

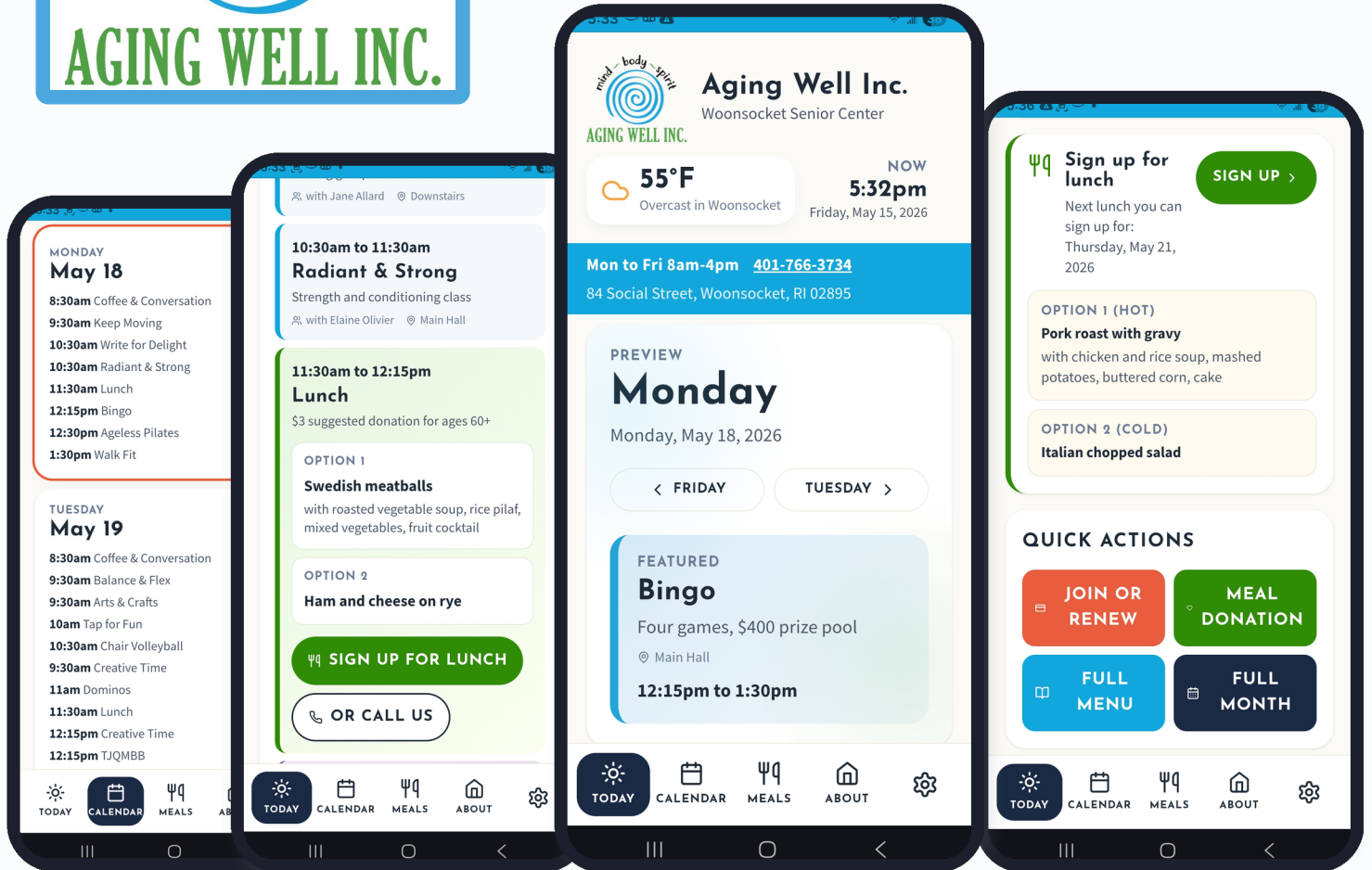


WOONSOCKET SENIOR CENTER

84 Social Street
Woonsocket, RI 02895

401-766-3734
agingwellinc.org

JUNE 2026 NEWSLETTER



THE AGING WELL APP IS HERE!

Aging Well keeps growing, and now the center can go with you wherever you are. Our new app works on any phone, tablet, or laptop, no app store needed. Just open agingwellinc.netlify.app to see today's activities, this week's lunch menu, bingo schedules, recent photos, weather closings, and upcoming events in one place. You can sign up for lunch, renew your membership, make a donation, or jump to the full calendar from the home screen. The calendar updates in real time, Spanish translation is built in, and family can follow along too. We think you will be surprised by how easy it is to use. Easier than ever to stay connected with everything happening at Aging Well. Come by the center this June and we will get it installed on your phone and walk you through how to use it!

Inside:

- p.2 Director's letter
- p.4 June schedule
- p.6 Lunch menu
- p.7 Activity calendar
- p.8&9 Activities
- p.10 Bingo
- p.12 Contributions
- p.13 Community Board
- p.14&15 La Placita

Scan to open the app
or visit agingwellinc.netlify.app



FROM THE EXECUTIVE DIRECTOR

Page 02

“Do we really need an app?” I know some people probably asked themselves that the second they saw this month’s cover story. Honestly? Fair question. These days it feels like everything has an app, and sometimes it feels like you need an app just to figure out another app. But after spending time building the Aging Well app, I really think many of our members are going to find it genuinely useful, easy to use, and honestly, kind of fun.



Yuna (Ryan’s Boss)

If you have absolutely no interest in carrying a smartphone around, I am not here to change your lifestyle. Nobody is forcing anybody to download an app. Everything you need is still available the traditional way: the newsletter, calling us, or stopping by in person. Your life does not need to suddenly become digital overnight. But if you already carry a smartphone every day, and most people do, there is honestly no reason not to try it; the whole point of the app is to make your life a little easier.

The app lets you quickly see activities, announcements, events, and what is happening at Aging Well right from your phone. You can check the lunch menu anytime, sign up for lunch without calling or coming into the building first, and stay connected to the center wherever you are.

We will have people on site every day, including me, who can put the app on your phone in about a minute. Hand us the phone, we will get it onto your home screen, show you how it works, and you will be good to go. If you already use your phone for texting or email, you can absolutely use this app.

The reality is that the world is moving more and more in this direction whether we like it or not. Part of what we should be doing at Aging Well is helping people feel comfortable and confident in that world instead of left behind by it. Aging well is about lifelong learning and skill building, not locking the present in place. We are trying new things. We are adapting. We are leading. As new generations age into our community, I want them to see an organization that is creative, modern, ambitious, and willing to evolve.

This is my first time building an app, but I bet you’ll find it surprisingly simple and useful. Please give it a shot. Oh, and I redesigned the newsletter too while I was at it, I hope you enjoy reading it :) - Ryan

MEET THE TEAM



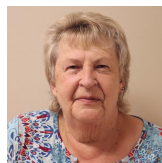
Ryan MacLeod
Yuna’s Dad (and ED)



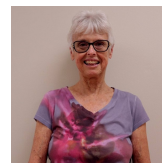
Chris Curtis
Finance Manager



Stephen Healey
Congregate Meals Dir.



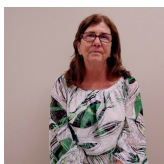
Marie Piette
Congregate Meals



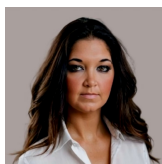
Susan Jameson, PT
Director of Wellness



Donna Narodowy
Dir. of Senior & Comm.



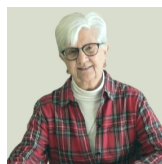
Jane Dubois
Receptionist



Diana Denomme
Receptionist



Guy Boulay
MIAA Counselor



Jeanne Theroux
Meals on Wheels



James Forcier
Maintenance



Paul Mioduszewski
Maintenance



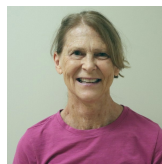
Jane Allard
Facilitator



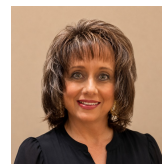
Diane Westerman
Facilitator



Steve Westerman
Fitness Instructor



Elaine Olivier
Fitness Instructor



Fran Golombiewski
Dance & Fitness



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JUNE AT 84 SOCIAL STREET

Page 04

EVERY WEEKDAY

8:30 AM

Coffee & Conversation

Free coffee and unstructured conversation every weekday morning. A great way to start the day with friends and neighbors.

9:30 AM

Morning Exercise

Different class every morning. See the activity calendar or app for today's pick. All levels welcome, free with your \$18 membership.

10:30 AM

Wellness Activity

A new wellness class every day. Choir, Pilates, Brain Games, Write for Delight, and more. Check the calendar or app for today's pick.

11:30 AM

Lunch

Sit down with friends in the Dining Room. Hot and cold lunch options daily for adults 60+. Check the menu and sign up 48 hours in advance. Suggested \$3 donation supports the program.

12:30 PM

Afternoon Activities

There's always something happening in the afternoon at 84 Social Street. Check the calendar or app for today's lineup.

MEMBERSHIP

\$18

 per year

That works out to \$1.50 a month.

WHO CAN JOIN

Anyone 55 or older who wants to be here. No residency requirements.

WHAT'S INCLUDED

Almost everything is included:

- Daily Exercise Classes
- La Placita Space
- Access to La Bodega & La Farmacia
- Outdoor recreation: pickleball, shuffleboard, gardening, and more

*Optional activities have small fees, always clearly labeled.

ALL PHOTOS TAKEN AT 84 SOCIAL STREET



Bingo

Every Monday and Thursday!



Daily Exercise

Group exercise every morning.



Daily Lunch

\$3 suggested donation.



La Placita

Bilingual. All are Welcome!



Zumba & Line Dancing

Various dance classes available.



Pickleball

Included with \$18 membership.



Chair Volleyball

Play seated. Just for fun.



Choir

All singing abilities welcome!



La Bodega & La Farmacia

Free for all members, Tue & Fri.



Puzzles & Brain Games

Keep your mind sharp.



Sewing & Crafts

Groups and Individual Projects.



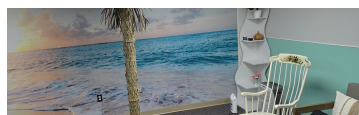
Pool (billiards)

Free with membership.



Indoor & Outdoor Garden

Year Round Gardening.



Meditation

Be mindful with Diane.



Reiki & Reflexology

\$10 Reiki. \$25 Reflexology.



Your Activity

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Scott McGee, Team Leader

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Aging Well, Inc (Woonsocket Senior Center), Woonsocket, RI

06-5460

JUNE MENU

Page 06

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>#1 Shepherd's Pie Navy Bean Soup Mashed Potatoes Mixed Vegetables Chocolate Cookies</p> <p>#2 Chx Salad Sandwich</p>	<p>02</p> <p>#1 Chicken Fajita w/Peppers & Onions Vegetable Lentil Soup Spanish Rice/Sour Cream & Tortilla Fresh Fruit</p> <p>#2 Tuna Salad Plate</p>	<p>03</p> <p>#1 Sloppy Joe Vegetable Barley Soup Potato Wedges Green Beans Sugar Cookies</p> <p>#2 Greek Salad w/Chx</p>	<p>04</p> <p>#1 Roasted Turkey w/Gravy Tomato Soup Bread Stuffing Mixed Vegetables Chocolate Cake</p> <p>#2 Italian Chopped Salad</p>	<p>05</p> <p>#1 Baked Fish Chicken Soup Coleslaw Parsley Potatoes Peaches</p> <p>#2 Roast Beef on Roll</p>
<p>08</p> <p>#1 Chicken Marsala Escarole & Bean Soup Rice Pilaf Roasted Root Vegetables Tropical Fruit</p> <p>#2 Ham & Cheese Sand.</p>	<p>09</p> <p>#1 Pub Burger w/Cheese Chicken & Rice Soup Sliced Potatoes Coleslaw Oatmeal Raisin Cookie</p> <p>#2 Chef Salad</p>	<p>10</p> <p>#1 Greek Chicken Thighs Tuscan Lentil Soup Sliced Carrots Lemon Roasted Potatoes Mixed Fruit</p> <p>#2 Turkey & Bacon Sand.</p>	<p>11</p> <p>#1 Pork Roast w/Gravy Carrot Soup Mixed Vegetables Sweet Potatoes Cake</p> <p>#2 Chx Salad on Rye</p>	<p>12</p> <p>#1 Meatball & Pepper Sandwich Tuscan White Bean Soup 3 Bean Salad Pasta Salad Sliced Apples</p> <p>#2 Egg Salad Plate</p>
<p>15</p> <p>#1 French Onion Chicken Vegetable Soup Sweet Mashed Potatoes Roasted Zucchini w/Tomatoes</p> <p>#2 Corned Beef on Rye</p>	<p>16</p> <p>#1 Swedish Meatballs Chicken Escarole Soup Italian Vegetables Mashed Potatoes Chocolate Cake</p> <p>#2 Greek Salad w/ Chx</p>	<p>17</p> <p>#1 Sausage & Pepper Sandwich Creamy Vegetable Soup Pasta Salad Green Beans Tropical Fruit</p> <p>#2 Egg Salad on Rye</p>	<p>18</p> <p>#1 Roast Beef w/Mushroom Gravy Lentil Vegetable Soup Carrots w/Broccoli Baked Potato Cupcakes</p> <p>#2 Chx Salad on Wheat</p>	<p>19</p> <p>Closed for Juneteenth</p> <p>Juneteenth meals often feature red foods, strawberry soda, red velvet cake, watermelon, as a tribute to resilience and ancestors. Many families gather for cookouts and barbecue.</p>
<p>22</p> <p>#1 Lasagna Roll-up w/Meat Sauce Mushroom Barley Soup California Blend Vegetables Garlic Bread</p> <p>#2 Ham & Cheese Sand.</p>	<p>23</p> <p>#1 Roasted Pork Loin Tomato Soup Dirty Rice Peas & Carrots Sliced Peaches</p> <p>#2 Chx Salad on Wheat</p>	<p>24</p> <p>#1 Lemon Chicken Creamy Cauliflower Soup Potatoes O'Brien Mixed Vegetables Sliced Pears</p> <p>#2 Italian Grinder</p>	<p>25</p> <p>#1 Meatloaf w/ Gravy Chicken & Rice Soup Mashed Potatoes Buttered Corn Cake</p> <p>#2 Tuna Salad Plate</p>	<p>26</p> <p>#1 BBQ Chicken Sandwich Lentil Vegetable Soup 3 Bean Salad Mixed Fruit</p> <p>#2 Cobb Salad</p>
<p>29</p> <p>#1 Chicken Cacciatore Meatball Soup Roasted Potatoes Italian Green Beans Fresh Fruit</p> <p>#2 Ham Salad on Rye</p>	<p>30</p> <p>#1 Baked Pasta w/Sausage & Meatballs Tuscan Vegetable Soup Greek Cucumber Salad Tropical Fruit</p> <p>#2 Tossed Salad w/ Chx</p>	<p>JOIN US FOR LUNCH</p> <p>Adults 60+ welcome. Choose entrée #1 or #2. Sign up 48 hours ahead. PIF form on file. Suggested \$3 contribution. EBT accepted. No one eligible who signs up on time is denied.</p> <p>Reserve: 401-766-3734</p> <p>in person at the kiosk · via the Aging Well app</p> <p>Every meal includes roll, milk & water</p> <p>May contain nuts, seeds, beans, wheat bran. Funded by the Older Americans Act (ACL & RI OHA).</p>		<p>SERVING SIZES</p> <p>Grains 2 oz Vegetables ½ cup Fruits ½ cup Protein 3 oz Dairy 1 cup</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>08:30am Coffee & Conv. 09:30am Keep Moving 10:30am Write for Delight 10:30am Radiant & Strong 12:15pm Bingo 12:30pm Pilates 01:30pm Walk Fit</p>	<p>02</p> <p>08:30am Coffee & Conv. 09:30am Balance/Flex 09:30am Arts/Crafts 10:00am Tap Fun 10:30am Chair Vball 10:30am Choir 10:30am Oceans w/Jane 12:15pm TJQMBB 01:30pm Zumba 02:30pm Line Dance</p>	<p>03</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 10:30am Meditation 12:30pm Cribbage 12:30pm Reiki 12:30pm Intro Sewing 12:45pm Chair Yoga 12:30pm Crochet</p>	<p>04</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 10:30am Pilates 12:15pm Bingo 01:30pm Movie 02:00pm Adult Tap 03:00pm Barre Fitness</p>	<p>05</p> <p>08:30am Coffee & Conv. 09:00am Arts/Crafts 09:30am Qigong 10:30am Brain Games 10:30am Garden 12:15pm TJQMBB 12:30pm Intro Sewing</p>
<p>08</p> <p>08:30am Coffee & Conv. 09:30am Keep Moving 10:30am Write for Delight 10:30am Radiant & Strong 12:15pm Bingo 12:30pm Pilates 01:30pm Walk Fit</p>	<p>09</p> <p>08:30am Coffee & Conv. 09:00am Mini Massage 09:30am Balance/Flex 09:30am Arts/Crafts 10:00am Tap Fun 10:30am Chair Vball 10:30am Choir 12:15pm TJQMBB 01:30pm Zumba 02:30pm Line Dance</p>	<p>10</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 10:30am Meditation 12:30pm Cribbage 12:45pm Chair Yoga 12:30pm Crochet 03:00pm Senior Prom Sponsored by BCBS & Oak Street Health</p>	<p>11</p> <p>08:30am Coffee & Conv. 09:00am RIPTA 09:30am Get Moving 12:15pm Bingo 01:30pm Movie 02:00pm Adult Tap 03:00pm Barre Fitness</p>	<p>12</p> <p>08:30am Coffee & Conv. 09:00am Arts/Crafts 09:30am Qigong 10:30am Brain Games 10:30am Garden 10:30am Flag Day 12:15pm TJQMBB</p>
<p>15</p> <p>08:30am Coffee & Conv. 09:30am Keep Moving 10:30am Radiant & Strong 10:30am Write for Delight 12:15pm Bingo</p>	<p>16</p> <p>08:30am Coffee & Conv. 09:00am The Point 09:30am Balance/Flex 09:30am Arts/Crafts 10:30am Chair Vball 10:30am Choir 12:15pm TJQMBB 01:30pm Zumba 02:30pm Line Dance 04:00pm Night Bingo</p>	<p>17</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 10:30am Meditation 12:30pm Cribbage 12:45pm Chair Yoga 12:30pm Crochet</p>	<p>18</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 11:00am B101 Party 12:15pm Bingo 01:30pm Movie 02:00pm Adult Tap 03:00pm Barre Fitness Also sponsored by Neighborhood Health</p>	<p>19</p> <p>Closed for Juneteenth</p> <p>Juneteenth marks June 19, 1865, when Union troops reached Galveston, Texas with news that enslaved people were free. It became a federal holiday in 2021.</p>
<p>22</p> <p>08:30am Coffee & Conv. 09:30am Keep Moving 10:30am Write for Delight 12:15pm Bingo</p>	<p>23</p> <p>08:30am Coffee & Conv. 09:30am Balance/Flex 09:30am Arts/Crafts 10:00am Tap Fun 10:30am Pharmacy 10:30am Chair Vball 10:30am Choir 12:15pm TJQMBB 01:30pm Zumba 02:30pm Line Dance</p>	<p>24</p> <p>08:00am Breakfast 08:30am Coffee & Conv. 09:30am Get Moving 10:30am Meditation 12:30pm Cribbage 12:45pm Chair Yoga 12:30pm Crochet</p>	<p>25</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 12:15pm Bingo 01:30pm Movie 01:30pm Ice Cream 02:00pm Adult Tap 03:00pm Barre Fitness Sponsored by Chapel Hill</p>	<p>26</p> <p>08:30am Coffee & Conv. 09:00am Arts/Crafts 09:30am Qigong 10:30am Brain Games 10:30am Garden 12:15pm TJQMBB</p>
<p>29</p> <p>08:30am Coffee & Conv. 09:30am Get Moving 10:30am Write for Delight 12:15pm Bingo</p>	<p>30</p> <p>08:30am Coffee & Conv. 09:30am Balance/Flex 09:30am Arts/Crafts 10:00am Tap Fun 10:00am Reflexology 10:30am Choir 12:15pm Spec. Bingo 12:15pm TJQMBB 01:30pm Zumba 02:30pm Line Dance</p>	<p>LA PLACITA</p> <p>Open to everyone - translators on site!</p> <p>Spanish programming on Tuesdays & Fridays:</p> <ul style="list-style-type: none"> • Coffee, Cooking • Dominoes, Choir • Tai Ji, Brain Games • Creative Time <p>Details on p14 & 15</p>	<p>PAID EVENTS</p> <p>Bingo - \$1/card (\$4/4) Reiki - \$10 Wed June 3, 12:30pm Senior Prom - \$10 Wed June 10, 3:00pm Reflexology - \$25 Tue June 30, 10:00am</p> <p>All else free with \$18 membership.</p>	<p>LA BODEGA & LA FARMACIA</p> <p>Free food, household items, OTC medical supplies for members.</p> <p>Open Tue & Fri: 9:30am - 2:30pm</p> <p>Support from Elisha Project</p>

ACTIVITIES

Page 08

OCEANS WITH JANE

Tue 6/2, 10:30am

Jane Deming returns to teach us about nature. This month: the oceans. Learn about marine life, ocean systems, and what is happening in the waters around us. Free and open to all members.

REIKI

Wed 6/3, 12:30-3:30pm

Reiki with Kim Garneau in the Wellness Room. Gentle hands-on energy work. \$10 per session. Sign up in advance at the office.

MINI MASSAGE

Tue 6/9, 9:00am by appt.

Chair massage with Sarah. Free for members, fifteen-minute slots. Sign up in the office in advance; walk-ins welcome if a slot is open.

PROM

Wed 6/10, 3:00-6:00pm

Dress up if you like. DJ, dinner, photo booth, cash bar. Music from every decade since the forties. Sponsored by Oak Street Health and Blue Cross & Blue Shield of RI. Tickets \$10. RSVP at the office by June 3.

RIPTA

Thu 6/11, 9:00-11:00am

RIPTA staff meet with members in the Main Hall to distribute schedules, passes, and tips for using the bus system. Free and open to all members.

FLAG DAY

Fri 6/12, 10:30am-12:30pm

A flag folding ceremony to honor our veterans. Come pay tribute to those who served, alongside friends and neighbors. Lunch follows, courtesy of the City of Woonsocket. Free and open to all.

THE POINT (211)

Tue 6/16, 9:00am-3:00pm

Maria from The POINT, Rhode Island's Aging and Disability Resource Center (United Way 211), helps members navigate Medicare, SNAP, LIHEAP, housing, home care, and other benefits. Free, confidential, multilingual. Sign up for an appointment at the office.

NIGHT BINGO

Tue 6/16, 4:00-7:00pm

Our next Night Bingo. \$4 for the whole night gets you into every game, with a \$400 prize pool. Food and drinks available for purchase. Tons of fun in a relaxed, social atmosphere, perfect for a night out without leaving town. Plenty of room for you, just be 55 and show up. Cards on sale at 4pm.

B101 PARTY

Thu 6/18, 11:00am-2:30pm

B101 radio and Neighborhood Health Plan of RI bring an afternoon party to the Main Hall. Free food, games, and raffles. Come and have some fun.

URI PHARMACY

Tue 6/23, 10:30-11:30am

Pharmacy students from URI visit the Main Hall to share health and medication information. Free and open to all members.

BREAKFAST CLUB

Wed 6/24, 8:00-8:30am

Start your morning with good food and good company. Breakfast is made right in our kitchen by Steve and Marie, using simple, familiar favorites that make mornings feel welcoming. \$3 suggested donation. Sign up in the office in advance.

ICE CREAM SOCIAL

Thu 6/25, 1:30-2:30pm

Sundaes in the Main Hall with all the toppings, sponsored by Chapel Hill. Free and open to all members. Bring a friend.

REFLEXOLOGY

Tue 6/30, 10:00am-3:00pm

Foot reflexology with Cheryl. Calming, restorative pressure work that improves circulation. \$25 per session by appointment. Sign up in the office in advance.

SPECIAL BINGO

Tue 6/30, 12:15-1:30pm

Sign up for lunch and automatically receive free Bingo cards for each of the four games. The \$125 prize pool is funded by donations, free to all players. Additional sheets on sale for those wishing to purchase. Runs concurrently with TJQMBB (different room).

COFFEE & CONV.

Weekdays, 8:30am

Enjoy free coffee and easy conversation, walking, or whatever you choose. A welcoming way to start your day with friends. We are working to add breakfast options too.

GET & KEEP MOVING

Mon/Wed/Thu, 9:30am

Stay active and feel strong with Elaine in these upbeat movement classes. Build endurance, improve coordination, and increase flexibility. Go at your own pace in a friendly setting.

WRITE FOR DELIGHT

Mondays, 10:30am

Welcoming writing group with Jane Allard where everyone has a voice. Journal, story, poetry, whatever you enjoy. No experience needed, just bring your imagination.

BALANCE & FLEX

Tuesdays, 9:30am

Gentle work on posture, stability, and everyday mobility. Safe for all fitness levels. Focus on controlled movements, proper form, and breathing so you can move confidently.

ARTS & CRAFTS

Tues + Fri, 9:30am

Work together on a group piece or bring your own project. Painting and seasonal crafts. Supplies provided. Drop in any time and join the table.

CHOIR WITH AMARI

Tuesdays, 10:30am

Sing in a group with Amari just for fun. All welcome regardless of language or experience. Easy songs chosen so everyone can enjoy and follow along.

CHAIR VOLLEYBALL

Tuesdays, 10:30am

Low impact, high laughter. Played from chairs with a soft beach ball. Drop in any week and have a blast with a fun, friendly group.

ZUMBA GOLD

Tuesdays, 1:30pm

Dance your way to fitness with Fran in this lively, low-impact class designed for older adults. Easy upbeat routines that boost coordination and energy. Feels more like a party than a workout.

MEDITATION

Wednesdays, 10:30am

Take a midweek pause with Diane in our beautiful downstairs meditation room. Guided practices to calm body and mind, reduce stress, and support emotional well being.

CRIBBAGE

Wednesdays, 12:30pm

Friendly cribbage after lunch in a relaxed setting. New or experienced, a warm group is ready to deal you in and help you learn the ropes.

CHAIR YOGA

Wednesdays, 12:45pm

Stretch, strengthen, breathe, all from a chair. Improve flexibility, posture, and peace of mind without needing to get on the floor. Friendly instructor, friendly room.

MOVIE MATINEE

Thursdays, 1:30pm

Free movies every Thursday. Popcorn provided, drinks welcome. Title posted in the lobby Monday so you can plan ahead.

BARRE FITNESS

Thursdays, 3:00pm

Low-impact strength and balance, blending Pilates, ballet, and yoga moves. Use a chair for support at any fitness level.

QIGONG

Fridays, 9:30am

Slow flowing movements and mindful breathing for balance, circulation, and calm. Start your Friday with a friendly group.

BRAIN GAMES

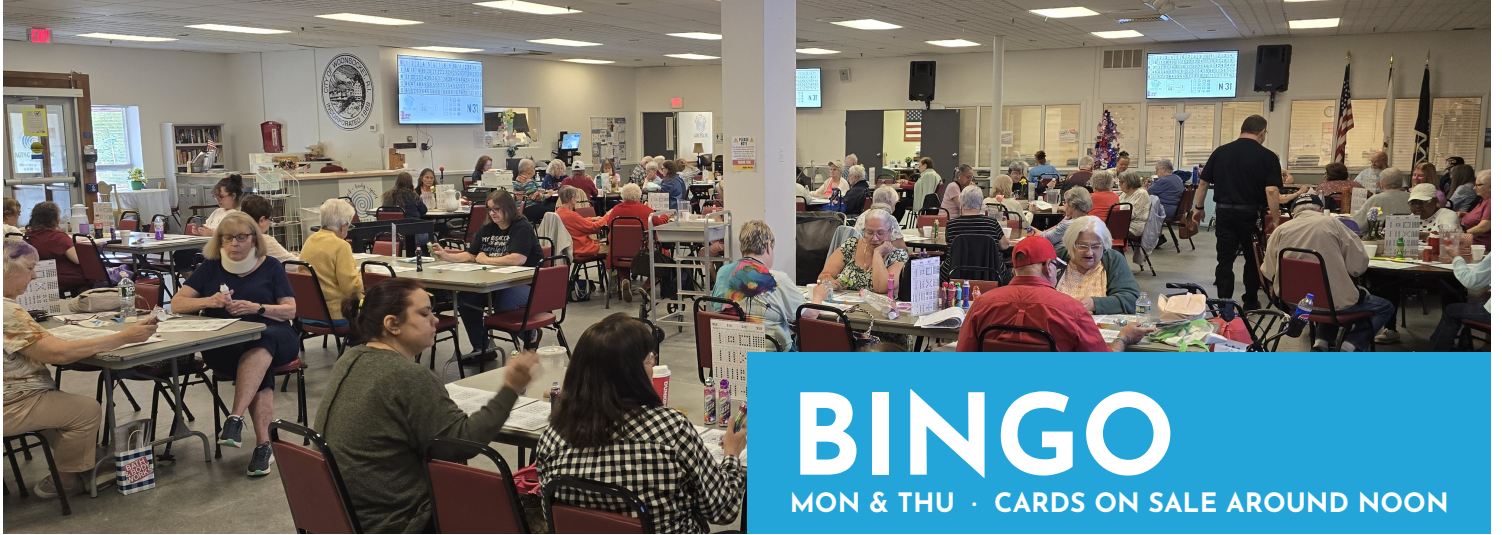
Fridays, 10:30am

Puzzles, wordplay, memory challenges, and friendly problem solving. Lighthearted but effective brain workout.

GARDEN GROUP

Fridays, 10:30am

Indoor and outdoor garden with Sienna from Open Farms Retreat. Year-round gardening for any level of experience.



FOUR GAMES EVERY MONDAY & THURSDAY IN JUNE

ESSENTIALS FOR NEW PLAYERS

- Come early to grab your favorite spot in the hall.
- Game 1 starts between 12:20 and 12:30pm.
- Cards \$1 each. Pack of 4 for \$4. \$400 prize pool.
- Buy all of your cards at once before Game 1.
- Daubers free at the door. \$1.50 for your own.
- New number every 17 seconds, previewed on one of our four big screens!
- Wait for the official call before shouting Bingo.
- Volunteer callers run every game.
- Bring a friend (55+). New players welcome every week.
- Come and see why Aging Well Inc. is the undisputed leader in daytime bingo in Woonsocket!

	\$12	\$16	\$22	\$50
GAME 1				
GAME 2				
GAME 3				
GAME 4				



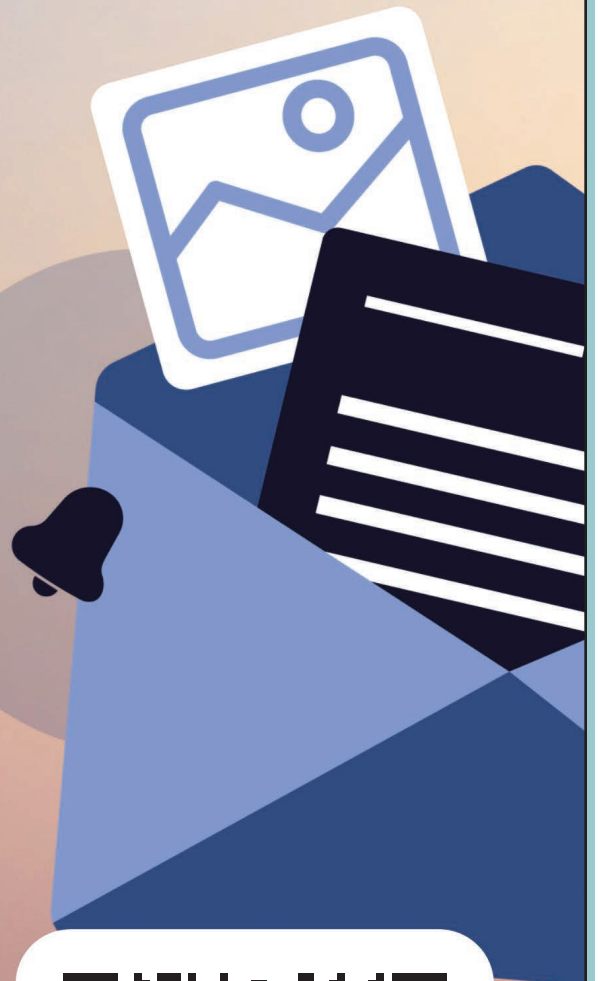
High tech bingo system
Electronic Winner Verification from your seat.



The Best Daytime Bingo in Woonsocket
An afternoon of friends and fun. Up to \$400 in prizes for just \$4.

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A Father's Love

by Laurie Bartlett

A Father's love
Is like no other
It is very different
From that of a Mother

A Father's love
Is born of pride
A need to protect
He holds deeply inside

A Father's love
Is uncontained
He can afford the patience
And does not refrain

A Father's love
Is full of hugs
The ones keeping you safest
Those bear hug embraces

A Father's Love
Is being curled in his lap
Relaxed and content
On an afternoon nap

A Father's love
Lets you walk on his shoes
On his shoulders, takes you places
Wherever he goes

A Father's Love
Is all forgiving
It grows and gets stronger
It just keeps on giving

A Father's love
Never grows old for you
He'll always protect you
Even when you're grown up too

A Father's love
Stays in your heart
Even if you find yourself
Worlds apart

A Father's love
Is being the sparkle in his eye
When he looks at you
And all you see is his pride

A Father's love
It's strength allows him to let go
To live your own life
No matter how hard it is to do so

A Father's love
Helps pave your way
It's always inside you
For the rest of your days...

Hometown

by Melvyn B. Gendron

There is a sadness about my hometown.
You gladly leave and regretfully return.
a mother who speaks softly to her children,
But never laughs aloud and hardly smiles.

Painted on a canvas
Of grey or reddish brown-colored brick.
Beneath skies, if not angry.
Melancholy and flat.

In every direction,
Church spires,
Forgotten ancestral homes,
and archaic remnants of beauty —
Striving to survive.

Along the river,
A vanquished citadel,
Not yet, perhaps never, defeated.
The city, a heart breaking, but still beating.

A place of memories both regretful and exquisite.
Is it that you miss the way it used to be?

A hometown,
A moody refuge now,
Beckoning and reckoning —
A garden plot,
In need of time.

Donald's Corner

by Donald Crepeau

The Outdoor Recreation Area is coming along. There is a Pickleball court, a shuffleboard court, a deck that will have chairs and tables, there are six large raised garden beds and on the deck are large round and large rectangular planters. There are vegetables, fruits, and herbs. There is also a small fitness center. Ribbon cutting around July 4th.

On another note, there is a craft room downstairs, some of the many craft activities are:

- Beginner Sewing Machine Group
- Quilting Sewing Group
- Sewing Crafts Group
- Clothing Upcycle and Mending Group
- Home Decor Sewing Group
- Memory Quilt and Keepsake Group
- Therapeutic Stitching and Wellness Group
- Jewelry Makers Group
- Paper Craft and Origami Group
- Write for Delight Group
- Crocheting Group
- Knitting Group

Come and see what crafts there are, and see if you are interested in any of them.

Happy Fourth of July.

Have fun, be safe.

Until next month, see you at the Senior Center.

Here Lies a Man

To the tune of "On top of old smokey"
by Roland Desbiens

Here lies a man, but a lonely one
Here lies a man, who is second to none
For the ones he loved, he left behind
In search for peace, for all mankind
Now often he cried, in his sleep at night,
For no man really really likes to fight

But he still went on in his quest for peace
And hid them tears that he'll no longer weep
It was said by some, "they'd have it made"
But now he is lying, deep inside of the grave

He fought by day, and he fought by night
In spite of the fact, that it didn't seem right
But now that he's died, in the line of duty
At least he died to serve his country

Now it may seem sad, but it's all so true
That he was fighting for me and you

So give these men what they're fighting for
By living in peace, so we don't need war

Yes give these men what they gave their lives for
By living in peace, and a fighting no more

Around the Center



IN MEMORIAM

Norman O. Champagne

Jun 12, 1927 - May 4, 2026, age 98
U.S. Army · World War II

Beloved husband of the late Jeannette D. (Bourgault) Champagne. Father of Marie St. Godard, and the late Bill and Jackie. A Woonsocket resident for 30 years.



Norman drove for Teamsters Local 251 and also worked at Ann & Hope, as a tree-trimmer, and at his father's drive-in. He served as president of the Tower Heights Condominium Association. He loved photography and was the man behind the camera at every family event, always with a smile and a joke.

Norman will be deeply missed by his Aging Well family. We send our love to his friends and family.

WHAT'S HAPPENING AT AGING WELL

News & programs to know

- **Green Space opens this summer**
 Pickleball court, shuffleboard, raised garden beds, deck, benches, and plantings. Funded by private foundations.
- **In session: Tai Ji Quan for Better Balance**
 Evidence-based fall-prevention class. Ask staff how to join the next cohort.
- **Coming: Diabetes Prevention Program**
 Year-long class in English and Spanish, led by Progreso Latino certified coaches. We need 18 sign-ups to start. Tell staff if you are interested.
- **La Placita keeps growing**
 Greenhouse, meditation room, La Farmacia, La Bodega, sewing room, plaza with dominoes. Gardening, crafts, and choir.
- **Daily movement at 9:30am**
 Mon thru Fri. Cardio, strength, chair Pilates, chair yoga, Zumba Gold, line dance, tap, barre, and balance & flex.

Aging Well Inc Presents:
NIGHT BINGO
 84 Social St. Woonsocket
TUESDAY JUNE 16
 4PM - 7PM
 ✓ Cards on Sale at 4PM
 ✓ First Game Starts Around 4:30PM
 ✓ 4 Games
 ✓ \$400 Prize Pool!
FOOD & DRINKS FOR SALE!

Night Bingo Returns!

Happy 94th Birthday!
Tillie!
 Wishing you a day filled with love, joy and laughter!

Tillie turns 94!

PROGRESO Latino
WE NEED 18 PEOPLE
TO LAUNCH OUR DIABETES PREVENTION PROGRAM
 Together, we can build a healthier community.
18 PARTICIPANTS NEEDED
 Let's make a difference—together!

Sign up for Diabetes Prevention!

Happy Birthday, June!

JUNE 1

Valerie Gonzalez

JUNE 3

Brenda Curtin
 Yvette Gladu
 Evelyn Berrios
 Fran Golombiewski
 Claire Murphy

JUNE 4

Michelle St. Pierre
 Phillip Desautels

JUNE 5

Lucille "Tillie" Vario

JUNE 7

Amparo Maldonado

JUNE 9

Barbara Carpenter

JUNE 12

Daniel Greene

JUNE 14

Doris Almazar De Pena

JUNE 15

Jane Bernier

JUNE 19

Mjay Rivera

JUNE 20

Lorraine DeHimmer
 Judy Mandeville
 Madeline Rocheleau
 Paula Scott

JUNE 25

Sara Rivera
 Ruth Gravel
 John Croteau
 Cindy Malouin
 Valerie Moreau

JUNE 30

Patrice Doherty
 Maureen Lomberto
 Saverio Orlando

MARTES TUESDAY

9:00-9:30

Café Contigo

9:30-10:30

Cocinando con Ignacio o voleibol en silla

10:30-11:30

Coro con Amari o Dominós

11:30-12:15

Almuerzo

12:15-1:15

Tai Ji o Gimnasia Cerebral

1:15-2:30

Tiempo Creativo



Mayor Beauchamp and Councilwoman Gonzalez, architects



Progreso Latino, aliados increíbles de La Placita



Sala de costura y manualidades, abierta a todos

Mejora tu equilibrio

Por Coach Dilenia Cruz



A veces creemos que el equilibrio depende únicamente de la fuerza física, pero en realidad comienza mucho antes: en la conexión entre el cerebro, la respiración y la manera en que el cuerpo responde al movimiento.

Haz una pausa por un momento. Levanta un pie del suelo y permanece así unos segundos. Tal vez notes que el tobillo se mueve ligeramente, que los músculos se activan o que tu respiración cambia sin darte cuenta. Todo eso forma parte de un mecanismo extraordinario diseñado para mantenerte estable y seguro.

Diálogo Interno

Cada pequeño ajuste que hace el cuerpo es una conversación silenciosa entre el sistema nervioso, la vista, el oído interno y la propiocepción, la capacidad que tiene el cuerpo de reconocer su posición sin necesidad de mirarse. Con el paso de los años, estos sistemas pueden debilitarse, aumentando el riesgo de caídas y lesiones. La buena noticia es que el equilibrio también puede entrenarse.

Aumenta la confianza

El Tai Ji Quan utiliza movimientos suaves, coordinación y respiración consciente para fortalecer precisamente esas áreas. Poco a poco, la sensación de inseguridad disminuye y aparece una mayor confianza al caminar, subir escaleras o realizar actividades cotidianas.

El programa Tai Ji Quan: Movement for Better Balance (TJQMBB) se ofrece en Aging Well y La Placita los martes y viernes a las 12:15pm en el salón de TAP, gracias al auspicio del Rhode Island Department of Health.

Improve your balance

By Coach Dilenia Cruz



Sometimes we think that balance depends solely on physical strength, but in reality it begins much earlier: in the connection between the brain, breathing, and the way the body responds to movement.

Pause for a moment. Lift one foot off the ground and hold it there for a few seconds. You might notice your ankle moving slightly, your muscles activating, or your breathing changing without you even realizing it. All of this is part of an extraordinary mechanism designed to keep you stable and safe.

Internal Dialogue

Every small adjustment the body makes is a silent conversation between the nervous system, vision, inner ear, and proprioception, the body's ability to recognize its position without looking at itself. Over the years these systems can weaken, increasing the risk of falls and injuries. The good news is that balance can also be trained.

Increased Confidence

Tai Ji Quan uses gentle movements, coordination, and conscious breathing to strengthen precisely those areas. Gradually, feelings of insecurity diminish and greater confidence emerges when walking, climbing stairs, or performing everyday activities.

The Tai Ji Quan: Movement for Better Balance (TJQMBB) program is offered at Aging Well and La Placita on Tuesdays and Fridays at 12:15pm in the TAP room, thanks to the sponsorship of the Rhode Island Department of Health.

VIERNES

FRIDAY

9:00-9:30

Café Contigo

9:30-10:30

Coro con Amari o Dominós

10:30-11:30

Jardinería

11:30-12:15

Almuerzo

12:15-1:15

Tai Ji o Gimnasia Cerebral

1:15-2:30

Tiempo Creativo



Open Farms Retreat: jardinería todo el año en La Placita



Socialización y apoyo comunitario en La Placita



Baile, ejercicio, juegos y mucho más

AGING WELL INC.

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401-766-3734 · agingwellinc.org

SNAPSHOTS FROM 84 SOCIAL STREET

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LUNCH AT 84 SOCIAL STREET



OPEN MON-FRI
8:00am - 4:00pm

Membership \$18 per year. Ages 55+. No residency requirement. Meals 60+ for a suggested \$3 donation.

MAKE A DONATION

Aging Well Inc. is a separate 501(c)(3) nonprofit that proudly operates the senior center for the City of Woonsocket. Meals cost double our suggested donation. Donate at agingwellinc.org.



JUNE FEATURE
Medicare Fraud & Abuse Awareness

Date to be announced (early June). Our SHIP counselor Guy Boulay will offer a presentation. To attend, watch the calendar and sign up in the office.

YEAR-ROUND COUNSELING

Free private appointments with Guy on Medicare Part D, Advantage Plans, and personal fraud or abuse concerns. Call 401-766-3734.



COMMUNITY PARTNER
Woonsocket Situation Table

A multi-agency collaboration of local human service, health, education, and criminal justice professionals meeting weekly to address situations where an individual or family is at significant risk. The team builds an action plan and connects people with community services.

Aging Well Inc. is a proud member.
woonsocketsituationtable.org