



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

AUGUST 2026



Mission Statement:



The mission of the Robert E. Rock, East Providence Senior Center is to assist, inform, and enrich the lives of all persons 55 years of age and older or persons with disabilities in the East Providence, RI area.

Membership:



General Membership:

Residents of East Providence: \$20.00/year

Non-residents: \$25.00/year

General Membership including Fitness Center:

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

Membership is required for all activities.

Membership is not required to only come for lunch.

Get in Touch!

**610 Waterman Avenue
East Providence, RI 02914**

PHONE

401-435-7800

WEBSITE

<https://eastprovidenceri.gov/departments/senior-center>

EMAIL

seniorcenter@eastprovidenceri.gov

HOURS

Monday-Friday

8:00AM-4:00PM

 **FOLLOW US ON FACEBOOK!**

Contents

02 | Letters / Staff Members
 03 | Services & Resources
 04 | Monthly Calendar
 05 | Activities
 06 | Senior Center EPHS Schedule
 07 | Senior Center Closure Details
 08 | Medicare Open Enrollment Informational Fair
 09 | Technology Assistance
 11 | Brain Games
 12 | Concerts in the Park
 13 | East Providence Events
 14 | Shopping, BINGO, Puzzle Answers
 15 | Movie Showing/Health Fair
 16 | Monthly Lunch Menu

Our Staff



Laura Jones
 Director of Senior
 Services
 401-431-4608



Amanda LaPlante
 Elder Resource
 Specialist
 401-270-1788



Shahnee Lagor, RN
 Healthy Aging Nurse
 Coordinator
 401-270-1792



Cindy DeMedeiros
 Dining Room
 Manager
 401-270-1814

Member Services Representatives:



**Patricia
 Thomas**



**Rhonda
 Marzetta**



**Carleen
 Ricci**



From the Mayor:

I hope you and your family are enjoying all that summer has to offer! Thank you to everyone who joined us for our Annual Independence Day Celebration. It was wonderful to see so many residents come together for an evening filled with great entertainment, community and celebration.

The fun doesn't stop there! We have another exciting lineup of events planned throughout August, with something for everyone to enjoy. Be sure to turn to page 13 to learn more about some of the wonderful activities happening in our city. You can also visit our online community calendar to see everything taking place across East Providence this month:

<https://eastprovidenceri.gov/calendar>.

I look forward to seeing you at one of our upcoming events!



From the Director:

August is here and I hope everyone gets out and enjoys this warm weather while it lasts. We have a lot going on at the Robert E. Rock Senior Center this month. We have the

Navigant Bank sponsored Golden Summer Gala on Wednesday, August 5th at Rhodes on the Pawtuxet in Cranston. Get those prom gowns out and your dancing shoes and prepare for a wonderful time. I also want to thank the Senior Center staff for all their help in preparing for our building closure for the weeks of August 11th - August 21st. During this period, we will be paving the driveway and parking lot of the 610 Waterman

Avenue Campus. Transportation will still be in place for our East Providence residents to pick you up at your home and bring you to the East Providence High School for lunch and some activities. We will also do our Senior Shopping trips during the closure dates. Please see pages 6-7 of this newsletter for more details.





Notary Public

We are pleased to offer free notary public services to our community to have documents notarized. No appointment necessary.

Notary Public Hours:

Monday: 9AM-3:30PM
Tuesday: 9AM-11:30AM
Wednesday: 9AM-11:30AM
Thursday: 9AM-3:30PM
Friday: 9AM-3:30PM

Transportation Services:

The East Providence Senior Center provides round trip transportation to and from the Senior Center for East Providence Residents. *Late bus offered on BINGO Tuesday and Friday afternoons.*

Call 401-435-7800 to reserve transportation.
\$1.00 round trip. 24 hour notice needed.

The Senior Center also offers grocery shopping trips on *Thursday* and *Fridays*. We visit Stop & Shop, Shaw's, and Walmart (depending on the day).

\$1.00 round trip.

Registration required and space is limited.

Call 401-435-7800 to reserve your space for grocery shopping.

Elder Resource Specialist

AMANDA LAPLANTE

The East Providence Senior Center has a full-time Elder Resource Specialist to assist and connect individuals with community resources. Amanda assists with SNAP applications, DHS applications, housing, advocacy, and various social services.

401-270-1788

Healthy Aging Nurse Coordinator

SHAHNEE LAGOR, BSN, RN-BC

Our part time Nurse is on site **Tuesdays and Thursdays from 9AM-3PM** to assist with health related needs and questions. Schedule an appointment today with Shahnee to learn more about maintaining a healthy lifestyle.

401-270-1792

SHIP Counseling

STATE HEALTH INSURANCE PROGRAM COUNSELING

The State Health Insurance Assistance Program (SHIP) helps individuals find the right Medicare coverage at the right cost, such as Medicaid, Medicare Savings Program, and Extra Help Program, which can subsidize or reduce healthcare costs. SHIP Counselors are at the Senior Center weekly. By appointment only.

Call 401-435-7800 to make appointment.

Aging Disability Resource Center

MARIA SOL CUESTA

At the Rhode Island's Aging Disability Resource Center (formerly known as The Point), specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs. Maria visits the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid, and DHS applications.

By appointment only.

401-519-0374

Congregate Meal Site

CINDY DEMEDIEROS- DINING ROOM MANAGER

The East Providence Senior Center is a congregate meal site that serves a hot lunch Monday-Friday at 12pm. \$3.00 suggested donation. Lunch menu on page 16.

Call 2 days in advance to make your reservation. 401-270-1814



MONTH CALENDAR

East Providence Senior Center

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
8A: Ping Pong/Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 10:30A: Chair Yoga 10:30A: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:45A: PACE Chair 1P: Cribbage	9A: Tai Chi 9A: Shopping 10:30A: Drums Alive 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
10	11	12	13	14
Victory Day  Senior Center Closed	12P: Cold Lunch Option 12:30P: Beginners Mah Jongg AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	9A: 20/20/20 12P: Cold Lunch Option 12:30P: Cribbage AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	9A: Tai Chi 9A: Shopping 12P: Cold Lunch Option 12:30P: Bridge AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 12:30P: Hi Lo Jack AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED
17	18	19	20	21
9A: Tai Chi 10:45A: Chair Yoga 12P: Cold Lunch Option AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	12P: Cold Lunch Option 1P: Beginners Mah Jongg AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	9A: 20/20/20 12P: Cold Lunch Option 12:30: Cribbage AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	9A: Tai Chi 9A: Shopping 12P: Cold Lunch Option 12:30P: Bridge AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED	8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 12P: Cold Lunch Option 12:30P: Hi Lo Jack AT EP HIGH SCHOOL SENIOR CENTER BUILDING CLOSED
24	25	26	27	28
8A: Ping Pong & Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Chair Yoga 10:30A: Board Games 10:30A: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 11A: Look Your Best Presentation 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:30A: Mental Health Presentation 10:45A: PACE Chair 1P: Cribbage	9A: Tai Chi 9A: ATEL Computer Help 9A: Shopping 10:30A: Drums Alive 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
31				
8A: Ping Pong & Corn Hole 9A: Tai Chi 10:30A: Chair Yoga 10:30A: Board Games 1P: Movie Showing 10:30A: PODS Swimming	ATTENTION FITNESS CENTER MEMBERS: Due to the Senior Center closure from August 10-August 21, all fitness members will have an extra 2 weeks added to their fitness center memberships to compensate for the closure.			
	Drop in Gym Orientations are offered every Tuesday Morning from 8AM-12PM!			

ACTIVITIES

05

East Providence Senior Center



20/20/20 FITNESS

Wednesdays | 09:00am

Senior geared that offers 20 min cardio, 20 min of strength training, and 20 min of stretch/core work.

\$3.00 per class



PAINTING/ART CLASSES

Tuesday & Wednesdays | 10:00am

Instructor led painting/art class using acrylic paint & mixed media. Space is limited. Supply list available at the front desk. **(Tuesdays \$5.00, Wednesday Free)**



BILLIARDS

Weekdays | 08:00AM

Our Senior Center has two pool tables. Billiards group meets Weekday mornings M-F.



CHAIR YOGA

Check Calendar for dates/times

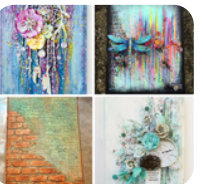
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available **(Tuesday Class is \$3.00).**



COMPUTER LAB

Monday-Friday | 8AM-4PM

The Senior Center has a public computer lab equipped with 4 desktop computers for members. Printing available.



CREATIVE ART STUDIO

Tuesday | 1:00pm

Oriented for personal choice media such as collage, acrylic, pastel, etc. **No fee.**



CRIBBAGE, BRIDGE, SCRABBLE, MAH JONGG, BINGO, BOARD GAME CLUB

Weekdays, Check Calendar

Each game offered weekly at the senior center. Check calendar on page 4 to see which day games are scheduled.

\$6.00 BINGO, \$3.00 CRIBBAGE



DRUMS ALIVE

Thursdays 10:30am & 12:00PM

Combines benefits of traditional physical fitness with music and rhythm. **\$3.00 suggested donation.**



GRIEF SUPPORT & HEALING

Thursday 9/17 | 11:00am

The loss of a loved one can be one of the most difficult experiences anyone can go through. Grief support and healing support group meets monthly. Free.



GYM ORIENTATIONS

Fitness Center Members Only

Orientations for new gym members to learn our gym equipment. Orientations on Tuesdays 8am-12pm. Free.



HI LO JACK

Fridays | 1:00pm

A game of chance. Registration required. Call 401-435-7800 to register. **\$3.00 to play, .25 ups or bumps** **LOOKING FOR MORE PLAYERS**



KNIT & CROCHET

Thursdays | 12:30pm

Join us weekly to knit & crochet various items. Learn about new patterns and designs.



MEMORY CAFE

Wednesday, 9/16 | 10:00am

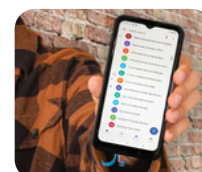
RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promotes social engagement and education.



PACE CHAIR EXERCISE

Wednesday & Friday | 10:45am

The movements in PACE chair exercise are low impact that can increase blood flow and strengthen muscles.



SMARTPHONE ASSISTANCE

Tuesdays | 10:00am-11:00am

Learn tips and tricks on your smart phone. Learn more about texting, internet use, and apps.

WEEK 1 AT EP HIGH SCHOOL:**MONDAY, AUGUST 10**

**CLOSED in
Observance of
Victory Day**

TUESDAY, AUGUST 11

12PM-1PM: Lunch
12:30PM-2:30PM: Beginners
Mah Jongg

WEDNESDAY, AUGUST 12

9A-10AM: 20/20/20 Fitness
12PM-1PM: Lunch
12:30PM-3PM: Cribbage

THURSDAY, AUGUST 13

9AM-10AM: Tai Chi
12PM-1PM: Lunch
12:30PM-2:30PM: Bridge

FRIDAY, AUGUST 14

8:30AM-10AM: Scrabble
10AM-12PM: Mah Jongg
12PM-1PM: Lunch
12:30PM-3PM: Hi Lo Jack

WEEK 2 AT EP HIGH SCHOOL:**MONDAY, AUGUST 17**

9AM-10AM: Tai Chi
10:45AM-11:45AM: Chair Yoga w/
Marilyn
12PM-1PM: Lunch

TUESDAY, AUGUST 18

12PM-1PM: Lunch
12:30PM-2:30PM: Beginners
Mah Jongg

WEDNESDAY, AUGUST 19

9A-10AM: 20/20/20 Fitness
12PM-1PM: Lunch
12:30PM-3PM: Cribbage

THURSDAY, AUGUST 20

9AM-10AM: Tai Chi
12PM-1PM: Lunch
12:30PM-2:30PM: Bridge

FRIDAY, AUGUST 21

8:30AM-10AM: Scrabble
10AM-12PM: Mah Jongg
12PM-1PM: Lunch
12:30PM-3PM: Hi Lo Jack

Thank you for your patience and understanding as our parking lot undergoes repaving. We know this temporary inconvenience may disrupt your routine, but we are excited about the improvements. Once completed, the new parking lot will provide a safer, smoother, and more accessible experience for all of our members.

TURN PAGE OVER FOR MORE DETAILS

SENIOR CENTER CLOSURE DETAILS

East Providence Senior Center

07

The Senior Center will be closed from Monday, August 10 through Friday, August 21 while the parking lot is being repaved.

ACTIVITIES & LUNCH

- Many of our activities will continue at EP High School. Please refer to this flyer for the schedule of activities being offered during this temporary closure. Page 4 of the August 2026 newsletter also highlights the activities offered at the EP High School during the Senior Center shut down.
- Lunch will be served daily at 12:00 PM at the High School. During this time, the lunch menu will be limited to the cold meal option (Option #2).

PARKING

Seniors attending activities and lunch at the High School during the closure can park to the left of the front entrance of the High School. The lot is sufficient for all. Handicapped vehicles can park to the left of the High School or to the right of the entrance. There is a smaller lot accommodating handicapped vehicles to the right of the High School.

TRANSPORTATION

Transportation services will be offered throughout the two-week closure. Transportation will pick members up at home and bring to the High School.

WHERE DO I GO?

Please enter through the front entrance of the High School. Senior Center staff will be there to welcome you and direct you to activities and the lunch area. No sign in or visitor badge required to enter the High School to participate in Senior Center operations during the shut down.

QUESTIONS?

Senior Center staff will report to the Senior Center to answer telephones. If you have any questions, please call 401-435-7800 during our regular business hours, Monday through Friday 8:00 AM–4:00 PM.



2026 MEDICARE OPEN ENROLLMENT INFO FAIR

**ARE YOU NEW TO MEDICARE,
OR WILL BE ELIGIBLE SOON?**

*Use this informational fair as a
one stop shop to gather
information on Medicare Open
Enrollment 2027 plans.*

- ✓ Seek out policy information and supplemental plans
- ✓ Information on first time enrollments
- ✓ Speak to representatives on site
- ✓ Speak with Medicare Specialists, Heating Assistance Representatives, and the United Way RV bus will be at this fair available to assist with additional resources.

DETAILS:



October 8, 2026



10:00AM- 12:00PM



**610 Waterman Avenue
East Providence, RI 02914**



401-435-7800



**OAK
STREET
HEALTH**



...MORE TO COME!



TECHNOLOGY ASSISTANCE

East Providence Senior Center

09



Smartphone Assistance

EVERY TUESDAY | 10:00AM – 11:00AM
CANCELLED AUGUST 11 & 18

Walk-in Smartphone Assistance is available weekly on Tuesday mornings at the East Providence Senior Center. Whether you just purchased a new smartphone, or need help navigating your current phone device, our Smartphone Assistance volunteer will be able to assist you with questions as well as learn tips and tricks to operate your smartphone efficiently and effectively.



east bay community action program
THE BRIDGE TO SELF-RELIANCE

Age Well, Get Connected

RESUMING IN SEPTEMBER 2026

Technology assistance hosted by East Bay Community Action Program. Assistance is provided to those who need it once per month with this service. No appointment needed. Feel free to bring your own device or use one of ours to learn more about technology.

Walk-in Computer Assistance

TAKING A SUMMER PAUSE. RESUMING IN FALL 2026.



Bring your own computer or tablet or use one of the desktop computers or laptops here at the Senior Center to learn tips and tricks with computer usage. Whether you are a seasoned technology user with a few questions, or if you need a crash course back to basics, our walk-in computer assistance volunteer is on site weekly on Wednesday afternoons to answer questions you may have. No appointment needed.

ATEL Computer Assistance

THURSDAY, AUGUST 27 | 9:00AM – 11:00AM

ATEL is a state program that assists older adults with technology. Drop in for a one-to-one tech session with an ATEL representative to answer your questions or learn how to use your Apple or Android device.

By appointment only. Call 401-435-7800 to schedule an appointment.



2555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/
McStay
FUNERAL HOME

James P. McStay Paul J. Martin Christopher E. Sylvester Peter Pimentel Stephen A. Mello Jr.

LEN WALKER

Senior Agent

Medicare Solutions

PO Box 121, Seekonk, MA 02771

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

www.sandlhealthcaresolutions.com



**GRACE BARKER[®]
HEALTH**

Family owned & operated since 1966

The Cove

SHORT-TERM REHABILITATION
LONG-TERM CARE

The Willows

ASSISTED LIVING
ADULT DAY HEALTH

54 Barker Avenue, Warren RI • GraceBarkerHealth.com • 401-245-9100

MULTIMILLION DOLLAR PRODUCERS.

(401)
474-8306

The Cathy Sousa Team

Jordan Ross

Licensed RE Salesperson in RI & MA
401.714.8567
Jordan.ross@serhant.com

Cathy Sousa

Licensed RE Salesperson
in RI & MA
401.474.8306
Cathysousa@serhant.com



**Let Us Help Make Your Real
Estate Needs a Breeze!**

SERHANT. RHODE ISLAND, LLC

SERHANT. RHODE ISLAND, LLC IS A LICENSED REAL ESTATE BROKER (REB. 0005300) LOCATED AT 513
BROADWAY, NEWPORT, RI 02840. OFFICE: 401-382-0600 | EMAIL: RHODEISLAND@SERHANT.COM



SERHANT.

YOUR GATEWAY TO HEALTHY HEARING



Call For An
Appointment Today
401-431-5100



Conveniently Located

197 Warren Ave., Ste. 102 | www.GatewayHearing.com

Lisa Janicki, MS

Never miss our publication!



Get each new issue
delivered straight to
your inbox.

Scan to subscribe on
MyCommunityOnline.com



Catholic Cemeteries

Diocese of Providence

*Catholic Cemeteries has more options
to choose from than ever before.*

*Numerous opportunities to
memorialize your loved one regardless of
their resting place. Ensure that YOUR
wishes are met, rather than leaving it up
to grieving family members. We are here
to help you through the process.*

Main Office: (401) 944-8383

**Gate of Heaven Office:
(401) 434-2579**

Mention Discount Code

EPSC at time of purchase

ricatholiccemeteries.org



Eastgate
Nursing & Rehabilitation Center

**Short Term Rehab
and Long Term Care**

**Call For A
Tour Today!
401-431-2087**

198 Waterman Ave.
East Providence

Advertise in Our Newsletter!

Contact Jan Thivierge

jthivierge@4LPi.com

(800) 950-9952 x6408



For ad info. call 1-800-950-9952 • www.4lp.com

East Providence Senior Center, East Providence, RI

04-0741

SHAPES WORD SEARCH



SQUARE
CIRCLE
HEART
STAR

DIAMOND
TRIANGLE
HEXAGON
PENTAGON

RECTANGLE
TRAPEZIUM
HEPTAGON
OCTAGON

OVAL
CROSS
MOON

How to Play SUDOKU

Sudoku is a logic puzzle played on a 9x9 grid. The goal is to fill the entire grid with numbers from 1 to 9 so that each number appears exactly once in every row, column, and 3x3 box. Every puzzle starts with a few "givens" to help you solve it.

- Every horizontal row of 9 cells must contain the numbers 1 through 9 without duplication.
- Every vertical column of 9 cells must contain the numbers 1 through 9 without duplication.
- Every 3x3 box should have numbers 1-9 only listed one time.

Answers for puzzles are listed on page 14 of this newsletter.



BRAIN GAMES

East Providence Senior Center

11

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

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

Sand	cycle cycle cycle	R E A D I N G
lang4uage	PRAIRIE	BUSINE...
S I T	Punishment	A Rest You're
mil1lion	TEMPERATURE	Chair



2026 *FREE!* CONCERTS IN THE PARK



6PM at Crescent Park

701 Bullocks Point Ave. Riverside, RI 02915

JUNE 4TH

DAVID TESSIER'S ALL-STAR STARS
CLASSIC & CONTEMPORARY ROCK

JUNE 11TH

STRICTLY SENTIMENTAL SWING BAND
BIG BAND SWING & JAZZ

JUNE 18TH

FAILTE
*TRADITIONAL & CONTEMPORARY IRISH
MUSIC*

JUNE 25TH

NEW PROVIDENCE BIG BAND
*BIG BAND JAZZ & CONTEMPORARY
MUSIC*

JULY 2ND

THE CLASSIX
60S, 70S & 80S ROCK

JULY 9TH

RAQUEL HAWKINS
COUNTRY MUSIC

JULY 16TH

MIXED EMOTIONS
CLASSIC SOFT ROCK

JULY 23RD

JESSE LIAM BAND
POP HITS & ORIGINALS

JULY 30TH

THE DRIFTWOODS
BEACH BOYS TRIBUTE

AUGUST 6TH

MOJO
CLASSIC ROCK

AUGUST 13TH

STONE COLD GYPSIES
*ECLECTIC MIX OF ROCK, R&B, WITH A
MIX OF COUNTRY AND REGGAE*

AUGUST 20TH

KELLY & THE POOR BOYS
*CREEDENCE CLEARWATER REVIVAL
TRIBUTE*



All performances are weather permitting
Questions? Call 401-435-7511

SPONSORED BY

Navigant
CREDIT UNION

HOW TO LOOK YOUR BEST PRESENTATION AT THE SENIOR CENTER

August 25
11AM

Bring your eyebrow pencil and any makeup & beauty questions to this informative seminar on how to look your best! With a focus on eyebrows and lips, Licensed professional Shari Whitmore will give some great tips on application of makeup for any event.




**SUNDAY, AUGUST 30
2026 • Noon-6:00PM**

FREE!

Tracy Bonham

The SOUND GROVE

Song Circle

Share your own or others' songs of PROTEST SOCIAL CONSCIOUS

Tracy Bonham

MONTHLY GRIEF SUPPORT AND HEALING AT THE SENIOR CENTER

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.

LOOKING FOR MORE PARTICIPANTS.

RESUMING IN SEPTEMBER



Food Truck Friday
East Providence
Bold Point Park
6/12, 8/7, 9/4
4:30 to 8:30 pm

live music  artisan vendors  kids zone  12 of RI's Best Food Trucks

12 WPRI **DATCO** **AS SEEN ON THE rhode** **CAT 98.1 COUNTRY**



2026 Cruise Night Schedule

Saturday Nights

May 2 - September 26

3pm - Dusk

*No Car Show on August 1,
August 8, September 5,
September 19.*

Grocery Shopping Schedule:

Thurs, August 6: Stop & Shop

Fri, August 7: Shaw's

Thurs, August 13: Stop & Shop

Fri, August 14: Shaw's

Thurs, August 20: Stop & Shop

Fri, August 21: Shaw's

Thurs, August 27: WALMART

Fri, August 28: WALMART



Senior Center Membership required for shopping service
4 bag maximum
\$1.00 round trip

How do Grocery Shopping Trips work?

1. Call 401-435-7800 to reserve your grocery shopping trip.
2. The Senior Center will call the morning of the shopping trip to provide pick up time.
3. Shoppers will get one hour of shopping time in the store.
4. The Senior Center shuttle will take individuals home after grocery shopping.

Doors open at 1:00PM.

Games start at 1:30PM.

\$6.00 per card

Dabbers are \$2.00 each

TUESDAYS | 1:30PM

No assigned seating. NO BINGO 8/11 & 8/18



Pull tabs are sold every Tuesday afternoon from 1:00PM-1:25PM.

Pull tabs are .50 each

All pull tab transactions must be completed by 1:25PM.

BRAIN GAME ANSWERS

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

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

BRAIN TEASERS AND ANSWERS

See if you can figure out what these tricky brain teasers are trying to say.

 Sand Box	cycle cycle cycle Tricycle	R E A D I N G Reading Between the Lines
lang4uage Foreign Language	PRAIRIE Little House on the Prairie	BUSINE... Unfinished Business
S I T Sit Down	Punishment Capital Punishment	A Rest You're You're Under Arrest
mil1lion One in a Million	TEMPERATURE Rising Temperature	Chair High Chair

IDENTIFYING MENTAL HEALTH STRUGGLES

**Wednesday, August 26
10:30AM**

Learn to recognize warning signs of mental health struggles and how to help someone is in a crisis. Officials to share information on what to look for and who to call for help.



Coming in September:

BLUE CROSS BLUE SHIELD HEALTH FAIR

Learn about insurance plans for open enrollment, health stations to check blood pressure and blood sugar, get your FLU vaccine, and much more.

This Health Fair is open to the public and will be held on Tuesday, September 29th from 10am until 2pm.



MOVIE SHOWING

East Providence Senior Center

15

MOVIE SHOWING

MONDAY, AUGUST 31

1PM

The Greatest Showman

"Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus."



Popcorn will be served.



**Custom Roofing
Siding
Construction**

401.219.9548

rinaldiroofingri.com

Family Owned by twin brothers

Nick & Matt Rinaldi



**HEALY
PHYSICAL THERAPY
& SPORTS MEDICINE, INC.**
KEEPING YOU IN THE GAME OF LIFE

MOST INSURANCES ARE ACCEPTED

EAST PROVIDENCE (401) 438-0905

927B Warren Ave. • E. Providence

CUMBERLAND (401) 305-3858

2295 Diamond Hill Rd. • Cumberland

EAST GREENWICH (401) 471-7510

2639 South County Trail • E. Greenwich

WARWICK (401) 921-0160

2080 Warwick Ave. • Warwick

www.healyphysicaltherapy.com



**Health Care Equipment and
Incontinence Supplies**



independence
HomeHealthWares™

401.273.8888

Visit our showroom at

2224 Pawtucket Ave, East Providence

**THE HIGHLANDS
ON THE EAST SIDE**

Assisted Living & Memory Care

A HALLKEEN ASSISTED LIVING COMMUNITY

**BOOK A TOUR TODAY!
401-654-5259**

Unmatched in service, location,
and value, where residents
re-discover the "rhythm of life"

**Just steps away from
Miriam Hospital**

**101 Highland Avenue,
Providence, RI 02906**

highlandsri.com

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

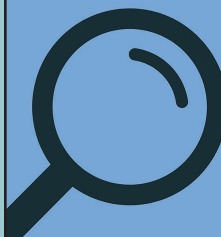
- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502



Advertise Here!

Increase visibility in your
community.

Meals are ordered by reservation only,
Reservations are made **TWO** days in advance.
No walk-ins.

Reserve your meal by calling our Dining
Room at 401-270-1814.

August 2026 Menu

\$3.00 suggested donation
Lunch is served Monday-Friday at 12PM.
No assigned seating

Enjoy your meal!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken noodle soup Roasted chicken w/ gravy Rice pilaf Green beans Watermelon Roast beef sandwich	4 Vegetable soup Shepard's pie Mashed potatoes Sliced pears Tuna salad on rye	5 Creamy potato soup Baked fish Sliced carrots Rice pilaf w/ mushrooms Chocolate chip cookie Chicken salad plate	6 Broccoli cheddar soup Meatloaf w/gravy Sweet potatoes Sweet peas Sliced peaches Seafood salad sandwich	7 Tomato soup Chicken parmesan Italian vegetables Roasted potatoes Yellow cake Cobb salad
10 Senior Center Closed  Victory Day	11 Tuscan bean soup Seafood salad sandwich AT EAST PROVIDENCE HIGH SCHOOL	12 Lunch To be Announced AT EAST PROVIDENCE HIGH SCHOOL	13 Lentil soup Egg salad sandwich AT EAST PROVIDENCE HIGH SCHOOL	14 Fresh mixed fruit Greek salad AT EAST PROVIDENCE HIGH SCHOOL
17 Navy bean soup Corned beef on rye AT EAST PROVIDENCE HIGH SCHOOL	18 Tomato soup Greek salad w/chicken AT EAST PROVIDENCE HIGH SCHOOL	19 Vegetable soup Chicken salad plate AT EAST PROVIDENCE HIGH SCHOOL	20 Chicken Rice soup Turkey on rye AT EAST PROVIDENCE HIGH SCHOOL	21 Clam chowder Italian grinder AT EAST PROVIDENCE HIGH SCHOOL
24 Mushroom barley soup Baked pasta w/sausage & meatballs Broccoli, zucchini carrots Fruit cocktail Roast beef sandwich	25 Carrot soup Sausage & pepper sandwich Roasted zucchini Chips Sliced peaches Egg salad on rye	26 Creamy vegetable soup Lemon chicken and artichokes White rice Baby carrots Cookie Ham salad on wheat	27 Chicken soup Pork chop w/ apples Mashed potatoes Buttered corn Cake Greek salad w/ chicken	28 Tuscan soup w/ vegetables Chicken w/fennel & peppers Greek cucumber salad Rice pilaf Tropical fruit Turkey & cheese sandwich
31 Tomato spinach & basil soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit Ham & cheese on rye			Suggested Donation \$3.00	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
All meals are served with a roll				