

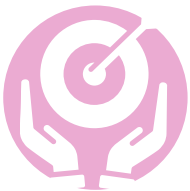


# ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

## JUNE 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 we have finally made it to the summer months, and we have some fun and exciting celebrations lined up for June 2026. On June 6, we will be celebrating our annual Pride Parade and Celebration. Come celebrate with the City of East Providence with a flag raising, parade, and pride celebration on Weaver Library lawn. There will be vendors, entertainment, and information booths. Additionally, I am looking forward to the 2026 Concerts in the Parks Series. We have a great lineup scheduled. The Concerts in the Park flyer is on page 12 of this newsletter. These family-friendly events are free.



Bring your chair, and we hope to see you there! We have many events scheduled throughout the summer season. Please check the city calendar at <https://eastprovidenceri.gov/calendar> for events scheduled throughout the city.

## From the Director:



It is now June and there are signs of summer everywhere. We are excited to hold our annual Ice Cream Social on Thursday, June 18<sup>th</sup> after lunch. We are also welcoming a secret special guest! Did you notice the hydroponic system upstairs yet? We are proud to announce we have planted some vegetables in our senior center garden that we germinated from seed in the hydroponic system. If you have a moment, step outside where our walking paths are to the left of the gazebo to check out our growing senior center garden.

Speaking of gardening and fresh vegetables, we are going to be ramping up to be giving away Farmers Market cards very soon. Turn to page 8 of this newsletter for more information.

If qualified, you can receive a \$50.00 card to use at participating Farmers Markets to buy local fruits and veggies!



## 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
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
8A: Ping Pong & Corn Hole 9A: Tai Chi 10:30A: Whiteknact Students Plants/Singing 10:30A: Board Games 10:30A: Chair Yoga 10:30A: Intro to Mindfulness 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: BP Clinic 10:30A: AARP Fraud Basics Presentation 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	A: SHIP Counseling 9A: 20/20/20 10A: RSVP Appreciation Event 10A: Acrylic Painting 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 11A: Grief Support & Healing 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet	8A: Ping Pong 8:30A: Scrabble 9A: AARP Shred Event 9:30A: Shopping 10A: Mah Jongg 10:30A: Walking Club 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
8A: Ping Pong & Corn Hole 9A: Tai Chi 10:30A: Board Games 10:30A: Chair Yoga 10:30A: Energy Boosting, Fight Fatigue Presentation 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10A: BS & AIC Checks 10:30A: Age Well, Get Connected 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	9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet 1P: Adult Coloring/ Word Searches	8A: Ping Pong 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:30A: Walking Club 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8A: Ping Pong/Corn Hole 9A: Tai Chi 9A: Memory Screenings 10:30A: Board Games 10:30A: Chair Yoga 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10A: Diabetes Education 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	9A: Tai Chi 9:30A: Shopping 10:30A: Drums Alive 10:30A: CBD Presentation 12P: Drums Alive PM Class 12:30P: Bridge 12:30P: Knit & Crochet 1P: Hi Lo Jack <b>11:30A-1P: ICE CREAM SOCIAL &amp; SPECIAL GUEST</b>	<b>Senior Center Closed</b>  <b>Juneteenth</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
8A: Ping Pong & Corn Hole 9A: Tai Chi 10A: Diabetic Medication 10:30A: Memory & Eating 10:30A: Chair Yoga 10:30A: Board Games 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Diabetes Treatment 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 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help	9A: Tai Chi 9A: ATEL Computer Help 9:30A: Shopping 10:30A: Drums Alive 12P: Drums Alive PM 12:30P: Bridge 12:30P: Knit & Crochet	8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10A: Insight Support 10:30A: URI Pharm 10:30A: Walking Club 10:45A: PACE Chair 1P: Hi Lo Jack 1P: BCBS Balance
<b>29</b>	<b>30</b>			
8A: Ping Pong & Corn Hole 9A: Tai Chi 10: Aging Presentation 10:30A: Chair Yoga 10:30A: Board Games 1P: Movie Showing 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!			



# 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**

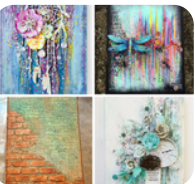
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available (**Tuesday Class is \$3.00**).



## 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. \$3.00 per class.



## 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.



## 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 6/04 | 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. 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, 6/17 | 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.

## BRAIN POWER

**MONDAY, JUNE 15:**

### COGNITIVE ASSESSMENT SCREENINGS FROM 10AM-3PM



Cognitive impairment screening involves brief tests to detect potential problems with memory, thinking, and other cognitive functions, helping identify individuals who may need further evaluation.

**Call our Nurse Shahnee to schedule your appointment, 401-270-1792.**



**MONDAY, JUNE 22:**

### DOES MEMORY LOSS AFFECT EATING? 10:30AM-11:30AM

Did you know memory loss can affect your ability to eat? In fact, people living with dementia are at an increased risk of aspirating on food and developing pneumonia. Join us for a therapy session on how you can protect yourself and signs to look out for.



### DO YOU FIND YOURSELF RUNNING ON EMPTY?

Fatigue isn't just caused by sleep or lack thereof. It can be caused by a number of things. In this presentation participants will learn the different types of energy we have and ways to support them. We will uncover how sleep, food, stress and exercise can affect energy levels in both a positive and negative way.

*Join us for a*

### BOOST YOUR ENERGY AND FIGHT FATIGUE presentation.

**MONDAY, JUNE 8 AT 10:30AM**

**Please register at the front desk.**

## GETTING STARTED WITH MINDFULNESS

**MONDAY, JUNE 1  
10:30AM**

**Explore ways to create more time and space for things that are most important to you.**

Participants will be challenged to think about what their priorities are and learn new ways to be present and live in the moment instead of racing to the next thing.



**We'll offer suggestions on how to turn down the noise and reduce distractions to help find your way to a more mindful, meaningful life.**

**Registration is required.**

### URI PHARMACY OUTREACH: PRESCRIPTION DRUG CRISIS

**FRIDAY, JUNE 26  
10:30AM**

Have your prescription drug costs recently gone up? You are not alone. Many people are facing higher prescription drug costs this year. Join URI Pharmacy Outreach to find out how you can pay less for certain medications.

*Registration is required.*

Please sign up at the front desk.



**Monday, June 29<sup>th</sup>  
10:00am**



### Typical vs Atypical Aging

Too often seniors are told their fatigue and forgetfulness are a normal part of aging. But are they though? Before your write off your symptoms hear from a health expert on what is normal and what is not normal when it comes to the aging body.

**Registration is required.**

**NO MEDITATION ON JUNE 26<sup>TH</sup>**

## CURIOUS ABOUT CANNABIS FOR CHRONIC DISEASE RELIEF?

Join Magnus Thorsson, Ph.D., Professor of Cannabis Studies at Johnson & Wales University, for an open and curious discussion about cannabis safety, wellness, and consumer questions.

This educational session is designed for adults who are curious about cannabis or looking to better understand topics such as:

- safe use and dosing
- THC vs. CBD
- product types and effects
- cannabis and wellness
- minimizing unwanted experiences

Participants may submit questions anonymously in a judgment-free environment focused on education, safety, and informed decision-making via a survey found in the lobby of the Senior Center.

All are welcome.

**THURSDAY, JUNE 18<sup>TH</sup>  
10:30AM**

LIVING WELL WITH

## DIABETES

**MONDAY, JUNE 22<sup>ND</sup>  
10AM-11:30AM**

Understanding diabetic medication and management with Endocrinology Specialized Pharmacist and Certified Diabetes Outreach Educator, Alexa Donovan PharmD, BC-ADM, CDCES, CDOE.

There are a lot of new medications hitting the market to help manage diabetes. Some of the drugs can also help promote cardiovascular and kidney health.

**Learn about different types of non-insulin medications for type 2 diabetes, how they work, and what side effects they may have.**

Registration is required.

Family members and caregivers are also invited to attend.



- Free Blood Sugar and A1C testing
- on **TUESDAY, JUNE 9<sup>TH</sup>** from
- 10AM-11AM in the Health Office.



**A GUIDE TO EATING WITH DIABETES**  
Hear from Registered Dietician and Diabetes educator Lois Pierce, RDN, CDE, CDVOE, CDOE, LDN. Learn what types of foods can increase your A1C and blood sugar as well as what foods to consider to manage low readings.

**TUESDAY, JUNE 16 AT 10:00AM**



### 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.



### 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.

### 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***



# 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

**TUESDAY, JUNE 9 | 10:30AM-11:30AM**



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, JUNE 25 | 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

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Lisa Janicki, MS

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Diocese of Providence

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East Providence Senior Center, East Providence, RI

04-0741

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## SUMMER Word Search

BEACH ICE CREAM MINNOW SUNBURN SAILBOAT

LAGOON CORAL FLIP FLOP COOKOUT LIGHTHOUSE

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### 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.





# 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

## JUNE 11TH

STRICTLY SENTIMENTAL SWING BAND  
BIG BAND SWING & JAZZ

## JUNE 18TH

FAILTE  
TRADITIONAL & CONTEMPORARY IRISH  
MUSIC

## JUNE 25TH

NEW PROVIDENCE BIG BAND  
BIG BAND JAZZ & CONTEMPORARY  
MUSIC

## JULY 2ND

THE CLASSIX  
60S, 70S & 80S ROCK

## JULY 9TH

RAQUEL HAWKINS  
COUNTRY MUSIC

## JULY 16TH

MIXED EMOTIONS  
CLASSIC SOFT ROCK

## JULY 23RD

JESSE LIAM BAND  
POP HITS & ORIGINALS

## JULY 30TH

THE DRIFTWOODS  
BEACH BOYS TRIBUTE

## AUGUST 6TH

MOJO  
CLASSIC ROCK

## AUGUST 13TH

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

## AUGUST 20TH

KELLY & THE POOR BOYS  
CREEDENCE CLEARWATER REVIVAL  
TRIBUTE



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

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## Fight Fraud. Shred it!

AARP Fraud Watch Network can help you protect yourself against identity theft. Join us for a FREE document-shredding event in your community.

### AARP Rhode Island "Fraud Fighting Fridays"

### Friday, June 5

Robert E. Rock Senior Center  
610 Waterman Ave, East Providence, RI 02914

Drop-offs, 9 a. m. to noon. No more than two boxes per person; no businesses, please. AARP Members and non-members welcome.

Registration recommended but not required.

For registration, location directions and more, visit [www.aarp.org/RIEvents](http://www.aarp.org/RIEvents)



## City of East Providence Pride

### SATURDAY, JUNE 6, 2026

PRIDE FLAG RAISING, PARADE, & CELEBRATION

#### SCHEDULE

10:00AM  
CITY HALL  
PRIDE FLAG RAISING

11:00AM  
PARADE KICK OFF  
FROM CITY HALL

12PM - 2PM  
PRIDE CELEBRATION ON  
WEAVER LIBRARY LAWN  
ENTERTAINMENT, FOOD,  
ARTISTS, VENDORS,  
& RESOURCE BOOTHS OPEN

SIGN-UP TO WALK IN THE PARADE OR JOIN US AS A FOOD, ARTIST, VENDOR, OR RESOURCE BOOTH:



SCAN THE QR CODE OR VISIT  
[HTTPS://BIT.LY/30ETH0G](https://bit.ly/30ETH0G)

\*PLEASE NOTE THIS IS AN ALL AGES FAMILY-FRIENDLY EVENT



# ICE CREAM SOCIAL

CHILL OUT & SCOOP UP SOME FUN!

## THURSDAY, JUNE 18

11:30AM-1:00PM

Free Ice Cream

Live Music

Surprise Guest

Bring your dancing shoes & sweet tooth. Reserve your lunch early for this event!



### AARP FRAUD BASICS PRESENTATION

TUESDAY, JUNE 2  
10:30AM

Join us for a presentation from AARP teaching you how to spot warning signs, avoid common scams, and safeguard your personal information



### Monthly Townie Cafe Luncheon

ON SUMMER VACATION!

We would like to thank the Townie Cafe students and Chef Walker for hosting us. We are looking forward to revisiting in the Fall 2026!



thank you

## Grocery Shopping Schedule:

**Thurs, June 5:** Shaw's

**Fri, June 6:** Stop & Shop

**Thurs, June 11:** Shaw's

**Fri, June 12:** Stop & Shop

**Thurs, June 18:** Shaw's

**Thurs, June 25:** WALMART

**Fri, June 26:** WALMART

**4 bag maximum**

**\$1.00 round trip**

**Senior Center Membership  
required for shopping service**

**NO SHOPPING ON FRIDAY, JUNE 19!**



## 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/MOVIE SHOWING

15

East Providence Senior Center

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

**THE EAST PROVIDENCE SENIOR CENTER HAS A COMMUNITY POLICING OFFICER READY TO HELP YOU!**

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.



## MOVIE SHOWING

**MONDAY, JUNE 29**

**1PM**

*Senior Moment*

*"After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again."*

*Popcorn will be served.*

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2639 South County Trail - E. Greenwich

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community.

For ad info. call 1-800-950-9952 • [www.4pi.com](http://www.4pi.com) East Providence Senior Center, East Providence, RI 04-0741

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.

# June 2026 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Navy bean soup Shepard's pie Mashed potatoes Mixed vegetables Chocolate cookies Chicken salad sandwich	2 Vegetable lentil soup Chicken fajita w/peppers & onions Spanish rice/ Sour cream Tortilla Fresh fruit Tuna salad plate	3 Vegetable barley soup Sloppy Joe Potato wedges Green beans Cookies Greek salad w/chicken	4 Tomato soup Roasted turkey w/gravy Bread stuffing Mixed vegetables Chocolate cake Italian chopped salad	5 Chicken soup Baked fish Cole slaw Parsley potatoes Peaches Roast beef on roll
8 Escarole & bean soup Chicken marsala Rice pilaf Roasted root vegetables Tropical fruit Ham & cheese on wheat	9 Chicken & rice soup Pub burger w/ cheese Sliced potatoes Cole slaw Oatmeal raisin cookie Chef salad	10 Tuscan lentil soup Greek chicken thighs Sliced carrots Lemon roasted potatoes Mixed fruit Turkey & bacon on wheat	11 Carrot soup Pork roast w/ gravy Mixed vegetables Sweet potatoes Cake Chicken salad on rye	12 Tuscan white bean soup Meatball & pepper sandwich 3 bean salad Pasta salad Sliced apples Egg salad plate
15 Vegetable soup French onion chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye	16 Chicken escarole soup Swedish meatballs Italian vegetables Mashed potatoes Chocolate cake Greek salad w/chicken	17 Creamy vegetable soup Sausage & pepper sandwich Pasta salad Green beans Tropical fruit Egg salad on rye	18 Lentil vegetable soup Roast beef w/mushroom gravy Carrots w/ broccoli Baked potato Cup cakes Chicken salad on wheat	19 <b>Senior Center Closed</b>  JUNETEENTH
22 Mushroom barley soup Lasagna roll up w/meat sauce California blend vegetables Garlic bread Fruit cocktail Ham & cheese on rye	23 Tomato soup Roasted pork loin Dirty rice Peas & carrots Sliced peaches Chicken salad on wheat	24 Creamy cauliflower soup Lemon chicken Potatoes O'Brien Mixed vegetables Sliced pears Italian grinder	25 Chicken & rice soup Meatloaf w/ gravy Mashed potatoes Buttered corn Cake Tuna salad plate	26 Lentil vegetable soup BBQ chicken sandwich 3 bean salad Mixed fruit Cobb salad
29 Meatball soup Chicken cacciatore Roasted potato Italian green beans Fresh fruit Ham salad on rye	30 Tuscan vegetable soup Baked pasta w/sausage & meatballs Greek cucumber salad Tropical fruit Tossed salad w/ chicken	All items on the menu may contain nuts, seeds, beans, wheat bran, and other allergens		
All meals are served with a roll		All items on the menu may contain nuts, seeds, beans, wheat bran, and other allergens		
<b>Suggested Donation \$3.00</b>		Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging		
				