



# 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>

### EMAIL

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

### HOURS

Monday-Friday  
8:00AM-4:00PM

 FOLLOW US ON FACEBOOK!

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## 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](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.







## 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 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 4<sup>th</sup> 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
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
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Senior Center Closed</b>  <b>President's Day</b>	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
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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

05

East Providence Senior Center

## 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**

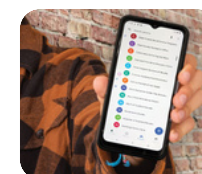
RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promotes social engagement and education.



## 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 Cafés! 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.**



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Lisa Janicki, MS

## YOUR STORY INTERVIEWS



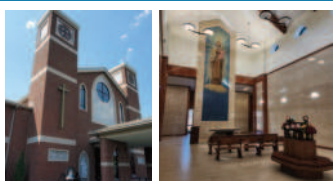
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MEMOIR**

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## Catholic Cemeteries

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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.*

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**Gate of Heaven Office:**

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**Mention Discount Code**

**EPSC at time of purchase**

**ricatholiccemeteries.org**



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for healthy aging.**

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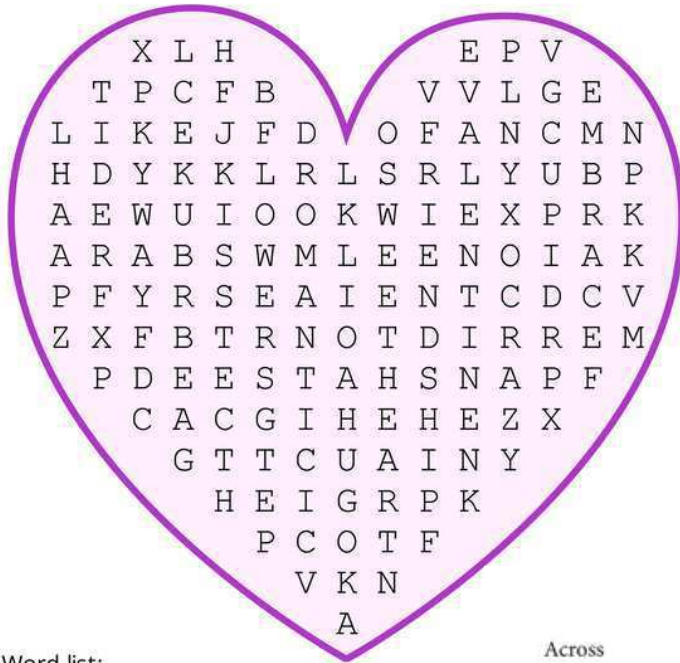


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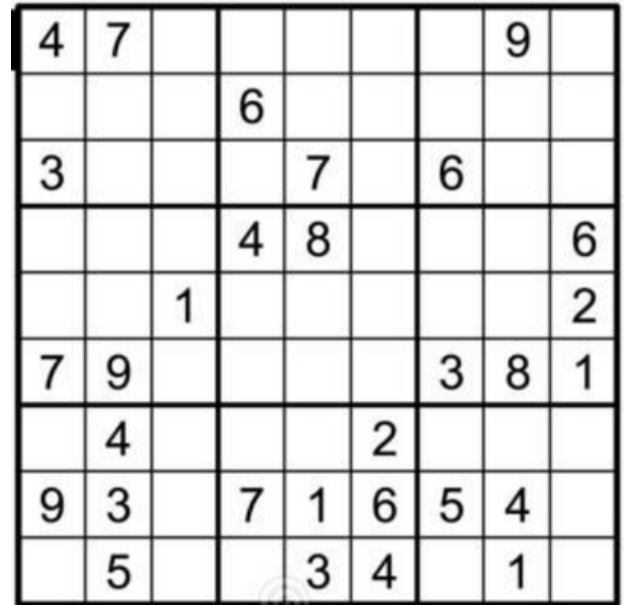
## Valentine's Day

Word Search



Word list:

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



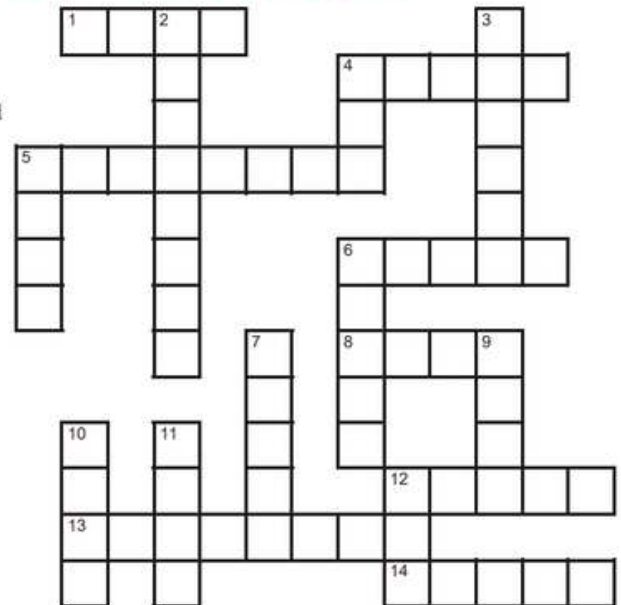
## Be My Valentine

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.



## 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.



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.**

*Save the Date!*



**ANNUAL LIONS CLUB  
PANCAKE BREAKFAST**

**SUNDAY, APRIL 12**

**8AM-11:30AM**

*More information to come*

## 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!***



## 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.**





## 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.




 <p><b>Mateus Realty</b> Bringing you home since 1975 582 Warren Avenue • East Providence, RI 02914</p>	<p><b>LUIS A. MATEUS</b> Eu Falo Portugues Off: 401-434-8399 Cell: 401-368-2403 Fax: 401-435-3401 sales@mateusrealty.net mateuserealty@gmail.com www.mateusrealty.net</p>	 <p><b>HEALY PHYSICAL THERAPY &amp; SPORTS MEDICINE, INC.</b> KEEPING YOU IN THE GAME OF LIFE MOST INSURANCES ARE ACCEPTED <b>EAST PROVIDENCE</b> (401) 438-0905 927B Warren Ave. • E. Providence <b>CUMBERLAND</b> (401) 305-3858 2295 Diamond Hill Rd. • Cumberland <b>EAST GREENWICH</b> (401) 471-7510 2639 South County Trail • E. Greenwich <b>WARWICK</b> (401) 921-0160 2080 Warwick Ave. • Warwick www.healyphysicaltherapy.com</p>	<p><b>P &amp; J FLORIST</b> Flowers For All Occasions 401-432-7399 340 Warren Avenue East Providence www.pandjflorist.net <b>PAUL QUADROS</b> PROPRIETOR We Deliver</p> 
 <p><b>RINALDI ROOFING</b> Custom Roofing Siding Construction 401.219.9548 rinaldiroofingri.com Family Owned by twin brothers Nick &amp; Matt Rinaldi</p>	 <p>WE APPRECIATE OUR ADVERTISERS!</p>	 <p>Better Products Better Service</p>	<p><b>Health Care Equipment and Incontinence Supplies</b></p>  <p>independence HomeHealthWares™ 401.273.8888 Visit our showroom at 2224 Pawtucket Ave, East Providence</p>
	 <p><b>THRIVE LOCALLY</b></p>	 <p><b>THE LOFT AT LINN</b> An Aldersbridge Community Assisted Living Memory Care 30 Alexander Avenue   401-438-7210</p>	 <p><b>WINSLOW GARDENS</b> An Aldersbridge Community Assisted Living &amp; Independent Living 40 Irving Avenue   401-438-4456</p>

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.

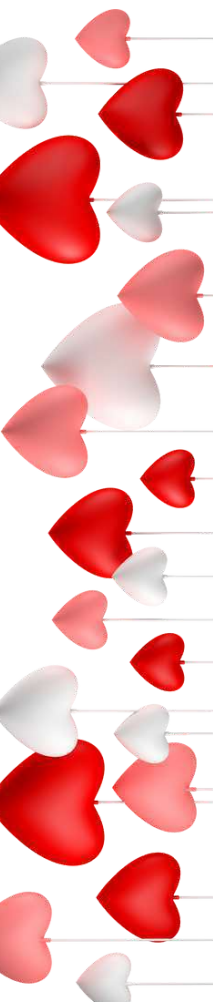
# February 2026 Menu

**\$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 francese 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
<b>16 Senior Center Closed</b>				
				
<b>President's Day</b>				
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  
US Administration on Aging  
and the Rhode Island Office  
of Healthy Aging