

YWCA NORTHERN RHODE ISLAND

CONTACT US

514 Blackstone Street
Woonsocket, RI 02895
T: 401-769-7450
F: 401-769-7454
www.ywcanri.org

ANNUAL MEMBERSHIP

6 to 16 years \$12.00
17 to 64 years \$22.00
65 and over \$17.00

Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. Men and boys are welcome as associates. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in the oldest, largest women's movement in the nation

HOURS

Monday to Thursday, 9am-9pm
Friday 9am-6:30pm, Saturday 9am-4:30pm
Monday to Friday, open for child care at 6:30am for ages 5 and under.

TOURS

Are you new to YWCA? Call for more information or to schedule a tour, 769-7450.

SCHEDULE

Classes run in consecutive sessions during the school year with a new schedule for summer.

ROOM RENTALS

Room rentals are available for events. Contact YWCA for details, 769-7450.

STORM POLICY

For YWCA cancellations and closing announcements, listen to radio stations WOON 1240AM & WNRI 1380AM or watch Channel 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS

To register for health events, call Joyce Dolbec at YWCA Health Office, 769-7450.

- **August 30, 6-Hole Scramble Pizza Party Tournament:** For the Monday Golf League.
- **September 10, Diabetes Self-Management Workshop:** For details, see description inside the brochure under Wellness Programs.

- **September 15, Senior Relaxation Tea:** 1:30pm at Mount St. Rita Health Centre, 15 Summer Brown Road, Cumberland.
- **September 23, October 7, October 21, November 4, URI Nutrition/Exercise Series:** 1:30pm at YWCA Northern Rhode Island.
- **October 5, Woonsocket Cancer Control Task Force Community Workshop:** 5pm with Dr. Nadeem at Landmark Medical Center, 115 Cass Avenue, Woonsocket.
- **October 7, YWCA and Women & Infants 6th annual Breast Health Program:** 11am at Women & Infants, 2168 Diamond Hill Road, Woonsocket.
- **October 13, Lifespan "Healthy Choice" Book Workshop:** 1:30pm at YWCA.
- **October 14 and October 28, URI Nutrition/Exercise Series:** 6:30pm at YWCA.
- **October 16, YWCA Women's Rest & Relaxation Day:** 10am at Mt St Rita Health Centre, Cumberland.
- **October 20, 6th Annual Tools of the Trade Luncheon:** 11:30am-1:30pm at Kirkbrae Country Club, 197 Old River Road, Lincoln. Opportunities available for nominating, tickets, and underwriting. For details visit, www.womenofachievementri.org.

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Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. To receive a free subscription, submit content, or reserve advertising space, contact Lisa Piscatelli at 769-7450.



A member agency of The Fund for Community Progress, an alliance with a common mission: to guarantee fairness and opportunity for all Rhode Islanders.

ADVOCACY

World YWCA global strategy on Sexual and Reproductive Health and Rights, and HIV and AIDS

In February 2009, the World YWCA convened a consultation, supported by United Nations Fund, to strengthen the World YWCA Global Strategy on Sexual and Reproductive Health and Rights (SRHR), and HIV and AIDS including Condom Programming. Building on the outcomes of this consultation, the World YWCA commits to promoting comprehensive approaches for SRHR, HIV and AIDS and violence against women that focus on prevention strategies and women's empowerment.
www.worldywca.org



eliminating racism
empowering women

ywca

Change Begins with Me



YWCA MISSION

YWCA Northern Rhode Island is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

FALL SESSION 2010