



# ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

## JULY 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:

East Providence, it is officially Summer in the City, and I hope that everyone is enjoying themselves with our Concerts in the Park events. We have had a big crowd to kick off the first couple of weeks. It was nice to see everyone gathering outside and enjoying the nice weather. The City of East Providence will hold its annual Independence Day celebration, while also highlighting our country's 250<sup>th</sup> birthday on July 3, 2026, at Pierce Memorial Stadium, 201 Mercer St. in East Providence. Gates open at 6:00 PM and the evening will feature a concert, food and beverage concession, and a fireworks display at 9:30 PM. Admission is free. No pets or coolers are allowed. For information, contact the Recreation Department at 401-435-7511. Hope to see you there!



## From the Director:

Thank you to everyone who came to our annual Welcome Summer Celebration Ice Cream Social event on June 18. It was a great turnout, and it was nice to see so many people out of their seats dancing and having a great time with our surprise guest performer. Just a reminder that the Senior Center is closed on Monday, July 6<sup>th</sup> in observance of Independence Day. Take a look on page 13 of this newsletter to see all the wonderful events going on in East Providence to celebrate America's 250<sup>th</sup> Anniversary!





## 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.

**Call 401-435-7800 to make appointment.**

## 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	
				A: SHIP Counseling 9A: 20/20/20 10A: Multimedia Art 10:45A: PACE Chair 1P: Cribbage		9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 12:30P: Bridge 12:30P: Knit & Crochet		8A: Ping Pong 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack <b>NO LUNCH TODAY</b>	
06		07		08		09		10	
<b>Senior Center Closed</b>  <b>Independence Day Observed</b>		9A: Bocce 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: Multimedia Art 10:30A: Downsizing Made Simple 10:30A: Age Well, Get Connected 10:45A: PACE Chair 1P: Cribbage		9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 12:30P: Bridge 12:30P: Knit & Crochet 1P: Adult Coloring/ Word Searches		8A: Ping Pong 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance	
13		14		15		16		17	
8A: Ping Pong/Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 10:30A: Chair Yoga 2P: PODS Swimming		9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 11A: Harmony Hospice Advanced Planning 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!		9A: SHIP Counseling 9A: 20/20/20 10A: Multimedia Art 10A: Memory Cafe 10:45A: PACE Chair 1P: Cribbage		9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet		8A: Ping Pong 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance	
20		21		22		23		24	
8A: Ping Pong & Corn Hole 9A: Tai Chi 10A: Recognizing Signs of Cognitive Decline 10A: Drums Alive 10:30A: Chair Yoga 10:30A: Board Games 2P: PODS Swimming		9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 11A: Scam Prevention Presentation 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!		9A: SHIP Counseling 9A: 20/20/20 10A: Multimedia Art 10:30A: Longevity Presentation 10:45A: PACE Chair 1P: Cribbage		9A: Tai Chi 9A: ATEL Computer Help 9:30A: Shopping 10:30A: Drums Alive 12:30P: Bridge 12:30P: Knit & Crochet		8A: Ping Pong 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance	
27		28		29		30		31	
8A: Ping Pong & Corn Hole 9A: Tai Chi 10:30A: Chair Yoga 10:30A: Board Games 1P: Movie Showing 2P: PODS Swimming <b>DRUMS ALIVE CANCELLED</b>		9A: Bocce 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: Multimedia Art 10:45A: PACE Chair 1P: Cribbage		9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 12:30P: Bridge 12:30P: Knit & Crochet		8AM: Ping Pong 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance 1P: Foot Doc Appts	



# 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**



## PAINTING/ART CLASSES

**Tuesday & Wednesdays | 10:00am**

Instructor led painting/art class using acrylic paint & mixed media. Space is limited. Supply list available at the front desk. **(Tuesdays \$5.00, Wednesday Free)**



## 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 **(Tuesday Class is \$3.00).**



## 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 | 1:00pm**

Oriented for personal choice media such as collage, acrylic, pastel, etc. **No fee.**



**CRIBBAGE, BRIDGE, SCRABBLE, MAH JONGG, BINGO, BOARD GAME CLUB**  
**Weekdays, Check Calendar**

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

**\$6.00 BINGO, \$3.00 CRIBBAGE**



## 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 7/16 | 11:00am**

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. Orientations on Tuesdays 8am-12pm



## 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** **LOOKING FOR MORE PLAYERS**



## KNIT & CROCHET

**Thursdays | 12:30pm**

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



## MEMORY CAFE

**Wednesday, 7/15 | 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.

## RECOGNIZING SIGNS OF COGNITIVE DECLINE

### Monday, July 20

### 10:00AM

We can all forget something here and there. After all, we are human but when does our lapse in memory become a sign of something more serious? Early detection can make a big difference in treatment and your ability to maintain independence. Join us for a presentation with a health expert from Hope Health to learn more.

**Registration is required. Sign up sheet is located at the front desk or by calling 401-435-7800.**



Take a break and recharge with a guided **Meditation every Friday at 11:00 AM.** Join us to relax, refocus, and start your weekend feeling refreshed.

**BCBS BALANCE CLASS IS CANCELLED ON FRIDAY, JULY 3!**

## A Life of LONGEVITY

### Wednesday, July 22

### 10:30AM

Ever wonder what it takes to live a long, healthy life? Genetics is something you can't change but there are a number of habits and practices that one can do to set you up for a longer, healthier life. We'll share them with you at this informative presentation.

**Registration is required. Sign up sheet is located at the front desk or by calling 401-435-7800.**



### Foot Doctor Returns Friday, July 31st

Appointments are required. Anyone needing to be seen should call Nurse Shahnee to schedule an appointment, 401-270-1792.

# SENIOR CENTER SPECIAL PROGRAMMING

East Providence Senior Center

## Downsizing Made Simple

YOUR NEXT CHAPTER STARTS WITH PEACE OF MIND, PRACTICAL STEPS, AND REAL SUPPORT

WEDNESDAY, JULY 8<sup>TH</sup> 10:30 - 11:30AM  
LOCATION: THE EAST PROVIDENCE SENIOR CENTER

Planning for the future doesn't have to feel overwhelming. Join us for a relaxed and informative workshop designed to help you understand the important steps involved in downsizing, estate planning, and preparing your home for the next chapter.

PRESENTED BY:  



## A Conversation That Matters.

Demystifying hospice and the benefits of pre-planning for protection, peace of mind, and the people you love.

TUESDAY JULY 14, 2026  
11:00 A.M.  
EAST PROVIDENCE SENIOR CENTER  
615 Waterman Avenue  
East Providence, RI 02914

Join us for a casual discussion. We'll talk openly about what hospice care really is, how it can help, and why pre-planning today can make all the difference tomorrow.

- What hospice care truly means
- Benefits of pre-planning ahead of time
- Peace of mind for you and your family
- Your questions answered in a safe, supportive space

HARMONY HOSPICE  
401-252-5700  
Christine Miller, Liaison  
cmiller@harmonyhospice.com

# SCAM PREVENTION PRESENTATION

TUESDAY, JULY 21  
11AM

This FREE presentation will provide helpful tips and practical strategies to help you stay informed, stay alert, and protect yourself from today's most common scams.

**Learn About:**

- Common scams targeting older adults
- Warning signs to watch for
- How to protect your personal information
- Ways to safeguard your finances
- Resources available if you suspect fraud

Presented by: **BANK OF AMERICA**



## CHESS CLUB

**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.

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

**LOOKING FOR PLAYERS!**



## Here is how the 2026 Farmer’s Market Nutrition Program Works:

1. Come to the East Providence Senior Center to fill out an application.
2. Applications will be collected and reviewed by staff members on site.
3. Staff members will let you know if you are approved, and staff will hand you your farmers market card that has \$50.00 preloaded on the card.

There are multiple Farmer’s Markets running throughout the summer in Rhode Island. A list of all the Farmer’s Market locations can be found by the front desk.



## Senior Farmers Market Nutrition Program Frequently Asked Questions:

### 1. How can I check the remaining balance of my benefits?

- Any participating producer will be able to check your Senior Farmer Market Card balance before and after transaction is processed.

### 2. Do I need a smartphone or tablet to check my benefits?

- No, all you need is the card! You can think of it as the same as a gift card.

### 3. Can I still get a box delivered to my home?

- If you have not received or cannot use a benefit card, you may be eligible for a produce box. Please contact the Senior Center for more information. Participants can only receive one type of benefit throughout the season.

***For any additional questions, please call customer service for more information at (866) 237-4814***

### How to use your SFMNP Benefits

Eligible senior participants will receive a benefit card with **\$50** worth of Farmer’s Market Benefits for the season that can be used from May through November.

- You will have a card with a QR code for SFMNP benefits.




- You can purchase fresh, unprepared, locally grown fruits and vegetables, fresh-cut cooking herbs, and honey.
- At the time of purchase, the farmer will scan the **QR code** on your card to verify available benefits.



# 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

**WEDNESDAY, JULY 8 | 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.



east bay community action program  
THE BRIDGE TO SELF-RELIANCE

## Walk-in Computer Assistance

**TAKING A SUMMER PAUSE. RESUMING IN FALL 2026.**

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, JULY 23 | 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

434-3885

James P. McStay Paul J. Martin Christopher E. Sylvester Peter Pimentel Stephen A. Mello Jr.

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**McStay**  
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**Let Us Help Make Your Real  
Estate Needs a Breeze!**



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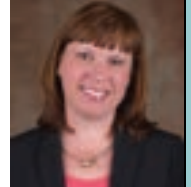
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Lisa Janicki, MS

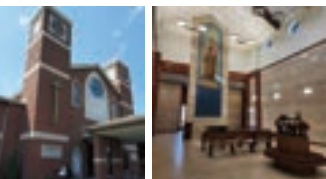
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## Catholic Cemeteries

Diocese of Providence

*Catholic Cemeteries has more options  
to choose from than ever before.  
Numerous opportunities to  
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.*

Main Office: (401) 944-8383  
Gate of Heaven Office:  
(401) 434-2579

Mention Discount Code  
**EPSC** at time of purchase  
[ricatholiccemeteries.org](http://ricatholiccemeteries.org)



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East Providence

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East Providence Senior Center, East Providence, RI

04-0741

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

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



## How to Play

### SUDOKU

Sudoku is a logic puzzle played on a 9x9 grid. The goal is to fill the entire grid with numbers from 1 to 9 so that each number appears exactly once in every row, column, and 3x3 box. Every puzzle starts with a few "givens" to help you solve it.

- Every horizontal row of 9 cells must contain the numbers 1 through 9 without duplication.
- Every vertical column of 9 cells must contain the numbers 1 through 9 without duplication.
- If you would like a copy of the answers for Sudoku, go see Amanda in the Resource Center.





## Summer Word Search

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

FLOAT

BEACH

CANOEING

HAMMOCK

SNOWCONE

HIKING

SPRINKLER

WATERMELON

BARBECUE

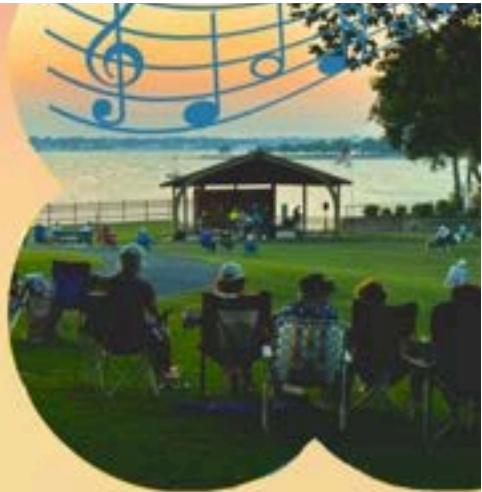
OCEAN

VACATION

SUNGLASSES



# 2026 FREE! CONCERTS IN THE PARK



6PM at Crescent Park

701 Bullocks Point Ave. Riverside, RI 02915

**JUNE 4TH**

DAVID TESSIER'S ALL-STAR STARS  
CLASSIC & CONTEMPORARY ROCK

**JULY 16TH**

MIXED EMOTIONS  
CLASSIC SOFT ROCK

**JUNE 11TH**

STRICTLY SENTIMENTAL SWING BAND  
BIG BAND SWING & JAZZ

**JULY 23RD**

JESSE LIAM BAND  
POP HITS & ORIGINALS

**JUNE 18TH**

FAILTE  
TRADITIONAL & CONTEMPORARY IRISH  
MUSIC

**JULY 30TH**

THE DRIFTWOODS  
BEACH BOYS TRIBUTE

**JUNE 25TH**

NEW PROVIDENCE BIG BAND  
BIG BAND JAZZ & CONTEMPORARY  
MUSIC

**AUGUST 6TH**

MOJO  
CLASSIC ROCK

**JULY 2ND**

THE CLASSIX  
60S, 70S & 80S ROCK

**AUGUST 13TH**

STONE COLD GYPSIES  
ECLECTIC MIX OF ROCK, R&B, WITH A  
MIX OF COUNTRY AND REGGAE



**JULY 9TH**

RAQUEL HAWKINS  
COUNTRY MUSIC

**AUGUST 20TH**

KELLY & THE POOR BOYS  
CREEDENCE CLEARWATER REVIVAL  
TRIBUTE



All performances are weather permitting  
Questions? Call 401-435-7511

**SPONSORED BY**



# EAST PROVIDENCE EVENTS

13

East Providence Senior Center

**America's Block Party**  
**250th**  
*Celebration*  
**Wednesday, July 1**  
**4:00 PM - 7:00 PM**

Join us in the lawn at Weaver library for music, food and fun!

- Music by the Navy Band
- Kids Activities & Bounce House
- Mike's City Dogs
- Bitter Sweet Lemonade and More!

## HOUSEHOLD HAZARDOUS WASTE DROP-OFF



**SATURDAY**  
**JULY 25<sup>th</sup>**

**TIME**  
**8AM-12PM**

**DPW YARD**  
 80 COMMERCIAL WAY  
 EAST PROVIDENCE, RI 02814



### APPOINTMENTS REQUIRED

RESIDENTS MUST SCHEDULE APPOINTMENT IN ADVANCE

(401) 942-1430 x3241 | [ecodepotri.org](http://ecodepotri.org)

### ACCEPTED ITEMS

PAINTS & THINNERS	RECHARGEABLE BATTERIES	HOUSEHOLD CLEANERS	POOL CHEMICALS
PESTICIDES & FERTILIZERS	SHARPS OR NEEDLES	FLUORESCENT LIGHTBULBS	GASOLINE & ANTIFREEZE



THANK YOU TO RHODE ISLAND RESOURCE RECOVERY FOR ORGANIZING THIS FREE EVENT

## Food Truck Friday East Providence

**Bold Point Park**  
**6/12, 8/7, 9/4**  
**4:30 to 8:30 pm**

live music | artisan vendors | kids zone | 12 of RI's Best Food Trucks

**12 WPRI** | **DATCO** | **rhode** | **CAT 98.1 COUNTRY**

THE CITY OF EAST PROVIDENCE PRESENTS

## 250TH INDEPENDENCE DAY FIREWORKS & CONCERT

**FREE ADMISSION**  
**JULY 3, 2026 | PIERCE FIELD**  
 RAIN DATE: JULY 6

MUSIC & ENTERTAINMENT BY:

**19TH NERVOUS BREAKDOWN** | **MIDNIGHT METAPHOR** | **BROTHER TO BROTHER BAND**

**CHQUI VERSACE**

**FOOD & BEVERAGE CONCESSIONS**  
**GATES OPEN AT 6 PM**  
**NO COOLERS, BACKPACKS OR PETS**

## Grocery Shopping Schedule:

**Thurs, July 2:** Shaw's  
**Fri, July 3:** Stop & Shop  
**Thurs, July 9:** Shaw's  
**Fri, July 10:** Stop & Shop  
**Thurs, July 16:** Shaw's  
**Fri, July 17:** Stop & Shop  
**Thurs, July 23:** Shaw's  
**Fri, July 24:** Stop & Shop  
**Thurs, July 30:** WALMART  
**Fri, July 31:** WALMART



Senior Center Membership required for shopping service  
 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.

Doors open at 1:00PM.  
 Games start at 1:30PM.  
 \$6.00 per card



Dabbers are \$2.00 each  
**No assigned seating.**

**TUESDAYS | 1:30PM**

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.**



# LIONS CLUB/MOVIE SHOWING

15

East Providence Senior Center

Back in April, the Lions Club held their annual pancake breakfast at the Senior Center.

Thank you to the Lions Club of East Providence for your generous donation to the Senior Center!

Pictured below you will see Director Laura Jones accepting the donation from the Lions Club.

Pictured Left to Right: Dave Kent, Tony Mendes, Lucy Avellino, Dick & Carol Wood, Laura Jones.



## MOVIE SHOWING

MONDAY, JULY 27

1PM

### Queen Bees

"While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community - just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, outthroat bridge tournaments and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics, Helen discovers that it's never too late to make new friends and perhaps even find a new love..."



Popcorn will be served.



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Nick & Matt Rinaldi



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CUMBERLAND (401) 305-3858  
2295 Diamond Hill Rd. - Cumberland

EAST GREENWICH (401) 471-7510  
2639 South County Trail - E. Greenwich

WARWICK (401) 921-0160  
2080 Warwick Ave. - Warwick

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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.

# July 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 <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	 <p>All meals are served with a roll</p>	<p>1 Vegetable soup Orange chicken Fried rice Green beans Cookies Roast beef sandwich</p>	<p>2 Fresh fruit cup Pub burger w/cheese Hot dog Baked beans Cole slaw Cake</p>	<p>3 <b>NO LUNCH TODAY.</b> <b>SORRY</b> <b>NO LUNCH TODAY</b></p> <p><b>SENIOR CENTER OPEN</b></p> 
<p><b>6 Senior Center Closed</b>  <b>Independence Day Observed</b></p>	<p>7 Lentil vegetable soup Stuffed shell w/meatball California vegetables Oatmeal raisin cookie Chef salad</p>	<p>8 Tomato rice soup Swedish meatballs Buttered corn Mashed potatoes Mixed fruit Turkey &amp; bacon on wheat</p>	<p>9 Tuscan bean soup Pork roast w/ peppers &amp; onions Mixed vegetables Sweet potatoes Chicken salad on rye</p>	<p>10 Mushroom barley soup Honey glazed chicken Rice pilaf Peas &amp; carrots Sliced apples Egg salad plate</p>
<p>13 Vegetable soup Chicken piccata Lemon herb rice pilaf Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye</p>	<p>14 Chicken escarole soup Sloppy joe Italian vegetables Roasted potatoes Chocolate cake Greek salad w/chicken</p>	<p>15 Cream of broccoli soup Sausage &amp; pepper sandwich 3-bean salad Chips Sliced pears Tuna salad plate</p>	<p>16 Navy bean soup Stuffed meatloaf Mashed potato Mixed vegetables Sliced pears Chicken salad plate</p>	<p>17 Tomato soup Baked fish Rice pilaf Cole slaw Watermelon Italian grinder</p>
<p>20 Minestrone soup Lasagna roll up w/meat sauce Italian vegetables Fruit cocktail Roast beef sandwich</p>	<p>21 Split pea soup Chicken marsala Garlic rice Roasted zucchini Sliced peaches Ham salad on wheat</p>	<p>22 Creamy vegetable soup Balsamic pork loin Green bean salad Sweet potatoes Tropical fruit Egg salad on rye</p>	<p>23 Chicken &amp; rice soup Salisbury steak/w gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken</p>	<p>24 Clam chowder Baked pasta w/sausage &amp; meatballs Greek cucumber salad Tropical fruit Turkey &amp; cheese sandwich</p>
<p>27 Tomato spinach &amp; basil soup Chicken caeciatore Roasted potato Italian green beans Fresh fruit Ham salad on rye</p>	<p>28 Greek cucumber salad Beef stew Fresh melon Corn bread Tropical fruit Italian Grinder</p>	<p>29 Creamy Italian white bean soup Moroccan chicken Jasmine rice Roasted zucchini Oatmeal raisin cookie Egg salad plate</p>	<p>30 Chicken soup Pork chop Italiano Roasted sweet potatoes Peas &amp; onions Lemon cake Cobb salad</p>	<p>31 Vegetable lentil soup Chicken fajita w/peppers &amp; onions Spanish rice/Sour cream Tortilla Fresh fruit Tuna salad plate</p>