



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

JANUARY 2026



Mission Statement:

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



Membership:

General Membership:

Residents of East Providence: \$20.00/year

Non-residents: \$25.00/year

General Membership including Fitness Center:

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

Membership is required for all activities.

Membership is not required to only come for lunch.

Get in Touch!

610 Waterman Avenue
East Providence, RI 02914

PHONE

401-435-7800

WEBSITE

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

EMAIL

seniorcenter@eastprovidenceri.gov

HOURS

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



FOLLOW US ON FACEBOOK!

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From the Mayor:

I hope you all had a great holiday season. We are looking forward to another successful year filled with fun events. During the Winter season, it is important to stay informed about weather updates and emergency notifications. The City of East Providence uses CodeRED emergency notification services that allow emergency officials to notify residents by telephone or text message regarding time-sensitive general and emergency notifications. You can sign up for CodeRED emergency notifications by going to <https://eastprovidenceri.gov/departments/emergency-management/sign-codered-alerts>. *Wishing you all a wonderful year of 2026!*

Sincerely,

Mayor Bob DaSilva



From the Director:

Happy New Year to all! I can't believe I am going into my seventh year as your director. It has been a pleasure to serve all our older adults in East Providence and those who come to the Center from surrounding cities and towns. I am very excited to start the year with new programs such as Drums Alive and coming soon will be Tai Chi for Balance. Please join us the second Wednesday of each month for a delicious meal at the Townie Pride Café located at East Providence High School. Chef Walker from the Culinary program, says the students can serve up to 65 for lunch. Please sign up and join us for a lunch out.

Sincerely,
Laura Jones



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

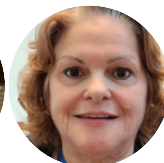
Member Services Representatives:



**Patricia
 Thomas**



**Rhonda
 Marzetta**



**Carleen
 Ricci**



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 4th Monday of the month to assist with Medicare, Medicaid, and DHS applications.

By appointment only.

401-519-0374

Congregate Meal Site

CINDY DEMEDIEROS- DINING ROOM MANAGER

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

02

Senior Center Closed**New Year's Day**

8:30A: Scrabble
 9:30A: Shopping
 10A: Mah Jongg
 10:45A: PACE Chair
 11A: Meditation
 1P: Hi Lo Jack
 1P: BCBS Balance

05

06

07

08

09

10:30A: Board Game Club
 10:30A: Drums Alive
 2P: PODS Swimming

10A: Smartphone Help
 10A: Watercolor Paint
 10:30A: BP Clinic
 10:45A: Chair Yoga
 1P: Creative Art Studio
 1P: Begin Mah Jongg
 1P: BINGO!

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
 12:30P: Bridge
 12:30P: Knit & Crochet
 1P: Wisdom Talks

8:30A: Scrabble
 9:30A: Shopping
 10A: Mah Jongg
 10:45A: PACE Chair
 11A: Meditation
 1P: Hi Lo Jack
 1P: BCBS Balance

12

13

14

15

16

10:30A: Board Game Club
 10:30A: Drums Alive
 2P: PODS Swimming

10A: Smartphone Help
 10A: Watercolor Paint
 10:30A: BP Clinic
 10:45A: Chair Yoga
 1P: Creative Art Studio
 1P: Begin Mah Jongg
 1P: BINGO!

9A: SHIP Counseling
 9A: 20/20/20
 10A: Acrylic Painting
 10:30A: Age Well, Get Connected
 10:45A: PACE Chair
 11A: Townie Cafe
 1P: Cribbage
 1P: Computer Help

9:30A: Shopping
 10:30A: Drums Alive
 11A: Grief Support & Healing
 11A: RI Legal Services Presentation
 12:30P: Bridge
 12:30P: Knit & Crochet

8:30A: Scrabble
 9:30A: Shopping
 10A: Mah Jongg
 10:45A: PACE Chair
 11A: Meditation
 1P: Hi Lo Jack
 1P: BCBS Balance

19

20

21

22

23

Senior Center Closed

**Martin Luther King Jr.
Day**

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: Memory Cafe
 10:45A: PACE Chair
 1P: Cribbage
 1P: Computer Help

9:30A: Shopping
 10:30A: Drums Alive
 12:30P: Bridge
 12:30P: Knit & Crochet

8:30A: Scrabble
 9:30A: Shopping
 10A: Mah Jongg
 10:45A: PACE Chair
 11A: Meditation
 1P: Hi Lo Jack
 1P: BCBS Balance

26

27

28

29

30

10:30A: Board Game Club
 10:30A: Debunking Hospice Myths
 10:30A: Drums Alive
 2P: PODS Swimming

10A: Smartphone Help
 10A: Watercolor Paint
 10:30A: Oral Care Pres.
 10:45A: Chair Yoga
 1P: Creative Art Studio
 1P: Beginners Mah Jongg
 1P: BINGO!

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
 12:30P: Bridge
 12:30P: Knit & Crochet

8:30A: Scrabble
 9:30A: Shopping
 10A: Mah Jongg
 10:30A: URI Pharm
 10:45A: PACE Chair
 1P: Hi Lo Jack
 1P: BCBS Balance

NO MEDITATION!



COMPUTER LAB

Monday-Friday | 8AM-4PM

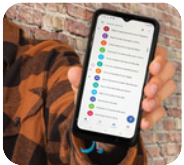
The Senior Center has a public computer lab equipped with 4 desktop computers for members. Printing available.



ACRYLIC PAINTING

Wednesdays | 10:00am

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



SMARTPHONE ASSISTANCE

Tuesdays | 10:00am-11:00am

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



CHAIR YOGA

Tuesday | 10:30am

Chair yoga is wonderful for both your mind and body. Seated exercise. \$3.00 per class.



GRIEF SUPPORT & HEALING

Thursday 1/8 | 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.



CREATIVE ART STUDIO

Tuesday | 01:00pm

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



PACE CHAIR EXERCISE

Wednesday & Friday | 10:45am

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



KNIT & CROCHET

Thursdays | 12:30pm

Knit & crochet various items. Learn about new patterns and designs.

ACTIVITIES

East Providence Senior Center

05



DRUMS ALIVE

Thursdays | 10:30am

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



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



HI LO JACK

Fridays | 01:00pm

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



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.



MEMORY CAFE

Wednesday, 1/21 | 10:00am

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



BILLIARDS

Weekdays | 08:00AM

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



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

Debunking Hospice Myths

MONDAY, JANUARY 26

10:30AM

It's a tough conversation but a very important one: end of life care. Hospice is designed to help ensure patient's live their final days to the fullest while also supporting families. Join us to debunk some common hospice myths and learn how you can make sure you have the care you want when the time comes.

Raffle at the end of this presentation.



Oral Care Presentation by EPHS Students

TUESDAY, JANUARY 27

10:30AM

Whether you have your own teeth, a partial plate or dentures- oral care matters. Did you know that poor oral care can contribute to poor health in seniors? Join us for a presentation on oral care and learn how you can prevent problems before they start. Register by the front desk.

Raffle at the end of the presentation.



University of RI Pharmacy Outreach Presentation

FRIDAY, JANUARY 30

10:30AM-11:30AM

Do you suffer from leg cramping? Many seniors report waking up in the middle of the night with a pain that won't just go away. Find out what causes it and what you can do to prevent it from happening again.

Register by the front desk.



Blood Pressure Clinics:

Tuesday, January 6th 10:30AM

Health Services of Providence

Tuesday, January 13th 10:30AM

Haddie Ide Chafee

Podiatrist Dr. Ruggiero is accepting new patients!

Friday, January 23rd from 1PM-4PM

Anyone interested in seeing him here at the Senior Center for nail clippings or callus removal should contact Nurse Shahnee at 401-270-1792.

Hello January

As the calendar flips to a new year, it's essential to take a moment and reflect on the past year. Think about the ways you've served others, whether through small acts of kindness or larger commitments, What moments filled you with joy? Which challenges taught you valuable lessons?

Consider how your actions impacted those around you, and how you can continue to spread positivity. Reflecting isn't just about evaluating your achievements; it's also recognizing areas for growth.

Setting intentions for the new year can be a powerful way to channel your energy and focus on what truly matters.

Consider what impact you want to make in your community or relationships and set clear, actionable goals. For seniors, goal-setting is more than making resolutions- it's a way to find purpose, stay active, and embrace each day with intention.

Happy New Year,
Shahnee Lagor, RN

Realistic Goal Setting for Seniors

Setting goals sounds easy, but it is important that the goals you set give you something specific and achievable to work toward.

The SMART goals method can help you write your goals. SMART goals stand for goals that are:

- Specific
- Measurable
- Attainable
- Relevant
- Time-bound.

Specific: The more specific you can be, the better. Instead of saying "I want to exercise more", say "I want to walk a mile."

Measurable: You want to track your goal and monitor progress. Instead of saying "I want to talk to Sue more", say "I will call Sue once per week."

Attainable: While you want your goals to challenge you, they also need to be attainable.

Relevant: Check that this goal will help you achieve broader goals and improve your life and well-being.

Time-Bound: It is important to set a time frame for your goals.



Memory Cafe

WEDNESDAY, JANUARY 21 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.

Always free and snacks are provided.

No registration necessary.

Monthly Townie Cafe Luncheon

WEDNESDAY, JANUARY 14

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, Jan. 13.



Rhode Island Legal Services Presentation

THURSDAY, JANUARY 15 AT 11:00AM

Hear from a volunteer Attorney speak about Elder Law, Power of Attorney, and living wills. This presentation will be followed by a brief question and answer session.



Monthly Movie Showing: Eat, Pray, Love

MONDAY, JANUARY 26 AT 1:00PM

Movies are shown monthly at the East Providence Senior Center.

Popcorn will be served.

"Liz thought she had everything she wanted in life: a home, a husband and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery."



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 IN SELF-RELIANCE

Age Well, Get Connected

WEDNESDAY, JANUARY 14 | 10:30AM – 11:30AM

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, JANUARY 15 | 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

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The Cathy Sousa Team

Jordan Ross

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Cathy Sousa

Licensed RE Salesperson

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Lisa Janicki, MS

YOUR STORY INTERVIEWS



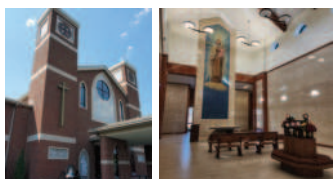
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W E A O O U L B J E Q E
D V S L N W R Z N E H Y
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F I H D O P I A O K J Y
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BRAVE CALM CONFIDENT
CURIOUS FUNNY KIND
QUIET RESPONSIBLE SHY
SILLY

WINTER FUN

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



ACROSS

5. WINTERY SURFING
6. MOVING IMAGES
7. LENGTHS OF WARMING FABRIC
8. INTERPRETING SYMBOLS FOR MEANING
9. EXPOSING TO DRY HEAT FOR CONSUMPTION

DOWN

1. SNOWY FIGURE
2. CRAFT OF CREATING INTERCONNECTED LOOPS
3. SOURCE OF WARMTH
4. DESIGNED TO SOLVE
7. MOVING ON FLAT RUNNERS

*"Darkness cannot drive out darkness, only light can do that.
Hate cannot drive out hate, only love can do that."*

The Content of Our Character
Choral Concert in honor of Rev. Dr. Martin Luther King, Jr.


January 18, 2026 at 3pm

RPM Voices of Rhode Island
& Newman Church Choir

Frances-Elayne Johnson
Artistic Director
RPM Voices of RI

Geoffrey Greene
Music Minister, Newman Church

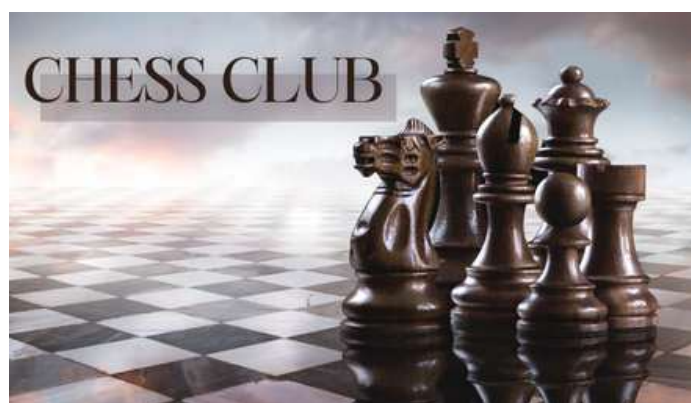
Birthday Bash
4:30 - 6:30pm!



\$20 suggested concert donation
Online & Advance
Ticket sales only

Sponsored by Newman Church's Racial Equity Team in honor of Dr. King's birthday. There will be dancing, food and fun for all!
Everyone is invited, no purchase required.

Newman Congregational Church, UCC 100 Newman Ave Rumford, RI



At the Senior Center

**BEGINNING TUESDAY, JANUARY 6TH
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.





ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

JANUARY 2026



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Non-residents: \$25.00/year

General Membership including Fitness Center:

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Non-residents: \$75.00/year

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Membership is not required to only come for lunch.

Get in 'Touch!

610 Waterman Avenue
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EMAIL

seniorcenter@eastprovidence.ri.gov

HOURS

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

Senior Center Newsletter Gets a Total Makeover

Notice anything different?

For decades, our monthly Senior Center newsletters have been created on Microsoft Publisher. We were recently informed that Microsoft is phasing out Publisher, so we will no longer be able to create our newsletters on that platform.

We are now taking this opportunity to enhance our newsletter creation process—and we're excited to share that we have officially transitioned to Canva Pro for all future editions!

This change brings a wide range of benefits that will help us deliver an even more engaging and visually appealing newsletter. You can expect future newsletters to feature cleaner layouts, richer visuals, and a more dynamic reading experience. We're looking forward to using these expanded capabilities to keep you informed and inspired every month.



Diane Sullivan Recreation Director Retires after 40 Years of Service with the City of East Providence

A true East Providence native, Diane began her journey with the city in 1982 as a part-time Camp Counselor while attending Rhode Island College. She graduated in 1986 with a Bachelor's degree in Psychology and, the following year, joined the Recreation Department full time as an Office Manager. Through dedication, leadership, and an unwavering commitment to the community, Diane steadily rose through the ranks to become Recreation Director.

During her tenure, Diane made a lasting impact on East Providence. She championed intergenerational programming that brought residents of all ages together and played a pivotal role in launching and sustaining our beloved WinterFest—a tradition that continues to bring joy to families year after year.

Diane's final day with the city will be January 2, 2026. When asked what she plans to do with her well-earned free time, she shared that she's looking forward to playing more pickleball and tennis—and hopes to travel as often as possible. Fittingly, she'll be ringing in her retirement with a celebratory trip to Aruba this January!

Please join us in congratulating Diane on an extraordinary career and wishing her a retirement filled with joy, relaxation, and new adventures.

Congratulations, Diane, and thank you for 40 remarkable years of service!

Grocery Shopping Schedule:

No Shopping January 2!

Thurs, Jan. 8: Stop & Shop

Fri, Jan. 9: Shaw's

Thurs, Jan. 15: Stop & Shop

Fri, Jan. 16: Shaw's

Thurs, Jan. 22: Stop & Shop

Fri, Jan 23: Shaw's

Thurs, Jan. 29: WALMART

Fri, Jan. 30: 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 | 01:30PM

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>Mateus Realty Bringing you home since 1975 582 Warren Avenue • East Providence, RI 02914</p>	<p>LUIS A. MATEUS Eu Falo Portugues</p> <p>Off: 401-434-8399 Cell: 401-368-2403 Fax: 401-435-3401</p> <p>sales@mateusrealty.net mateuserealty@gmail.com www.mateusrealty.net</p>	 <p>HEALY PHYSICAL THERAPY & SPORTS MEDICINE, INC. KEEPING YOU IN THE GAME OF LIFE</p> <p>MOST INSURANCES ARE ACCEPTED</p> <p>EAST PROVIDENCE (401) 438-0905 927B Warren Ave. • E. Providence</p> <p>CUMBERLAND (401) 305-3858 2295 Diamond Hill Rd. • Cumberland</p> <p>EAST GREENWICH (401) 471-7510 2639 South County Trail • E. Greenwich</p> <p>WARWICK (401) 921-0160 2080 Warwick Ave. • Warwick</p> <p>www.healyphysicaltherapy.com</p>	<p>P & J FLORIST Flowers For All Occasions</p> <p>401-432-7399 340 Warren Avenue East Providence www.pandjflorist.net</p> <p>PAUL QUADROS PROPRIETOR We Deliver</p>
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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.

January 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 menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	<p>Rolls are served with all meals</p> 		<p>1 Senior Center Closed</p> <p>2026</p> <p>New Years Day</p>	<p>2 Mediterranean lentil soup Sloppy Joe Cole slaw Roasted potato Cake Ham & cheese on wheat</p>
<p>5 Escarole & bean soup Chicken marsala Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye</p>	<p>6 Minestrone soup Stuffed shell w/meat sauce Green beans Sliced pears Seafood salad plate</p>	<p>7 Chicken soup Creamy Dijon chicken Mixed vegetables Spanish rice Sliced peaches Turkey sandwich on wheat</p>	<p>8 Tomato soup Stuffed meatloaf w/gravy Cream corn Mashed potatoes Cake Cobb salad</p>	<p>9 Broccoli & cheese soup Chicken cacciatore Rice pilaf Peas & carrots Sliced apples Chef salad</p>
<p>12 Chicken barley soup Baked pasta w/meatballs & sausage Roasted vegetables Tropical fruit Tossed salad w/ chicken</p>	<p>13 Irish vegetable soup Meatball sandwich Broccoli florets Sweet potato salad Sliced peaches Egg salad on rye</p>	<p>14 Meatball soup Oven roasted chicken Roasted potatoes Green beans Yellow cake Tuna salad plate</p>	<p>15 Mushroom barley soup Honey glazed pork roast Mashed sweet potatoes Roasted carrots Sliced melon Chef salad</p>	<p>16 Navy bean soup Chicken parm Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich</p>
<p>19 Senior Center Closed</p>  <p>Martin Luther King Jr. Day</p>	<p>20 Vegetable barley soup Lemon pepper chicken Mexican rice Capri vegetables Sliced pears Turkey sandwich</p>	<p>21 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder</p>	<p>22 Kale & chickpea soup Pot roast w /gravy Roasted potatoes Balsamic glazed carrots Chocolate chip cookie Greek salad w/ chicken</p>	<p>23 Tomato soup Pub burger w/ cheese Cole slaw Chips Cake Tuna salad on rye</p>
<p>26 Vegetable soup Chicken a la king w/ Mixed vegetables Steamed rice Lorrie Doone cookie Chicken salad on wheat</p>	<p>27 Chicken noddle soup Ground beef stir fry w/ Vegetables Vegetable fried rice Sliced fruit Tossed salad w/ chicken</p>	<p>28 Minestrone soup Pork chop Italiano Roasted potatoes Zucchini mix Mixed fruit Cobb salad</p>	<p>29 Carrot soup Open turkey sandwich Butternut squash Stuffing Cake Roast beef on roll</p>	<p>30 Pasta & bean soup Sausage & pepper sandwich Roasted potatoes Cole slaw Watermelon Turkey & bacon sandwich</p>