



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

FEBRUARY 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](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 | Health Programming
- 07 | Income Tax Assistance
- 08 | Special Programming
- 09 | Technology Assistance
- 11 | Brain Games
- 12 | East Providence Events
- 13 | Local News
- 14 | Shopping & BINGO Info
- 15 | Community Policing
- 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 all are enjoying the New Year! Please continue to take a look at our City Calendar for upcoming events and special presentations.

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

If you are not already signed up to receive the City's monthly newsletter, please sign up so you are aware of all the great upcoming events.

<https://eastprovidenceri.gov/city-eastprovidence-newsletters>



From the Director

We have a lot of great events and special programming for the month of February. Back by popular demand, we are bringing back Bingocize for another session starting the first week in February. We are also beginning two Zumba classes (regular and Gold). Gold is lower impact Zumba geared for Seniors. Are you looking for help filing taxes? We offer two free tax preparation services facilitated by East Bay Community Action and AARP. Turn to page 7 of this newsletter to learn more. This service is by appointment only.



Elder Resource Specialist

AMANDA LAPLANTE

The East Providence Senior Center has a full-time Elder Resource Specialist to assist and connect individuals with communal 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.

401-435-7876 x1137

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

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

CINDY DEMEDIEROS- DINING ROOM MANAGER



04

MONTH CALENDAR

East Providence Senior Center

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05	06
8A: VITA Taxes 8A: AARP Taxes 10:30A: Board Game Club 2P: PODS Swimming	10A: Smartphone Help 10A: Watercolor Paint 10:30A: BP Clinic 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO! 1P: Drums Alive	8A: VITA Taxes 9A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
09	10	11	12	13
8A: VITA Taxes 8A: AARP Taxes 10:30A: Board Game Club 2P: PODS Swimming 2:30P: Cooking for 1 or 2 Presentation	10A: Smartphone Help 10A: Watercolor Paint 10:30A: BP Clinic 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO! 1P: Drums Alive	8A: VITA Taxes 9A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10:30 Townie Cafe 10:45A: PACE Chair 12P: Joey Marshall Performance 1P: Cribbage 1P: Computer Help	9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom Talks	8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
16	17	18	19	20
Senior Center Closed  President's Day	10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO! 1P: Drums Alive	8A: VITA Taxes 9A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10A: Memory Cafe 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
23	24	25	26	27
8A: VITA Taxes 8A: AARP Taxes 10:30A: Board Game Club 1P: Movie Showing 2P: PODS Swimming 2:30P: Cooking for 1 or 2 Presentation	10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO! 1P: Drums Alive	8A: VITA Taxes 9A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance



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



ACRYLIC PAINTING

Wednesdays | 10:00am

Instructor led painting class using acrylic paint. Space is limited. Supply list available at the front desk.



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

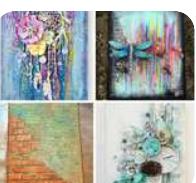
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available.



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 | 01:00pm

Oriented for personal choice media such as collage, acrylic, pastel, etc. \$3.00 per class.



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

Weekdays

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



DRUMS ALIVE

Tuesdays 1:00pm | Thursdays 10:30am

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



ACTIVITIES

East Providence Senior Center

05

GRIEF SUPPORT & HEALING

Thursday 2/19 | 10:00am

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.



GYM ORIENTATIONS

Fitness Center Members Only

Orientations for new gym members to learn our gym equipment.

Mon 1p-3p, Tues 8A-12P, Fri 1P-2P



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



KNIT & CROCHET

Thursdays | 12:30pm

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



MEMORY CAFE

Wednesday, 2/18 | 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.

New Series Beginning in March

BRAIN POWER

A 4- month series focusing on brain health and education. The East Providence Senior Center has partnered with K2 Medical Research to offer 4 opportunities to boost your brain function and improve memory.

**MONDAY, MARCH 16:
8 PILLARS OF BRAIN HEALTH
PRESENTATION AT 10:30AM**



Learn more about things you can do everyday to keep your heart & brain healthy.



**MONDAY, APRIL 27:
DOCTOR POINT OF VIEW
PRESENTATION AT 10:30AM**

Medical diagnosis can often be a stressful time. Many people are too nervous or scared to ask questions. This presentation is about Alzheimer's Disease and stroke. Find out what questions you should be asking your doctor and what the medical team is working on to achieve the best outcome.

**MONDAY, MAY 11:
TRIVIA GAMES WITH
PRIZES AT 10:30AM**



**MONDAY, JUNE 15:
COGNITIVE ASSESSMENT
SCREENINGS FROM 9AM-3PM**

Find out if you suffer from mild cognitive impairment or memory loss. Sit down with a medical professional for a 1:1 session. Learn your results immediately. Anyone interested should call to schedule an appointment with our Nurse Shahnee at 401-270-1792.

In February and March 2026, Rhode Island College students will be shadowing Nurse Shahnee. Stay tuned for special presentations planned and facilitated by the RIC students!

**NURSE ON
VACATION
FEB. 16- FEB. 23**

**Do You Suffer From
Lack of Sleep? Is Your
Mind racing with
Thoughts and Worries?**

If you answered 'yes' to the questions above, Meditation may be what you need to help slow down your thoughts and relax your body. Join us every Friday morning at 11AM for some mind and body rejuvenation.



**Blood Pressure Clinics:
Every Tuesday in the month of February
10:30AM-11:30AM**

DONATION NOTICE:

The East Providence Senior Center recently received a donation of hearing aids. If you suffer from hearing loss and can't afford hearing aids, please see our Nurse Shahnee for more information.

The East Providence Senior Center offers multiple options for income tax assistance. Appointments are required for this service.



AARP Tax Assistance:

APPOINTMENTS ARE MANDATORY.

The AARP team will be at the East Providence Senior Center every Monday from Feb. 2, 2026- April 13, 2026.

The AARP Tax-Aide Program does not assist with business returns or returns dealing with rental property.

Prior to calling to schedule your appointment with the AARP Tax Aide team, please pick up an AARP Tax-Aide packet at the Senior Center.

These packets contain information to explain what will be needed for the AARP Tax Team to assist with your tax preparation the day of your appointment.

FOR MORE INFORMATION OR APPOINTMENTS, CALL PATTY BREEN AT 401-246-1678.



East Bay Community Action Program

Free Income Tax Preparation

LOCATIONS IN BRISTOL & EAST PROVIDENCE

Call 401-435-7876 ext. 1137 to schedule an appointment

East Bay Community Action Program's Volunteer Income Tax Assistance (VITA) program, delivers **FREE, confidential, and secure tax preparation and e-filing services for qualifying taxpayers.**

For individuals and families earning less than \$70,000 annually.



New Class Beginning in February: Cooking for One or Two

Chef Bill Walker is bringing practical, flavorful cooking to the East Providence Senior Center with a new 12 week class designed especially for one or two people. **Meeting Mondays from 2:30 to 4:00 pm starting February 9th**, this hands-on program focuses on preparing one well-crafted main dish and turning it into multiple meals throughout the week. The goal is simple: cook once, eat well several times, and never feel like leftovers are an afterthought.

This class blends smart technique, budgeting, and real-life kitchen wisdom, with an emphasis on flavor, flexibility, and confidence. Participants will learn how to stretch ingredients without sacrificing quality, reduce food waste, and enjoy cooking that fits their lifestyle. Whether you are cooking solo or for two, this program offers approachable lessons, practical tips, and plenty of inspiration to make everyday meals easier and more satisfying.



Memory Cafe

WEDNESDAY, FEBRUARY 18 AT 10:00AM

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, and learn new skills.

Memory Cafe is at the Senior Center on the third Wednesday of each month at 10:00AM.



Monthly Townie Cafe Luncheon

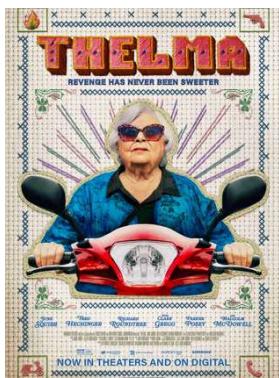
WEDNESDAY, FEBRUARY 18

Join us for lunch at the East Providence High School, Townie Pride Cafe!

Transportation will be provided from the Senior Center to the cafe and back to the Senior Center. Those that usually take the Senior Center shuttle home will be transported home after the luncheon. Menu options are at the front desk.

PRICE: \$11.00 per person

Register and pay at the front desk by Tuesday, February 17.



Monthly Movie Showing: Thelma

MONDAY, FEBRUARY 23 AT 1:00PM

Movies are shown monthly at the East Providence Senior Center.

Popcorn will be served.

"Thelma is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. Thelma soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her."

Drums Alive

TUESDAYS FROM 1PM-2PM (LATE BUS AVAILABLE)

THURSDAYS FROM 10:30AM-11:30AM



TECHNOLOGY ASSISTANCE

East Providence Senior Center

09



Smartphone Assistance

EVERY TUESDAY | 10:00AM - 11:00AM

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

TAKING A PAUSE UNTIL MAY 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

EVERY WEDNESDAY | 01:00PM - 02:00PM

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, FEBRUARY 12 | 9:00AM - 11:30AM

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

PETER PIMENTEL

CHRISTOPHER E. SYLVESTER

PAUL J. MARTIN

JAMES P. MCSTAY

Perry/
McStay
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/

LEN WALKER

Senior Agent

PO Box 121, Seekonk, MA 02771

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Diocese of Providence

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Steve Persichetti**

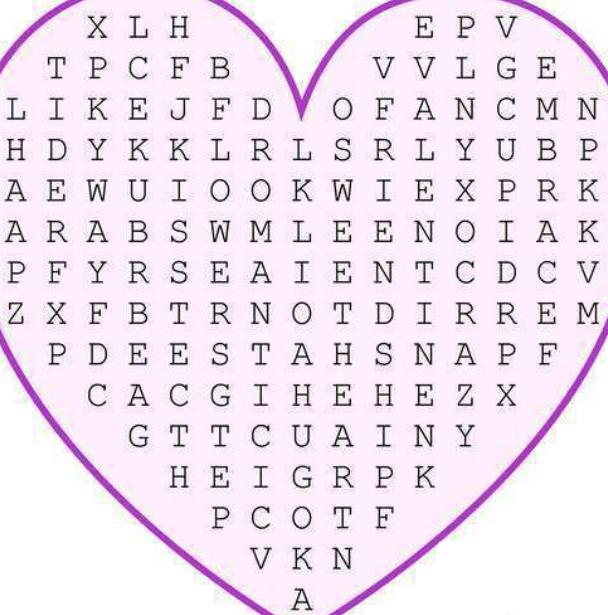
**spersichetti@4LPi.com or
(800) 888-4574 x3403**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com East Providence Senior Center, East Providence, RI 04-0741

Valentine's Day

Word Search



Word list:

AFFECTION	FLOWERS	LIKE
CRAZY	FRIENDSHIP	LOVE
CUPID	HEART	ROMANTIC
DATE	HUG	SWEETHEART
EMBRACE	KISS	VALENTINE

Six Benefits OF BRAIN GAMES

- Improves memory and recall
- Enhances focus and improves attention.
- provides mental stimulation that support cognitive function.
- Supports executive function and problem solving
- Encourages social interaction.
- Reduces stress while promoting engagement.

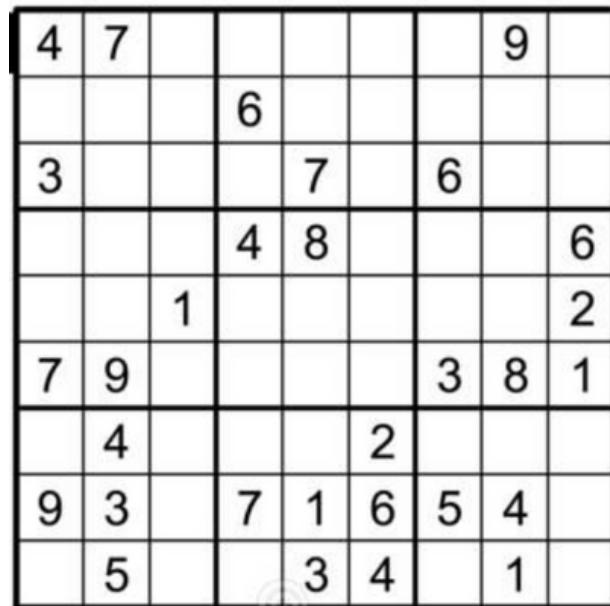


Across

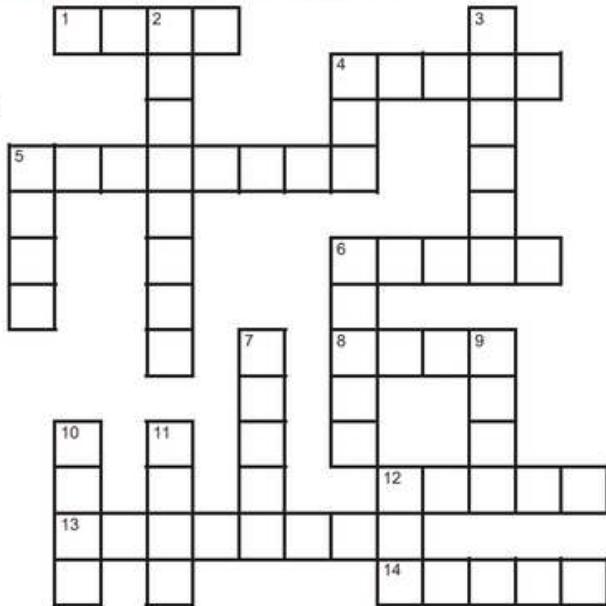
1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.

Down

2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.
10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.



Be My Valentine



Angel
Candy
Card
Courting
Cupid
Doves
Envelope
February
Friend
Gift
Heart
Hug
Kiss
Love
Pink
Poem
Red
Roses



Joey Marshall Performing at the Senior Center in February 2026:

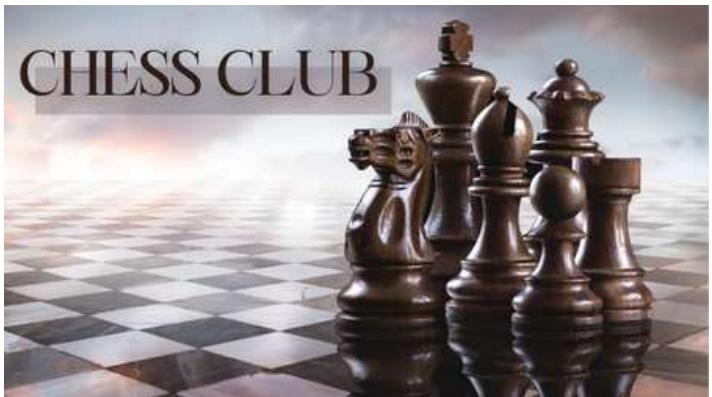
Joey Marshall is a member of popular local musical tribute group 'Mixed Emotions'. When Joey is not performing with Mixed Emotions, he performs at local healthcare centers, Senior Centers, and Recreation Departments. Joey may look familiar from the 2025 Winterfest as he performed at this event.

Joey's solo music consists of Oldies, Motown, 60's, and 70's genres, creating a setlist that has songs that everyone knows and loves.

Come sing along to some great tunes and have lunch and a show!

Reserve your lunch early for this event by calling Cindy our Dining Room Manager at 401-270-1814.

**WEDNESDAY, FEBRUARY 11
11:30AM-12:30PM**



Weekly Chess Club at the Senior Center

TUESDAY NIGHTS FROM 6:30PM-9:00PM.

The East Providence Chess Club (EPCC) is a member of the US Chess Federation (USCF) and has relocated to the East Providence Senior Center. Chess Club meets on Tuesday nights from 6:30PM-9:00PM.

We offer monthly USCF- rated tournaments. Set up and registration is from 6:30PM- 6:50PM with games starting promptly at 7:00PM.

Each player has 45 minutes to complete all their moves. We also offer casual play and instruction for all ages by appointment.

Contact EPCC Vice President, Eric Cook at 401-487-0052 or Senior Services Director Laura Jones at 401-435-7800 for more information.



ANNUAL LIONS CLUB PANCAKE BREAKFAST

SUNDAY, APRIL 12

8AM-11:30AM

More information to come



ANOTHER BINGOCIZE SESSION IS COMING TO THE SENIOR CENTER IN FEBRUARY 2026!

"Bingocize® is an evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get seniors and those with disabilities moving and socializing. Each session usually lasts 45-60 minutes. There are various "curriculum" workshops such as Exercise Only, Falls Prevention, and Nutrition, some of which are more appropriate than others depending on the physical and cognitive ability levels of your particular group of Bingocizers.

Bingocize® can be implemented remotely or in a traditional face-to-face setting."

We are excited to have the opportunity to continue this program with the help of East Providence Prevention Coalition.

Bingocize will run from:

Tuesday, February 3- Thursday, April 9 from 10:30AM-11:30AM.



EAST PROVIDENCE RECREATION DIRECTOR RETIRES, CITY NAMES NEW LEADER



"Mayor Bob DaSilva has announced that the new Recreation Director for the City of East Providence will be Rebecca Chace.

Chace first started with the City of East Providence part-time as a Special Needs Recreation Leader in 1986 and would continue that important work for 14 years.

In September of 2000, Chace would accept a full-time position as the Recreation Center Supervisor.

Chace is a familiar face in the East Providence community, playing a pivotal role in running East Providence's Summer Recreation Day Camp as well as implementing programs at the recreation center. Chace has also been hands on in day-to-day operations where she has supported Diane Sullivan over the past decade. "I am excited to step into the role of Recreation Director and I look forward to continuing our programs while expanding on recreation opportunities for residents of all ages,"

Rebecca Chace said.

Chace will officially begin in her new capacity as Recreation Director effective January 2, 2026."

Congratulations & best of luck in your new position!

Grocery Shopping Schedule:

Thurs, Feb. 5: Stop & Shop

Fri, Feb. 6: Shaw's

Thurs, Feb. 12: Stop & Shop

Fri, Feb. 13: Shaw's

Thurs, Feb. 19: Stop & Shop

Fri, Feb. 20: Shaw's

Thurs, Feb. 26: WALMART

Fri, Feb. 27: WALMART

**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.



BINGO INFORMATION

TUESDAYS | 1:30PM

Doors open at 1:00PM.

Games start at 1:30PM.

\$6.00 per card

Dabbers are \$2.00 each

No assigned seating.

PULL TAB INFORMATION

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.



Community Policing or community-oriented policing is a strategy of policing that focuses on developing relationships with community members.

DID YOU KNOW THAT THE SENIOR CENTER HAS A COMMUNITY POLICE OFFICER?

Officer Patrick Holmes is stationed at the Robert E. Rock East Providence Senior Center to assist residents by providing advice/insight on particular situations. Officer Holmes serves as a senior advocate who follows up on reports concerning elderly residents who may need social services. Officer Holmes also has experience assisting with scams and is able to educate and assist those who feel they are a victim in a scam situation.

Officer Holmes office is located upstairs in the Administration office.



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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.

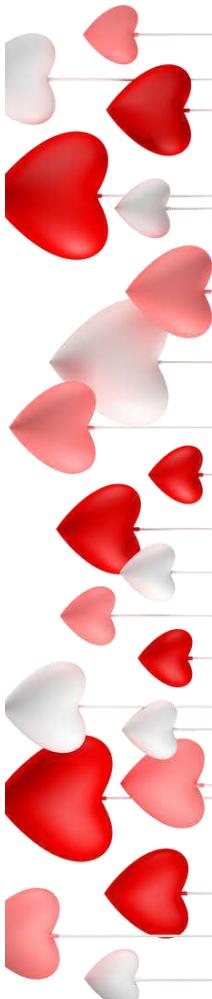
February 2026 Menu

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

Enjoy your meal!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Navy bean soup Chicken teriyaki Roasted vegetables Sweet potatoes Sliced peaches Chicken salad on wheat	3 Vegetable soup Lasagna roll up w/ meat sauce Greek cucumber salad Garlic bread Sugar cookies Tossed salad w/ chicken	4 Vegetable barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon Tuna salad plate	5 Tomato rice soup Pork roast w/ gravy Mashed potatoes Green beans Cake Greek salad w/ chicken	6 Mediterranean lentil soup Sausage & pepper sandwich Cole slaw Roasted potato Watermelon Turkey & cheese on wheat
9 Escarole & bean soup Chicken francesse Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye	10 Minestrone soup Creamy Dijon chicken Green beans Roasted potatoes Sliced pears Seafood salad plate	11 Tomato soup Sweet & sour pork Vegetable fried rice Stir fry vegetables Sliced melon Turkey sandwich on wheat	12 Chicken escarole soup Chicken cordon bleu w/ gravy Roasted sweet potatoes Mixed vegetables Cake Chef salad	13 Broccoli & cheese soup Pub burger w/cheese 3 bean salad Chips Sliced apples Greek salad w/ chicken
16 *HAPPY PRESIDENT'S DAY*	17 Fresh fruit cup Beef stew w/ vegetables Roasted vegetables Chocolate chip cookie Egg salad plate	18 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Yellow cake Tuna salad plate	19 Mushroom barley soup Sliced turkey Mashed sweet potatoes Roasted carrots Sliced melon Chef salad	20 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich
23 Chicken barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken	24 Vegetable barley soup Baked Ziti w/sausage & cheese Capri vegetables Sliced pears Turkey sandwich	25 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder	26 Kale & chickpea soup Pot roast w/ gravy Roasted potatoes Balsamic glazed carrots Cake Greek salad w/ chicken	27 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears Tuna salad on rye

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens



Funded in part by the
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