Page 6:

*What comes once in a minute,  
twice in a moment, but never  
in a thousand years?*

(Answer: The Letter M)

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 with Sue and Ryan!

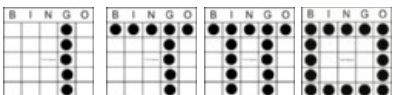


## BINGO

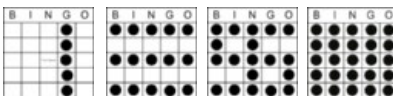
**Mon & Thu 12:30pm**

Try your luck with Bingo and enjoy a variety of exciting game patterns each session!

**Game 1:** Single, Double, Triple Bingo, Outer Round, Full Card.



**Game 2:** Single Bingo, Letter T, Telephone Pole, and Full Card.



Sheets are just 50 cents each! Enjoy lunch, laugh with friends, and try your luck to win!

## GET & KEEP MOVING

**Mon 10am, 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!

## 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.

## 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!

## CHAIR VOLLEYBALL

**Most Tuesdays, 10:30am**

Get active and have fun with Chair Volleyball! This low-impact game combines friendly competition, movement, and plenty of laughs. Perfect for all abilities, it's a great way to stay social and energized. Join in for a fun workout that doesn't feel like exercise!

## CORNHOLE

**Most Tuesdays, 12:15pm**

Enjoy a friendly game of cornhole! It's a fun and social activity for all skill levels. Practice your toss, challenge a friend, and enjoy some lighthearted competition in a relaxed setting. Whether you're playing to win or just to laugh, cornhole is a great way to stay active, meet new people, and share in a casual group activity. All experience levels are welcome!

## ZUMBA GOLD

**Tuesdays, 1:30pm**

Dance your way to fitness with Fran's Zumba Gold class! This low-impact workout blends exciting rhythms and gentle dance moves for seniors. Have fun, improve your coordination, and feel great!

## 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. Everyone is welcome to join in and play this classic card game!

## TECH TIME W/ TJ

**Thursdays 10:00am**

Need help with technology? TJ is here every Thursday to help with smartphones, tablets, and other devices. Whether it's troubleshooting, learning a new feature, or basic tech support, he's got your back—free of charge!

## BLOOD PRESSURE

**Thursdays, 10:30am**


Stop in for free blood pressure checks and nutrition counseling with Linda Thibault, RN. This weekly drop-in service is a great way to keep tabs on your health and get supportive guidance in a relaxed setting.

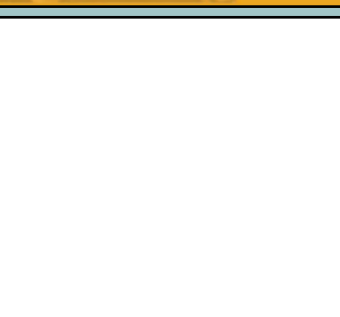


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# AGING WELL INC.

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www.agingwellinc.org

## Sixty Years

Family was everything  
Family still is  
I watch the new generation take root  
And hold the old ones within

Too many gone  
But I'm glad they're together  
Not so alone anymore  
Makes me feel a little bit better

As I'm making my list  
Of who is now missing  
My heart hurts a bit  
As I'm reminiscing

The years have flown by  
Memories faded once clearer  
Yet I feel the same  
Until I look in the mirror

I feel I've lived many lives  
When I look back on the past  
Time's not on my side  
And Time doesn't last

It sneaks up on you  
And teaches you lessons  
Some so very hard  
And some of the best ones

So as I write my list  
While I'm missing my Family  
What Time cannot steal  
Are my beautiful memories...

A poem by Laurie Bartlett

## Sudoku

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

		5		8		6	4	3
3		4		1	5			
6		8	4		9		7	5
	9	1			6		3	
	5		1		8	7		2
	6	7	5	4			9	1
	3			5	2		1	9
5	4			7			8	6
1		9	3		4		5	

## Unscramble the Words

1. lthyaeH \_\_\_\_\_
2. iselDuico \_\_\_\_\_
3. oWotesockn \_\_\_\_\_
4. sciexEre \_\_\_\_\_
5. ebyoaIIIV \_\_\_\_\_



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

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## 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!