



Middlesex  
**UNITED WAY**

# RETIRE UNITED

**Are you retired and looking for a group of individuals to  
volunteer with in the community?**

Join Middlesex United Way's Retire United. This group will host  
volunteer projects in Middlesex County, meet with community  
resource providers, and host fun activities like yoga and  
mindfulness sessions.

## JOIN US TO LEARN MORE!

**Wednesday, October 7, 2026**

**12:00-1:30 p.m.**

**Perk on Main in Middletown**

Scan QR Code  
to Learn More

