

# Robert E. Rock, East Providence Senior Center



## December 2025

### Senior Center Services

**Elder Resource Specialist:**

**Amanda LaPlante**

Monday–Friday 401-270-1788

**Healthy Aging Nurse Coordinator:**

**Shahnee Lagor, BSN, RN-BC**

Office hours: Tuesday & Thursday 9AM-3PM

**Notary Public:**

**Pat Thomas, Member Services**

M-F 9:00am-12:00pm to notarize documents for our seniors.

**Carleen Ricci, Member Services**

Mon. Thurs. and Fri. 12:00pm-3:30pm

**Senior Shopping:**

Thursday & Friday Mornings: Call 401-435-7800

The Senior Center will pick you up at your home and take you to Stop & Shop, Walmart, or Shaw's in East Providence.

Open to Seniors living in East Providence.

**SHIP (State Health Insurance Program) Counseling:**

By Appointment Only– Call 401-435-7876 x1137



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

**401-435-7800**

**Fax: 401-563-7024**

**[www.eastprovidenceri.gov](http://www.eastprovidenceri.gov)**



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### **Staff**

**Laura Jones**

Director

[ljones@eastprovidenceri.gov](mailto:ljones@eastprovidenceri.gov)

**Cheryl Balasco**

Admin. Assistant

[cbalasco@eastprovidenceri.gov](mailto:cbalasco@eastprovidenceri.gov)

**Shahnee Lagor**

Healthy Aging Nurse Coordinator  
[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

**Amanda LaPlante**

Elder Resource Specialist

[alaplante@eastprovidenceri.gov](mailto:alaplante@eastprovidenceri.gov)

**Cindy DeMedeiros**

Dining Room 401-270-1814

[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

**Pat Thomas**

**Rhonda Marzetta**

**Carleen Ricci**

Member Services Representatives

[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)

[rmarzetta@eastprovidenceri.gov](mailto:rmarzetta@eastprovidenceri.gov)

[cricci@eastprovidenceri.gov](mailto:cricci@eastprovidenceri.gov)

**Facilities:**

Napoleon DeBarros

Simon Correia

**Transportation:**

Joe Serodio  
Melissa Perry

Robert Walker  
Tom Taylor

### **MISSION STATEMENT:**



The mission of the Robert 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 area.



### **Message from the Mayor:**

The holiday season is upon us, and the City of East Providence is delighted to invite you to celebrate this special time of year with two of our favorite community traditions — the Annual Tree Lighting Festival and Winterfest!

Our Annual Tree Lighting Festival will take place at City Hall on Saturday, December 6, from 4:00 PM to 7:00 PM. Join us as we kick off the holiday season with an evening filled with festive joy and community spirit. Enjoy holiday performances, free hot cocoa, a cozy community bonfire, shopping with local artisans, and delicious food from a variety of vendors. The highlight of the evening will be the much-anticipated arrival of Santa Claus!

The celebration continues the following weekend with Winterfest, happening on Saturday, December 13, from 3:00 PM to 7:00 PM. Bring your family and friends to enjoy free popcorn and hot chocolate, crafts, games, and plenty of festive fun for all ages.

We look forward to celebrating with you and wish you a joyous and peaceful holiday season.

**Sincerely,**

**Mayor Bob DaSilva**



### **Letter from the Director:**

As the holiday season approaches, I would like to take a moment to extend my warmest wishes to each of you. This special time of year reminds us of the joy of community, creativity, and the simple pleasures of sharing time together.

I would like to express my thanks to everyone who participated in our Annual Senior Art Show. Your artistry and talent made the event truly spectacular. A special thank you goes to the East Providence Heritage Arts for their sponsorship and continued support of our annual Senior Art Show. I want to also thank our Judge this year, Jennifer Cahoon.

To continue the festive spirit, we invite you to join us at the Senior Center on Tuesday, December 23 at lunchtime for a delightful holiday performance by the Very Merry Christmas Dickens Carolers. Come enjoy some lunch filled with music and holiday cheer!

**Best,**

**Laura Jones**  
**Director of Senior Services**

## Robert Rock East Providence Senior Center

### -Advisory Group-

Judy Phillips      Jan Kinder      Jim Phillips  
Ann Fagundes      Ken Goucher  
Elaine Robinson      Donald Senna      Dick Wood  
Christine Singleton

## DAYS TO REMEMBER IN DECEMBER:

Wednesday, Dec. 24: Christmas Eve (Sr. Center Closes at 11:30AM)  
Thursday, Dec. 25: Christmas Day (Sr. Center Closed)  
Wednesday, Dec. 31: New Year's Eve (Sr. Center Closes at 11:30AM)  
Thursday, Jan. 1: New Year's Day: Senior Center Closed

## BINGO INFORMATION EVERY TUESDAY

**\$6.00 per card**

Doors Open at 1:00PM.  
Games start at 1:30PM

Dabbers: \$2.00 each



### PULL TAB INFORMATION:

Pull Tabs available on  
Tuesdays only.

.50 ¢ per pull tab  
OPEN 1:00PM-1:25PM  
All transactions **MUST** be  
completed by 1:25PM.



## SHOPPING TRIPS SCHEDULE

### DECEMBER 2025:

Thurs, Dec. 4: Stop & Shop  
Fri, Dec. 5: Shaw's  
Thurs, Dec. 11: Stop & Shop  
Friday, Dec. 12: Shaw's  
Thurs, Dec. 18: Shop & Shop  
Fri, Dec. 19: WALMART

**NO SHOPPING  
DECEMBER 25 OR 26!**

To add your name to our  
shopping list, please call:  
**401-435-7800.**

Reservations for grocery  
shopping **MUST** be made  
**24 hours in advance!**



**TUESDAY,  
DECEMBER 23  
12PM**



**THE VERY MERRY DICKENS CAROLERS ARE  
COMING TO THE EAST PROVIDENCE SENIOR  
CENTER!**



*The Very Merry  
Dickens Carolers  
is comprised of  
professional  
singers who love  
the music of the  
season and enjoy  
bringing seasons  
greetings to you.  
All of the songs  
are performed a  
cappella.*

***Come enjoy this festive event with us!***

## MEMORY CAFÉ

Do you or someone you love struggle with memory or  
living with Dementia?

Come join the fun at  
the RI Memory Cafes!

Come meet new  
friends, laugh, have  
fun, and learn new  
skills.

**Please join us on the 3rd Wednesday of each  
month at 10:00AM. Always free and snacks are  
provided.**

**WEDNESDAY, DEC. 17  
10:00AM**

Sponsored by:

**WINGATE RESIDENCES**  
ON BLACKSTONE BOULEVARD

Call 401-273-6565 to RSVP



**AGING VIBRANTLY ADULTS  
DECEMBER 3  
10:30AM**

Learn to better understand mental health. Participants  
will gain knowledge, skills, confidence, and learn about  
resources. This training are geared for seniors and their  
caregivers.

**We will be showing:**

**ELF**

**Monday, December 22  
1:00PM**

THIS HOLIDAY, DISCOVER YOUR INNER ELF.



Buddy was accidentally transported to the  
North Pole as a toddler and raised to adulthood  
among Santa's elves. Unable to shake the  
feeling that he doesn't fit in, the adult Buddy  
travels to New York, in full elf attire, in search of  
his real father.



# THANK YOU TO OUR 2025 SPONSORS!



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# HEALTH RELATED PROGRAMS:

## COMING UP IN FEBRUARY:

Two Zumba classes to meet your needs. Beginning in February we will be offering **Zumba Gold** in which participants will be seated in a chair for exercise class.



We will also be offering regular Zumba for our more fast-paced seniors.

*Scheduling dates and times to be announced.*

Finding peace through the holidays. Join us on Friday's for Meditation. Class starts at 11am.



## NURSE HOURS: TUESDAY & THURSDAY 9AM-3PM

### GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE

Thursday, Dec. 18 11AM-12PM



### Blood Pressure Clinics in December:

Tuesday, December 2 at 10:30AM

Health Care Services RI

Tuesday, December 9 at 10:30AM

Hattie Ide Chafee



## BEAT THE WINTER BLUES



Winter's arrival brings cozy nights, festive gatherings, and a slower pace of life. But for many seniors, the shorter days and colder temperatures can also lead to a decrease in activity levels and social engagement. Staying active and engaged during the winter months is crucial for seniors' physical and mental health. Consider trying something new.

*Be sure to check out our activities calendar to see our December class offerings!*

THE UNIVERSITY OF RHODE ISLAND



**WEDNESDAY  
DECEMBER 17  
10:30AM**



University of Rhode Island SNAPed program will be at the Senior Center for our last cooking class. Participants will have the opportunity to sample a fresh and delicious meal cooked right here on the spot.

**Registration is required.**

Colds, flus and other respiratory illnesses are often more common in colder months. That's because people are indoors allowing viruses to pass easily from one person to another.

How do you know if it's just the common cold or something more? If you are feeling unwell, the best advice is to stay home and call your doctor. The graph to the side is a good guide highlighting the different types of illnesses that could be making the winter rounds.

## HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:



|                        | COLD | FLU | COVID-19 | RSV |
|------------------------|------|-----|----------|-----|
| ACHES                  | XX   | XXX | XX       | X   |
| DIFFICULTY BREATHING   | X    | X   | XXX      | XX  |
| FATIGUE                | XX   | XXX | XXX      | X   |
| FEVER                  | X    | XXX | XX       | XX  |
| LOSS OF TASTE OR SMELL | X    | X   | XX       | X   |
| SORE THROAT            | XXX  | XX  | XXX      | X   |
| WHEEZING               | X    | X   | X        | XXX |





**15TH ANNUAL**



# **WINTERFEST**

**DECEMBER  
13, 2025**

**3-7 PM**

**ROBERT E. ROCK SENIOR CENTER  
610 WATERMAN AVE., EAST PROVIDENCE, RI 02914**

**FREE POPCORN & HOT CHOCOLATE  
ARTS & CRAFTS | GAMES | BICYCLE RAFFLE**

**DAVE MARCHETTI'S  
"ANIMAL EXPERIENCES"  
PETTING ZOO!**

**JOE'S SNACK SHACK  
&  
MUSIC BY JOEY MARSHALL**

**FOR MORE INFO, CONTACT  
THE RECREATION DEPT.  
(401) 435-7511**

**SANTA'S  
ARRIVAL  
&  
TREE  
LIGHTING  
AT 5:30 PM**



# City of East Providence Annual Tree Lighting Festival



**When:** Saturday December 6, 2025

**Vendors open:** 4 PM to 7PM

**Santa arrives:** 6 PM

**Where:** City Hall Plaza - 145 Taunton Ave.

Enjoy holiday performances, free hot cocoa,  
community bonfire, shopping with local artisans,  
delicious food vendors,  
Santa's arrival on a firetruck, and more!

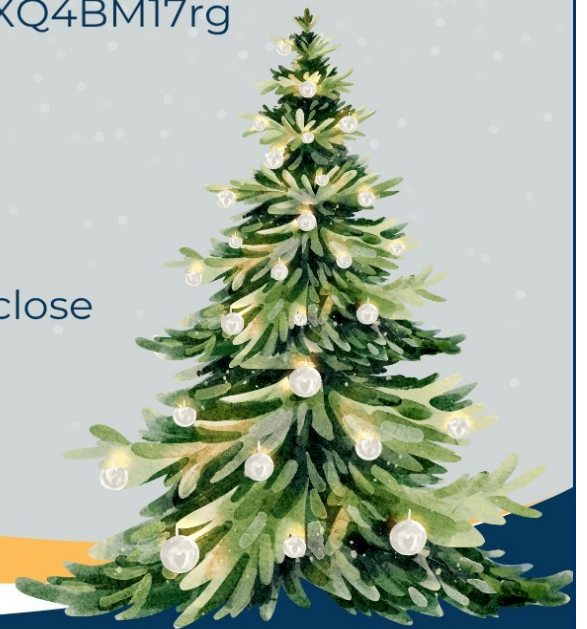
**Interested in participating as a vendor?**

Scan the QR code or visit \_  
to apply

<https://forms.office.com/g/6XQ4BM17rg>



Vendor applications close  
November 24th





## A LOOK BACK FROM 2025:







# TECHNOLOGY ASSISTANCE

## Smartphone/Computer Assistance

### ATEL COMPUTER ASSISTANCE

**JANUARY 15  
9AM-11AM**



*If you are an older adult that wants to get technology support for their smartphones or tablets, then come learn how you can improve your lives by embracing technology. Although challenges do exist to using technology, there are many solutions for success.*

Drop in for a one-on-one 'Tech Session' with an ATEL Representative to answer your questions or learn how to use your Apple or Android device to its fullest. Also, learn about apps and accessibility features that are designed to help older adults and people with disabilities use technology more easily.

**This service is by appointment only. Sign up is located by the front desk.**

### AGE WELL, GET CONNECTED

Age Well, Get Connected is a monthly computer hosted by East Bay Community Action. Drop in and questions answered as well as learn some new tips have not known before! No Registration

**December 17, 2025 10:30**



### SMART

**EVER  
MORE  
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**No regi  
requ**

**WALK-IN COMPUTER ASSISTANCE EVERY WEDNESDAY AFTERNOON 1PM-4PM AT THE S**

### ***Tips for Staying Safe while on the Internet***

Technology has made it easier to communicate, shop, pay bills, and bank. But this convenience comes with the cost of privacy and security.

**Update Passwords.** Make an effort to update your passwords and make them more secure. They should be at least 8 characters and have a combination of upper and lower case letters, symbols, and numbers. Change them on a regular basis, especially for financial and email accounts. Also, don't use the same password for multiple accounts.

**Protect Your Computer.** Make sure that spyware or malware protection is installed on your computer and that it's up to date.

**Secure Shopping.** Only do online shopping through sites with "https" in the browser's address bar. "https" stands for "secure." Secure sites will also have an icon of a locked padlock in the status bar at the bottom of your Web browser.

**Leave Links Alone.** Don't click on links in emails from credit card companies, banks, or other organizations. Hackers are hoping you do so that they can collect your login credentials and other personal information.

2555 Pawtucket Ave., East Providence, RI 02914

**434-3885**

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Lisa Janicki, MS

## YOUR STORY INTERVIEWS



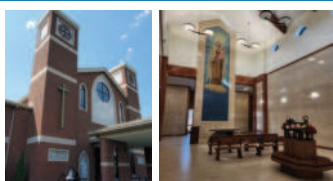
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MEMOIR**

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# Robert Rock Senior Center Activities Calendar

**DECEMBER 2025**

| Mon                                                                                | Tue                                                                                                                                                                                                        | Wed                                                                                                                                                                                                                                                                           | Thu                                                                                                                                                              | Fri                                                                                                                                                                        |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><br>10:30A: Board Game Club<br>2P: PODS Swimming                       | <b>2</b><br><br>10A: Smartphone Help<br>10A: Watercolor Paint<br>10:30A: BP Clinic<br>10:45A: Chair Yoga<br>1P: Creative Art Studio<br>1P: Beginners Mah Jongg<br>1:30P: BINGO!                            | <b>3</b><br><br>8A: SHIP Counseling<br>9A: 20/20/20 Fitness<br>10A: Acrylic Painting w/ Daisy<br>10:30A: Aging Vibrantly Adults Presentation<br>10:45A: PACE Chair<br>1P: Cribbage<br>1P: Walk-in Computer Assistance                                                         | <b>4</b><br><br>9:30A: Shopping<br>10:30A: Drums Alive<br>12:30P: Bridge<br>12:30P Knit & Crochet                                                                | <b>5</b><br><br>8A: SHIP Counseling<br>8:30A: Scrabble<br>9:30A: Shopping<br>10A: Mah Jongg<br>10:45A: PACE Chair<br>11A: Meditation<br>1P: Hi Lo Jack<br>1P: BCBS Balance |
| <b>8</b><br><br>10:30A: Board Game Club<br>2P: PODS Swimming                       | <b>9</b><br><br>10A: Smartphone Help<br>10A: Watercolor Paint<br>10:30A: BP Clinic<br>10:45A: Chair Yoga<br>1P: Creative Art Studio<br>1P: Beginners Mah Jongg<br>1:30P: BINGO!                            | <b>10</b><br><br>8A: SHIP Counseling<br>9A: 20/20/20 Fitness<br>10A: Acrylic Painting w/ Daisy<br>10:30A: Townie Pride Café Luncheon (Reservation needed)<br>10:45A: PACE Chair<br>1P: Cribbage<br>1P: Walk-in Computer Assistance                                            | <b>11</b><br><br>9:30A: Shopping<br>10:30A: Drums Alive<br>12:30P: Bridge<br>12:30P: Knit & Crochet<br>1P: Wisdom for Living Talks                               | <b>12</b><br><br>8:30A: Scrabble<br>9:30A: Shopping<br>10A: Mah Jongg<br>10:45A: PACE Chair<br>11A: Meditation<br>1P: Hi Lo Jack<br>1P: BCBS Balance                       |
| <b>15</b><br><br>10:30A: Board Game Club<br>2P: PODS Swimming                      | <b>16</b><br><br>10A: Smartphone Help<br>10A: Watercolor Paint<br>10:45A: Chair Yoga<br>1P: Creative Art Studio<br>1P: Beginners Mah Jongg<br>1:30P: BINGO!                                                | <b>17</b><br><br>9A: SHIP Counseling<br>9A: 20/20/20 Fitness<br>10A: Acrylic Painting w/ Daisy<br>10A: Memory Café<br>10:30A: Age Well, Get Connected<br>10:30A: Garden Grant Cooking Class<br>10:45A: PACE Chair Exercise<br>1P: Cribbage<br>1P: Walk-in Computer Assistance | <b>18</b><br><br>9:30A: Shopping<br>10:30A: Drums Alive<br>11A: Grief Support & Healing<br>12:30P: Bridge<br>1: Knit & Crochet                                   | <b>19</b><br><br>8:30A: Scrabble<br>9:30A: Shopping<br>10A: Mah Jongg<br>10:45A: PACE Chair Exercise<br>11A: Meditation<br>1P: Hi Lo Jack<br>1P: BCBS Balance              |
| <b>22</b><br><br>10:30A: Board Game Club<br>1P: Movie Showing<br>2P: PODS Swimming | <b>23</b><br><br>10A: Smartphone Help<br>10A: Watercolor Paint<br>10:45A: Chair Yoga<br>1P: Creative Art Studio<br>1P: Beginners Mah Jongg<br>1:30P: BINGO!<br><b>VERY MERRY DICKENS CAROLERS AT 12PM!</b> | <b>24</b><br><br>9A: 20/20/20 Fitness<br><br><b>Senior Center Closes at 11:30AM Christmas Eve</b>                                                                                                                                                                             | <b>25</b><br><br><b>Senior Center Closed</b><br><br><br><b>Christmas Day</b> | <b>26</b><br><br>8:30A: Scrabble<br>10A: Mah Jongg<br>10:45A: PACE Chair Exercise<br>11A: Meditation<br>1P: Hi Lo Jack<br>1P: BCBS Balance                                 |
| <b>29</b><br><br>10:30A: Board Game Club<br>2P: PODS Swimming                      | <b>30</b><br><br>10A: Smartphone Help<br>10A: Watercolor Paint<br>10:45A: Chair Yoga<br>1P: Creative Art Studio<br>1P: Beginners Mah Jongg<br>1:30P: BINGO!                                                | <b>31</b><br><br>9A: 20/20/20 Fitness<br><br><b>Senior Center Closes at 11:30AM New Years Eve</b>                                                                                                                                                                             |                                                                              |                                                                                       |

## Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

**401-270-1792**

**Nurse Hours: Tuesday & Thursday  
9AM-3PM**

## Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you. **Registration not required. No fee.**

## SHIP Counseling

**State Health Insurance Program (SHIP)**

Counselor is available on Wednesdays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

**Call 401-435-7876 X1137 for an appointment.  
No Fee**

## Smartphone Help

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

Drop-in on Tuesdays 10:00AM- 11:00AM.

**No registration required. No fee.**

## Chair Yoga

Chair Yoga is wonderful for both your mind and body. Tuesdays with Cyn 10:45AM  
**\$3.00 per class. No registration required.**

## Grief Support & Healing

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. Grief Support offered monthly. No registration required.

**THURSDAY, DECEMBER 18 @ 11AM**

## Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc.

**TUESDAYS 1PM-2:30PM**

**No Registration required \$3.00 per class.**

## PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE chair exercise are low impact that increase blood flow and strengthen your muscles.

**WEDNESDAY & FRIDAYS 10:45AM-11:45AM**

**No registration required. No fee.**

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior Services will drop you off at home. **Call 401-435-7800 to register.**

**\$1 transportation fee. Registration is required.**

## Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 12:30PM-3:00PM. **No registration required. No fee.**

## Drums Alive

Combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive is a program that fosters healthy balance physically and mentally.

**Space is limited. Registration required.**

## Gym Orientations- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment.

Robin and Sandra can explain proper techniques and demonstrate exercises.

**For fitness members only**

Mondays 1P-3P, Tuesdays 8A-12P

Fridays 1P-2P **No registration required. No fee.**

## 20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Wednesdays 9A-10A **No registration required. \$3.00 per class.**

## Hi Lo Jack

A game of chance, Registration required.  
Call 401-435-7800 for more information or if you are interested in being a sub to play.

**Fridays 1:30PM-3:30PM.**

**\$3.00 to  
play  
.25 ups or  
bumps**

## Memory Café

RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promoting social engagement, create joyful experiences, and educate the wider community.

**WEDNESDAY, DECEMBER 10**

**No registration required. No fee.**

## Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon, Board Game Club

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

**No registration required. \$3.00 fee for Cribbage.**



# ART SHOW PHOTOS:

*The 2025 Senior Art Show was a huge success! We seen many wonderful pieces created by local East Providence residents. We would like to thank the participants for showcasing their beautiful art pieces in our annual art show. A special thank you to the East Providence Heritage Arts for supplying snacks and refreshments. Thank you to this years Judge Jennifer Gillooly Cahoon for sponsoring and judging the art pieces.*





**DO YOU LIKE WHAT YOU SEE?**

**ARE YOU INTERESTED IN BECOMING A  
MEMBER OF THE SENIOR CENTER?**



Give us a call at 401-435-7800 to schedule a tour today!

**MEMBERSHIP FEES:**

*\*Membership is required for all activities. Membership is not required to only come for lunch\**

**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

**\*\* New membership and renewal forms can be picked up at the front desk!\*\***

*Persons receiving transportation services from the Senior Center are called in the morning with their pick up times. Please allow time in the morning to assign pick up times before calling!*

*Parking Passes can be picked up at the front desk.*



## TOWNIE PRIDE CAFÉ

**Wednesday, December 10**

**10:30am-12:00pm**

***Come join us for lunch at the East Providence High School, Townie Pride Café!***

**Transportation will be provided from the Senior Center to the Café and back to the Senior Center. Those that usually take the Senior Center bus home will be transported home after lunch.**

**Please register for transportation that day by calling the Senior Center at 401-435-7800.**

**Price: \$11.00 per person.**

**Pay at the Senior Center front desk by December 3.**



**Last day to register is:**

**Wednesday,  
December 3**

## DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?

Each month, we search for collectors to take advantage of showing off their collections in our display case located in the lobby area. This gives collectors an opportunity to show their wonderful collections in our locked case. We try to switch out the display case monthly.

***Do you have a collection you would like to have featured in our display case?***

***Please contact Amanda at  
401-270-1788 to coordinate.***



## RI AGING AND DISABILITY RESOURCE CENTER:

At the Rhode Island's Aging and 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.

***DID YOU KNOW THAT THE SENIOR CENTER HAS A SPECIALIST FROM THE POINT COME MONTHLY TO ASSIST WITH BENEFIT APPLICATIONS?***

### RI AGING & DISABILITY RESOURCE CENTER

Maria from the Aging Disability Resource Center (ADRC) will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

***Call Maria to schedule an appointment today!  
401-519-0374***







## BOARD GAME CLUB MONDAYS 10:30AM

Our Board Game Club is a welcoming space for anyone to come together, have fun, and enjoy the world of tabletop games, whether you're a seasoned gamer or just curious to try something new. We'll be playing a variety of board games, card games, and even some dice games, fostering a friendly and inclusive environment for all.

## Self-Guided Wisdom for Living Talks/ Adult Coloring Thursday, November 13 from 1PM-2PM

This self-led discussion group will be utilizing quotes and other conversational starters along with some adult coloring if you would like to converse and color.

Late bus available.



## Acrylic Painting w/ Daisy WEDNESDAY MORNINGS 10AM-11:30AM

New Instructor led Painting class using acrylic paint.  
Registration required. Space is limited.

## IN MEMORIAM

Robert Tavares passed in January 2025  
Lenore Holden passed in February 2025  
Terrie Ramos passed in February 2025  
Linda Agresti passed in March 2025  
John Moniz passed in March 2025  
Muriel Thompson passed in April 2025  
Doris Brown passed in May 2025  
James Bryce passed in May 2025  
Trevor Fry passed in May 2025  
Henrietta Giragosian passed in May 2025  
Dolores Brandley passed in July 2025  
Martha Standeven passed in August 2025  
Joe Hanley passed in August 2025  
Ceaser Moniz passed in October 2025

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## \$3.00 Suggested Donation

Lunch is served at  
12:00 pm



Meals are ordered by  
reservation only.

Reservations are made  
TWO days in advance.

**NO WALK IN'S.**

Suggested donation per  
meal is \$3.00. It is  
important to call if you  
need to cancel your meal.

You can cancel your  
reservation by calling Cindy  
at 401-270-1814.

**Meals are served at 12PM  
Monday-Friday.**

Please arrive before 12PM  
to check in at the dining  
room desk.

**NO ASSIGNED OR**

**RESERVED SEATING!**

We can accommodate 60  
diners.

**ENJOY YOUR MEAL!**

# December 2025

**PLEASE CALL OUR DINING ROOM AT  
401-270-1814 TO PLACE YOUR LUNCH  
ORDER 48 HOURS IN ADVANCE!!**

Menu Items are subject to change due to  
being unavailable to obtain.

| MONDAY                                                                                                                                                     | TUESDAY                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                          | THURSDAY                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Tuscan white bean soup<br/>Shepard's pie (peas carrots, corn)<br/>Mashed potato<br/>Oatmeal raisin cookie<br/>Ham &amp; cheese on wheat</p>           | <p>2 Mushroom barley soup<br/>Creamy Dijon chicken<br/>Green beans<br/>Sweet potatoes<br/>Sliced melon<br/>Tuna salad plate</p>            | <p>3 Lentil vegetable soup<br/>Meatball sandwich<br/>3-bean salad<br/>Roasted potato<br/>Fresh fruit<br/>Tossed salad w/chicken</p>                                                                                | <p>4 Tomato soup<br/>Meatloaf w/ gravy<br/>Sweet potatoes<br/>Cauliflower &amp; Broccoli mix<br/>Fruit cocktail<br/>Chef salad</p>              | <p>5 Chicken soup<br/>Pub burger w/ cheese<br/>Cole slaw<br/>Corn ribs<br/>Cake<br/>Chicken salad on wheat</p>                                                                                                                                                                                                                             |
| <p>8 Escarole &amp; bean soup<br/>Baked chicken topped w/<br/>Eggplant Bolognese<br/>Roasted vegetable<br/>Chocolate chip cookie<br/>Egg salad on rye</p>  | <p>9 Minestrone soup<br/>Baked Ziti w/<br/>Meatball, spinach &amp; cheese<br/>Roasted carrots<br/>Sliced pears<br/>Seafood salad plate</p> | <p>10 Vegetable soup<br/>Pork roast w/ gravy<br/>Mixed vegetables<br/>Spanish rice<br/>Sliced peaches<br/>Turkey sandwich on wheat</p>                                                                             | <p>11 Chicken soup<br/>Salisbury steak w/gravy<br/>Kale<br/>Mashed potatoes<br/>Cake<br/>Ham &amp; cheese on wheat</p>                          | <p>12 Broccoli &amp; cheese soup<br/>Chicken cacciatore<br/>Rice pilaf<br/>Peas &amp; carrots<br/>Sliced apples<br/>Chef salad</p>                                                                                                                                                                                                         |
| <p>15 Kale &amp; chickpea soup<br/>Greek style chicken thigh<br/>Golden rice pilaf<br/>Mixed vegetables<br/>Tropical fruit<br/>Tossed salad w/ chicken</p> | <p>16 Irish vegetable soup<br/>Meatball sandwich<br/>Broccoli florets<br/>Sliced peaches<br/>Egg salad on rye</p>                          | <p>17 Meatball soup<br/>Sloppy joe sandwich<br/>Roasted potatoes<br/>Green beans<br/>Yellow cake<br/>Tuna salad plate</p>                                                                                          | <p>18 Italian wedding soup<br/>Chicken cordon bleu<br/>Brussel sprouts<br/>Mashed potatoes<br/>Holiday desserts</p>                             | <p>19 Navy bean soup<br/>Lasagna roll up w/ meat sauce<br/>Roasted zucchini mix<br/>Garlic bread<br/>Peaches<br/>Chicken salad sandwich</p>                                                                                                                                                                                                |
| <p>22 Vegetable soup<br/>Oven roasted chicken<br/>Spanish rice<br/>Tomato corn salsa<br/>Chocolate chip cookie<br/>Turkey &amp; cheese on wheat</p>        | <p>23 Chicken soup<br/>Swedish meatballs<br/>Mashed potatoes<br/>Capri vegetables<br/>Sliced pears<br/>Chef salad</p>                      | <p>24 Orange juice<br/>Scrambled eggs<br/>Home fries<br/>Bacon<br/>Muffins<br/><b>BREAKFAST<br/>SERVED AT 10AM,<br/>SENIOR CENTER<br/>CLOSES AT 11:30AM<br/>TODAY!<br/>NO TRANSPORTS<br/>TODAY!</b></p>            | <p>25 <b>Senior Center Closed<br/>Christmas Day</b><br/></p> | <p>26  <br/><b>There will be NO catered lunch today. Instead, we will be ordering pizza. If you would like to come in for pizza, please sign up by 12/24/25.</b></p> |
| <p>29 Vegetable barley soup<br/>Sausage &amp; pepper sandwich<br/>3-bean salad<br/>Greek salad<br/>Lorna Doone cookie<br/>Chicken salad on wheat</p>       | <p>30 Chicken &amp; rice soup<br/>Chicken marsala<br/>Rice pilaf<br/>Baby carrots<br/>Sliced fruit<br/>Tossed salad w/ chicken</p>         | <p>31 Orange juice<br/>Scrambled eggs<br/>Potatoes O'Brien<br/>Sliced ham<br/>Muffins<br/><b>BREAKFAST<br/>SERVED AT 10AM,<br/>SENIOR CENTER<br/>CLOSES AT 11:30AM<br/>TODAY!<br/>NO TRANSPORTS<br/>TODAY!</b></p> | <p>Rolls are served with all meals<br/></p>                  | <p>All menu items may<br/>contain nuts, seeds, beans,<br/>wheat bran, and other<br/>allergens<br/><b>Funded in part by the<br/>US Administration on Aging<br/>and the Rhode Island Office<br/>of Healthy Aging</b></p>                                                                                                                     |