



# ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

APRIL 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:

As the days grow longer and the temperatures begin to rise, we're fortunate to welcome the fresh start that spring brings to our community.

After a long winter, it's wonderful to see neighbors getting outside again walking through our parks and tackling spring clean-ups. The City will host free mattress drop-off days for East Providence residents. The upcoming drop-off dates are Saturday, April 4 and Saturday, April 18 from 9:00 AM – 12:00 PM 60 Commercial Way. As always, thank you for doing your part to keep East Providence clean, welcoming, and vibrant. I hope you take time to enjoy the warmer weather and all the beauty that spring brings to our city.



## From the Director:

It is nice to see walkers outside enjoying our walking path & pickleball court again. The flowers are going to begin blooming again soon and I look forward to beginning our outdoor garden. For Earth Day this year, the Senior Center is partnering up with the Recreation Department to host an Earth Day cleanup around the Senior Center grounds on Wednesday, April 22. We will be meeting up outside by the outdoor gazebo. Cleanup will begin at 10AM and conclude around 11AM. Trash bags and gloves will be provided. Also, flowers will be provided for planting. Bring your walking shoes and hope to see you there!





## 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
		01	02	03
		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 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 10A: Mah Jonng 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
06	07	08	09	10
8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong/Corn Hole 10:30A: Board Games 10:30A: Chair Yoga 2P: PODS Swimming 2:30P: Cooking for 1 or 2	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!	8A: VITA Taxes 9A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10:30 Townie Cafe 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 11A: Wooden Egg Painting 11A: 5 Wishes Seminar 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom Talks	8:30A: Scrabble 9:30A: Shopping 10A: Mah Jonng 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
13	14	15	16	17
8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong/Corn Hole 10:30A: Board Games 10:30A: Illusionist Lyn Dillies 10:30A: Chair Yoga 2P: PODS Swimming 2:30P: Cooking for 1 or 2	10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	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 11A: Grief Support & Healing 12P: Drums Alive PM Class 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 10A: Insight Support 10A: Mah Jonng 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
20	21	22	23	24
8A: Ping Pong/Corn Hole 10:30A: Chair Yoga 10:30A: Board Games 11A: Recycling Right Presentation 2P: PODS Swimming 2:30P: Cooking for 1 or 2	10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10A: Earth Day Cleanup 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9A: ATEL Computer Help 9:30A: Shopping 10:30A: Drums Alive 11A: Talking Books Presentation 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 10A: Mah Jonng 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
27	28	29	30	
8A: Ping Pong/Corn Hole 10:30A: Doc POV 10:30A: Chair Yoga 10:30A: Board Games 1P: Movie Showing 2:30P: Cooking for 1 or 2	10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	A: SHIP Counseling 9A: 20/20/20 10A: Acrylic Painting 10:30A: Know Your Numbers BCBS Presentation 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9:30A: Shopping 10:30A: Drums Alive 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet	



**BOCCE WILL BEGIN  
WEATHER DEPENDING!  
PLEASE CALL  
401-435-7800 IF YOU  
ARE INTERESTED IN  
PLAYING BOCCE!**

# ACTIVITIES

05

East Providence Senior Center



## 20/20/20 FITNESS

**Wednesdays | 09:00am**

Senior geared that offers 20 min cardio, 20 min of strength training, and 20 min of stretch/core work. \$3.00 per class



## 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

**Thursdays 10:30am & 12:00PM**

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



## GRIEF SUPPORT & HEALING

**Thursday 4/16 | 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, 4/15 | 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

**The East Providence Senior Center has partnered with K2 Medical Research to offer 4 opportunities to boost your brain function and improve memory.**



**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.

**Blood Pressure Clinics:**

**Every Tuesday in the month of April  
10:30AM-11:30AM**

**DO YOU SUFFER FROM LACK OF SLEEP?  
Is your mind racing with thoughts and worries?**

Meditation may be what you need to help slow down your thoughts and relax your body.



**JOIN US EVERY FRIDAY AT 11AM FOR SOME MIND  
AND BODY REJUVENATION.**



**PING PONG & CORNHOLE FOR  
HEALTHY AGING:**

Ping pong and cornhole are fun, low-impact activities that offer many benefits for seniors. Ping pong helps improve hand-eye coordination, reflexes, and concentration, while also providing gentle physical activity. Cornhole encourages movement, balance, and accuracy as players toss beanbags toward the target.

Beyond the physical benefits, both games provide great opportunities for social connection. Friendly competition, laughter, and conversation help keep seniors engaged and connected with others while staying active in a fun and welcoming environment. DID YOU KNOW THE SENIOR CENTER NOW OFFERS INDOOR CORN HOLE AND PING PONG?!

**MONDAYS & FRIDAYS FROM 8AM-10AM**

**EARTH DAY CLEANUP**

**AT THE ROBERT ROCK SENIOR CENTER**  
 The Senior Center & Recreation will partner up to clean the Sr. Center grounds for Earth Day!

**ACT TODAY FOR A BETTER TOMORROW!**

**WEDNESDAY, APRIL 22 10AM-11AM**

**610 WATERMAN AVE  
 EAST PROVIDENCE, RI 02914**

**MONDAY  
 APRIL 20  
 11AM-12PM**

**RECYCLING RIGHT IN RI  
 PRESENTATION**

*You recycle, right?  
 But do you recycle right?*

If you've ever found yourself squinting to look for a recycling symbol on a product, arguing with your friend or spouse over a pizza box, or wondering what actually happens to your recycling when it leaves the curb, you'll have these questions and more answered during Recycling Right in Rhode Island... and Going Beyond the Bin!

**Join us as the Resource Recovery Corporation of RI visits the Senior Center for an informative intergenerational presentation on recycling right in Rhode Island.**



**ONLY RECYCLE THESE FOUR ITEMS**

- paper, cardboard (flattened) and cartons  
papel, cartón (achatado) e cajas
- metal cans, lids and foil  
latas, tapas e papel laminado
- glass bottles and jars  
garrafas e jarras de vidro
- plastic containers  
contênedores de plástico

**ALL ITEMS MUST BE LOOSE**



**NO PLASTIC BAGS IN RECYCLING BINS!**  
 NO BOLSAS PLÁSTICAS EN CONTENEDORES DE RECICLAJE!

NO plastic bags,  
 NO bags of bags,  
 NO recycling inside of bags—  
 recyclables must be loose

NO se permiten bolsas plásticas,  
 Ni bolsas dentro de otras bolsas,  
 Ni reciclaje dentro de bolsas—  
 los materiales reciclables  
 tienen que estar sueltos

**These items do not belong in your recycling bin or cart**

- no plastic bags, bags of bags, or recycling inside of bags
- no more than a trace of food or beverage residue
- no fiber that isn't paper, cardboard or cartons (e.g. textiles or wood)
- no paper shreds, napkins, tissues, or paper towels
- no metal that isn't a car, lid, or foil (e.g. pans)
- no glass that isn't a bottle or jar (e.g. drinking glasses)
- no plastic that isn't a container (e.g. hangers)
- no foam containers or styrofoam in general
- no containers from flammable materials or oily chemicals

## 5 Wishes Presentation

**THURSDAY, APRIL 9 AT 10:30AM**

**Join us as Beacon Hospice/Amedisys facilitates a presentation on the 5 wishes.**

Five Wishes is the first living will that talks about your personal, emotional, and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself.

Join us for this information presentation.

**Sign up located at the front desk.**



## Talking Books Presentation

**THURSDAY, APRIL 23 AT 11:00AM**

The Talking Books Library Program is a free program sponsored by the National Library Services, Library of Congress which provides free audio and braille books, magazines, and equipment to the eligible, print disabled, Rhode Islanders.

Best sellers, fiction and non-fiction classics, foreign language materials and music materials.



**Join us to learn more about this unique program.**



## Memory Cafe

**WEDNESDAY, APRIL 15 AT 10:00AM**

**Do you or someone you love struggle with memory or living with dementia?**

Come join the fun at the RI Memory Cafe! 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, APRIL 8**

**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.

**PRICE: \$11.00 per person**

Register and pay at the front desk by Tuesday, April 7.

## Creative Connections is Back!

**THURSDAY, APRIL 9**

**11AM**

Join us for a craft session with Brown University students. We will be painting wooden eggs to celebrate Easter!

**Sign up at the front desk.**

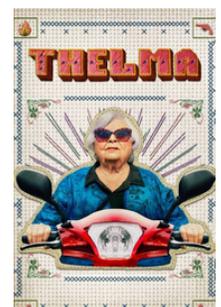


## Monthly Movie Showing: THELMA

**MONDAY, APRIL 27 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."*



# 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.

## Age Well, Get Connected

**TAKING A PAUSE UNTIL MAY 2026.**



east bay community action program  
THE BRIDGE TO SELF-RELIANCE

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, APRIL 23 2026 | 9:00AM - 11:00AM**



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

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

2555 Pawtucket Ave., East Providence, RI 02914

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**McStay**  
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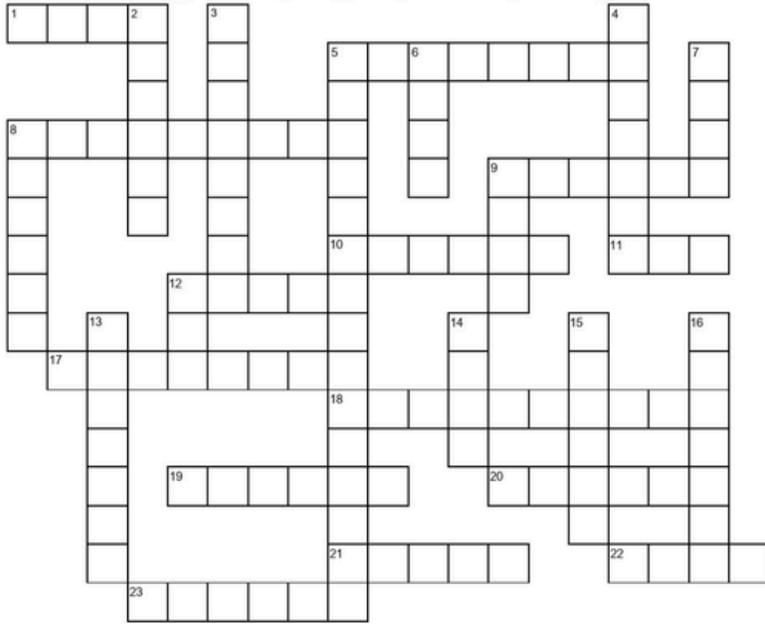
East Providence Senior Center, East Providence, RI

04-0741

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



## crossword puzzle



- WORD BANK:**
- APRIL FOOLS
  - BEEES
  - BLOOM
  - BLUE
  - BREEZE
  - BUTTERFLY
  - CHICKS
  - CLOUDS
  - DAFFODIL
  - DAYLIGHT SAVINGS
  - EASTER
  - FLOWERS
  - FROG
  - GARDEN
  - GRASS
  - KITE
  - LADYBUGS
  - MARCH
  - MAY
  - NEST
  - PASTELS
  - PICNIC
  - PUDDLE
  - RAIN
  - RAINBOW
  - SUN
  - UMBRELLA

A T R A G R E S K C I H C L A  
 L I D O F F A D G R E F L R D  
 G B R G A B R E E L E T S A P  
 A B D E C H I E R A I N E B I  
 R A P A C T E S T U L I D B C  
 D R A I N B O W E R U S E S N  
 S E S P R U R E W A R E N P I  
 S P I L U T N G N I P R I H C  
 R A B P A T E A R N C K H L H  
 E S G B U E T G E Y W A S A I  
 W A R M Y R S A G R E E N D C  
 O T A S U F L R A I N B U Y D  
 L R S N K L A D Y B U G S B A  
 F E S B U I E E A R C H I L F  
 B R E E Z E S N D E G R A O F  
 U T L A D S M O S S O L B R E

- |             |          |          |          |
|-------------|----------|----------|----------|
| BLOSSOMS    | DAFFODIL | LADYBUGS | RAINY    |
| BREEZE      | FLOWERS  | PASTEL   | SEEDS    |
| BUTTERFLIES | GARDEN   | PICNIC   | SUNSHINE |
| CHICKS      | GRASS    | RABBIT   | TULIPS   |
| CHIRPING    | GREEN    | RAINBOW  | WARM     |

**ACROSS:**

1. Toy that flies in the wind, attached to a string.
5. Yellow spring flower.
8. Winged insect that emerges from a chrysalis.
9. A gentle wind.
10. A place where people grow flowers or vegetables.
11. Star that provides light and warmth.
12. The first month of spring.
17. Lucky red beetles with black dots.
18. Holiday when people pull pranks and make jokes.
19. A meal you have outside on the grass.
20. Small pool of water.
21. A green lawn covering.
22. Home for birds.
23. A name for baby birds.

**DOWN:**

2. A spring holiday when you might hunt for eggs.
3. Item that shelters you from the rain.
4. Plants with petals.
5. What it's called when the clocks "spring forward".
6. It's what a tadpole turns into when it grows up.
7. The color of the sky.
8. Another name for flowers.
9. Insects that pollinate flowers and make honey.
12. Spring month containing Mother's Day.
13. Multi-colored arc caused when light is refracted through water droplets.
14. When water droplets fall from the sky.
15. Sometimes these hide the sun.
16. Colors that are soft and muted.

## 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.



East Providence Senior Center

**LIONS INTERNATIONAL**  
East Providence Lions Club

**23RD ANNUAL**  
**Pancake Breakfast**

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

**SUNDAY, APRIL 12, 2026**  
8:00 AM - 11:30 AM

**TICKETS:**  
\$10 ADULTS  
\$5 KIDS



## Free Elder Law Breakfast

Thursday, April 9 9:00-10:00AM

- ✓ Protect your life's savings and lifestyle
- ✓ Know your rights before entering a nursing home

## Get the Facts from Joe Proietta, Esq.

— A Leading RI Edler Law Expert —

Call for Reservations:  
**438-3250**

— Hosted By —



One Evergreen Drive  
East Providence, RI

This event is subject to cancellation or changes without notice.



**FREE**

**AGE 50+**  
**CABIN FEVER**  
CONCERT SERIES



**MARCH 13 \* 2:00PM**

## JANINE ANDREWS

Janine's super-spirited vocal stylings are the definition of "Sass with Class!"



**MARCH 24 \* 3:30PM**

## KALIFORNIA KARL

Karl's super-charged show features fan-favorite hits from today and yesteryear!



**MARCH 29 \* 2:00PM**

## CHUCK DEE

Chuck's smooth vocals & soulful keyboard deliver ultimate feel-good vibes

**LIMITED SEATING**

**RESERVATIONS REQUIRED**

**CALL (401) 438-3250**

— HOSTED BY —



**Evergreen House Health Center**  
Nursing and Rehabilitation

**1 EVERGREEN DRIVE \* EAST PROVIDENCE, RI**

ALL EVENTS ARE SUBJECT TO CANCELLATION OR CHANGES WITHOUT NOTICE



## AN EXCITING MORNING OF MAGIC WITH ILLUSIONIST LYN DILLIES

**COMING TO THE SENIOR CENTER  
ON MONDAY, APRIL 13  
10:30AM-11:30AM**



### TAI JI IS RETURNING TO THE EAST PROVIDENCE SENIOR CENTER!

***We're excited to announce that Tai Ji classes are returning to the Senior Center!***

Tai Ji is known for its slow, controlled movements and deep breathing. Practicing Tai Ji regularly can help improve balance, flexibility, and strength, which are important for reducing the risk of falls. Many participants also report less joint stiffness, better posture, and increased energy.

Beyond the physical benefits, Tai Ji is also calming for the mind. The mindful movements encourage relaxation and focus, helping to reduce stress, improve mood, and support overall mental wellness. It's a wonderful way to connect with others while doing something positive for your health.

Robin Cullinan will be the instructor for this new series of Tai Ji and we are looking forward to it!

This class will have limited seating and requires registration. Registration will be located at the front desk.

***Class dates/times to be announced.***



From the grand stages of New York's Lincoln Center to the glitter of Hollywood's Magic Castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic!

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



**Grocery Shopping Schedule:**

**Thurs, April 2:** Stop & Shop  
**Fri, April 3:** Shaw's  
**Thurs, April 9:** Stop & Shop  
**Fri, April 10:** Shaw's  
**Thurs, April 16:** Stop & Shop  
**Fri, April 17:** Shaw's  
**Thurs, April 23:** Stop & Shop  
**Fri, April 24:** Shaw's  
**Thurs, April 30:** WALMART  
**Fri, May 1:** WALMART

**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.

**4 bag maximum**

**\$1.00 round trip**

**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 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.



# COMMUNITY POLICING

East Providence Senior Center

15

## RABIES VACCINE

# CLINIC

**APRIL 4<sup>TH</sup> 2026  
10AM-12PM**

East Providence Senior Center  
610 Waterman ave  
East Providence RI 02914

### FAQ

- Rabies Vaccine \$10
- Cats, Dogs, and Ferrets welcome
- For three year vaccine, up to date rabies certificate must be provided by owner
- No appointment necessary
- Cash Only
- Cats **MUST** be in a carrier
- Dogs **MUST** be on leash

Reach Us Here:

401-435-7675



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2224 Pawtucket Ave, East Providence

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An Aldersbridge Community  
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Memory Care  
30 Alexander Avenue | 401-438-7210

**WINSLOW GARDENS**  
An Aldersbridge Community  
Assisted Living & Independent Living  
40 Irving Avenue | 401-438-4456

Aldersbridge.org

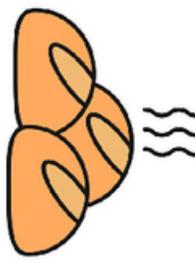


Meals are ordered by reservation only,  
Reservations are made **TWO** days in advance.  
No walk-ins.  
Reserve your meal by calling our Dining  
Room at 401-270-1814.

# April 2026 Menu

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

*Enjoy your meal!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are served with a roll</p> 		<p>1 Mushroom barley soup Spanish beef Rice pilaf Corn w/ diced tomato Sliced melon Turkey &amp; cheese on wheat</p>	<p>2 Tomato rice soup Baked ham w/ raisin sauce Green bean Sweet potatoes Cup cake Greek salad w/ chicken</p>	<p>3 Mediterranean lentil soup Potato crusted baked fish Broccoli &amp; tortellini salad Sweet peas Cookies Roast beef sandwich</p>
<p>6 Escarole &amp; bean soup Chicken parm Roasted potatoes Baby carrots Sliced peaches Ham &amp; cheese on rye</p>	<p>7 Minestrone soup Lasagna roll up w/ meat sauce Roasted zucchini and tomatoes Cookies Seafood salad plate</p>	<p>8 Chicken soup Sloppy Joe Cole slaw Mixed vegetables Mixed fruit Turkey &amp; bacon on wheat</p>	<p>9 Vegetable lentil soup Pork roast w/ gravy Mashed potatoes Roasted vegetables Yellow cake Italian grinder</p>	<p>10 Tuscan white bean soup Pub burger w/ cheese 3 bean salad Pasta salad Sliced apples Egg salad plate</p>
<p>13 Vegetable soup Chicken French stew Mashed potatoes Green beans Sliced peaches Roast beef sandwich</p>	<p>14 Chicken escarole soup Meatball sandwich Cole slaw Roasted sweet potatoes Brownie Cobb salad</p>	<p>15 Vegetable barley soup Baked chicken topped w/ Eggplant bolognese Greek cucumber salad Watermelon Seafood salad plate</p>	<p>16 Corn chowder Pork loin w/tom, peppers onion Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad</p>	<p>17 Tuscan soup Chicken cacciatore Roasted zucchini mix Rice pilaf Peaches Tuna salad plate</p>
<p>20 Minestrone soup Chicken marsala Rice pilaf Mixed vegetables Fruit cocktail Ham &amp; cheese on rye</p>	<p>21 Vegetable barley soup Swedish meatballs Mashed potatoes Wax beans Cookies Greek salad w/ chicken</p>	<p>22 Tomato soup Pepper steak w/ gravy White rice w/green onions Roasted vegetables Sliced peaches Chicken salad on wheat</p>	<p>23 Chicken &amp; rice soup Stuffed meatloaf w/ gravy Mashed potatoes Buttered corn Cake Italian chopped salad</p>	<p>24 Lentil vegetable soup Baked pasta w/ meatballs &amp; Sausage Roasted vegetables Sliced pears Turkey &amp; cheese on wheat</p>
<p>27 Chicken escarole soup Sausage &amp; peppers sandwich 3-bean salad Chips Sliced melon Corned beef &amp; Swiss On rye</p>	<p>28 Tuscan vegetable soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken</p>	<p>29 Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables w/potatoes Cookie Chef salad</p>	<p>30 Minestrone soup Sautéed beef w/ gravy Creamy parmesan rice Baby carrots w/ honey herb butter Lemon cake Italian Grinder</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>