



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

MARCH 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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Our Staff



Laura Jones
 Director of Senior Services
 401-431-4608



Amanda LaPlante
 Elder Resource Specialist
 401-270-1788



Shahnee Lagor, RN
 Healthy Aging Nurse Coordinator
 401-270-1792



Cindy DeMedeiros
 Dining Room Manager
 401-270-1814

Member Services Representatives:



Patricia Thomas



Rhonda Marzetta



Carleen Ricci

From the Mayor:

I want to thank everyone who has volunteered at the East Providence Warming Center. Because of their efforts, we have been able to provide a warm place for those who need it. Last month, the Robert E. Rock Senior Center and East Providence City Hall received the RAMP stamp of approval, a designation recognizing accessibility and inclusivity. We are proud to earn this recognition for our city. As we move into the spring months, more outdoor events are on the way. Visit the city calendar at eastprovidenceri.gov/calendar to learn more about the great events we have planned.



From the Director:

Happy March and Saint Patrick's Day! I want you all to know the Robert E. Rock Senior Center recently participated in a R.A.M.P. roll through and is now officially the first Senior Center in RI to be given the Real Access Motivates Progress (R.A.M.P.) approval. I pride ourselves in our goal to be inclusive and accessible to all. You will see stickers on our doors with the R.A.M.P. logo letting our members and the community know our Senior Center is dedicated to being fully accessible to all. If you want to learn more about the program and to see our center listed, visit www.rampapproved.com to see our name on the list of approved sites.





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 |
|---|---|--|---|---|
| 02 | 03 | 04 | 05 | 06 |
| 8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong & Corn Hole 10:30A: Board Games 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 10:45A: PACE Chair 1P: Cribbage 1P: Computer Help | 9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 12P: Drums Alive PM Class 12:30P: Bridge 12:30P: Knit & Crochet | 8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance |
| 09 | 10 | 11 | 12 | 13 |
| 8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong & Corn Hole 10:30A: Board Games 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 12P: Drums Alive PM Class 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom Talks | 8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance |
| 16 | 17 | 18 | 19 | 20 |
| 8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong/Corn Hole 10:30A: Board Games 10:30A: 8 Pillars of Brain Health 2P: PODS Swimming 2:30P: Cooking for 1 or 2 | 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 12P: Bill Reidy Music 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 | 9A: ATEL Computer Appts 9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 11A: Grief Support & Healing 12P: Drums Alive PM Class 12:30P: Bridge 12:30P: Knit & Crochet | 8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance |
| 23 | 24 | 25 | 26 | 27 |
| 8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong & Corn Hole 10:30A: Board Games 1P: Movie Showing 2P: PODS Swimming 2:30P: Cooking for 1 or 2 | 10A: Smartphone Help 10A: Watercolor Paint 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 10:45A: PACE Chair 11A: Medicare 101 1P: Cribbage 1P: Computer Help | 9:30A: Shopping 10:30A: Drums Alive 10:30A: Bingocize 12P: Drums Alive PM Class 12:30P: Bridge 12:30P: Knit & Crochet | 8:30A: Scrabble 9:30A: Shopping 9:30A: Zumba REGULAR 10A: Mah Jongg 10:30A: Zumba GOLD 10:30A: URI Pharmacy 10:45A: PACE Chair 1P: Hi Lo Jack 1P: BCBS Balance MEDITATION CANCELLED |
| 30 | 31 |  | | |
| 8A: VITA Taxes 8A: AARP Taxes 8A: Ping Pong & Corn Hole 10:30A: Plant Workshop 10:30A: Board Games 2:30P: Cooking for 1 or 2 | 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 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

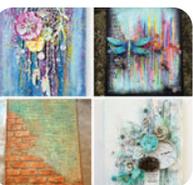
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available.



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 3/19 | 10:00am

The loss of a loved one can be one of the most difficult experiences anyone can go through. Grief support and healing support group meets monthly.



GYM ORIENTATIONS

Fitness Center Members Only

Orientations for new gym members to learn our gym equipment.

Mon 1p-3p, Tues 8A-12P, Fri 1P-2P



HI LO JACK

Fridays | 1:00pm

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



KNIT & CROCHET

Thursdays | 12:30pm

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



MEMORY CAFE

Wednesday, 3/18 | 10:00am

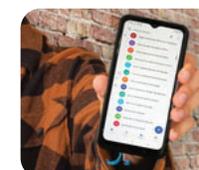
RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promotes social engagement and education.



PACE CHAIR EXERCISE

Wednesday & Friday | 10:45am

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



SMARTPHONE ASSISTANCE

Tuesdays | 10:00am-11:00am

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

New Series Beginning in March

BRAIN POWER

A 4- month series focusing on brain health and education. The East Providence Senior Center has partnered with K2 Medical Research to offer 4 opportunities to boost your brain function and improve memory.

**MONDAY, MARCH 16:
8 PILLARS OF BRAIN HEALTH
PRESENTATION AT 10:30AM**



Learn more about things you can do everyday to keep your heart & brain healthy.



**MONDAY, APRIL 27:
DOCTOR POINT OF VIEW
PRESENTATION AT 10:30AM**

Medical diagnosis can often be a stressful time. Many people are too nervous or scared to ask questions. This presentation is about Alzheimer's Disease and stroke. Find out what questions you should be asking your doctor and what the medical team is working on to achieve the best outcome.

**MONDAY, MAY 11:
TRIVIA GAMES WITH
PRIZES AT 10:30AM**



**MONDAY, JUNE 15:
COGNITIVE ASSESSMENT
SCREENINGS FROM 9AM-3PM**

Find out if you suffer from mild cognitive impairment or memory loss. Sit down with a medical professional for a 1:1 session. Learn your results immediately. Anyone interested should call to schedule an appointment with our Nurse Shahnee at 401-270-1792.

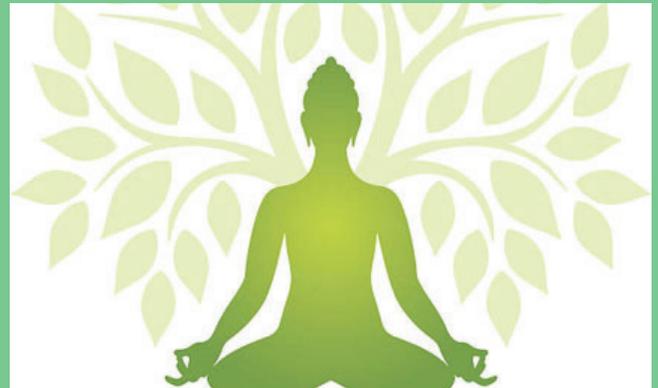
URI PHARMACY
OUTREACH
PRESENTATION
FRIDAY, MARCH 27
10:30AM

Topic to be announced



**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.**

Blood Pressure Clinics:

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



HEALTHY SHAMROCK SHAKE RECIPE

Do your health a favor, and make your own delicious healthy shamrock shake recipe at home!

INGREDIENTS:

- 1 cup milk of choice
- 1 frozen banana
- chocolate chips
- ¼ tsp pure peppermint extract
- 1 scoop protein powder (optional)
- ¼ cup frozen spinach (optional)



Blend all ingredients together and enjoy!

The East Providence Senior Center offers multiple options for income tax assistance. Appointments are required for this service.



AARP Tax Assistance:

NO AVAILABLE APPOINTMENTS.

IF YOU HAVE AN APPOINTMENT ALREADY BOOKED AND HAVE A QUESTION, CALL PATTY BREEN AT 401-246-1678.

Prior to calling to schedule your appointment with the AARP Tax Aide team, please pick up an AARP Tax-Aide packet at the Senior Center.

These packets contain information to explain what will be needed for the AARP Tax Team to assist with your tax preparation the day of your appointment.

The AARP Tax-Aide Program does not assist with business returns or returns dealing with rental property.



East Bay Community
Action Program

Free Income Tax Preparation

LOCATIONS IN BRISTOL & EAST PROVIDENCE

Call 401-435-7876 ext. 1137 to schedule an appointment

East Bay Community Action Program's Volunteer Income Tax Assistance (VITA) program, delivers **FREE**, confidential, and secure tax preparation and e-filing services for qualifying taxpayers.

For individuals and families earning less than \$70,000 annually.



Plant Workshop

MONDAY, MARCH 30 AT 10:30AM

Join Candace Breen of C & B Plants and Gifts as she shows you how to plant, grow and care for your own houseplant. Every participant will go away with their own houseplant to grow and a 20% off coupon to use anytime at C & B Plants and Gifts in Riverside!

Registration Required. Space is limited.



C&B Plants and Gifts



Memory Cafe

WEDNESDAY, MARCH 18 AT 10:00AM

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

Come join the fun at the RI Memory 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.

Monthly Townie Cafe Luncheon

WEDNESDAY, MARCH 11

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, March 10.



MARCH MENU:

Starter Choice:

Ceaser Salad or NE Clam Chowder

Entree Choice:

Fish & Chips (\$2.00 extra)

Chicken Francaise w/ Rice Pilaf & Veg
Vegetable Lasagna in white Primavera
Sauce

Dessert Choice:

Warm Cookie Plate

Lemon Square with Creme Anglaise
(Vanilla Sauce)



Monthly Movie Showing: A Shine of Rainbows

MONDAY, MARCH 23 AT 1:00PM

Movies are shown monthly at the East Providence Senior Center.

Popcorn will be served.

"A family drama about a shy orphan, who is adopted by a warm, spirited woman and moves to a remote Irish island, where he learns to overcome his isolation with her help, leading to a journey of self-discovery and acceptance"



Drums Alive

THURSDAYS:

MORNING CLASS: 10:30AM-11:30AM

AFTERNOON CLASS: 12:00PM-1:00PM



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, MARCH 19 | 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

Perry/
McStay
FUNERAL HOME

LEN WALKER
Senior Agent

Medicare Solutions

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lwalker@myhst.com
www.sandlhealthcaresolutions.com



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The Cathy Sousa Team

Jordan Ross

Licensed RE Salesperson in RI & MA
401.714.8567
Jordan.ross@serhant.com

Cathy Sousa

Licensed RE Salesperson
in RI & MA
401.474.8306
Cathysousa@serhant.com



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Lisa Janicki, MS

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Diocese of Providence

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to choose from than ever before.
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memorialize your loved one regardless of
their resting place. Ensure that YOUR
wishes are met, rather than leaving it up
to grieving family members. We are here
to help you through the process.*

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Gate of Heaven Office:
(401) 434-2579

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EPSC at time of purchase
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RI Aging & Disability
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The resource hub
for healthy aging.

Call 401.462.4444
Visit oha.ri.gov



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Advertise in Our Newsletter!

Contact Jan Thivierge

jthivierge@4LPi.com
(800) 950-9952 x6408



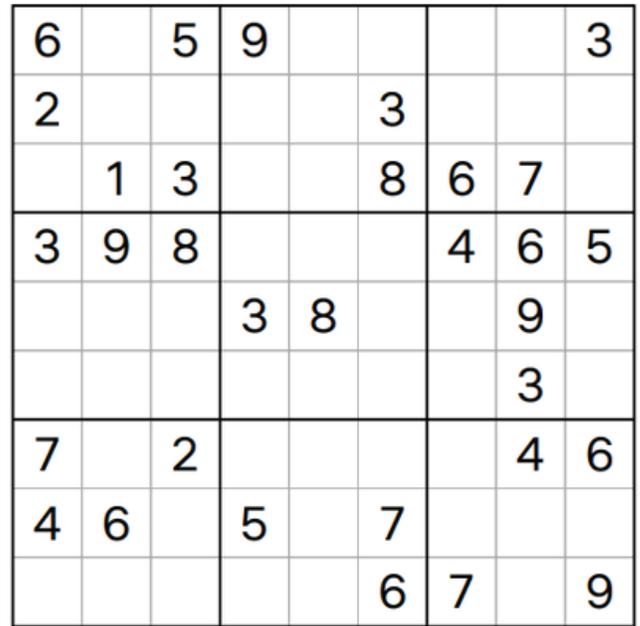
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East Providence Senior Center, East Providence, RI

04-0741



- SHAMROCK
- EMERALD
- LUCK
- LIMERICK
- LEPRECHAUN
- POTATO
- GREEN
- GOLD
- SNAKE



Saint Patrick's Day

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.

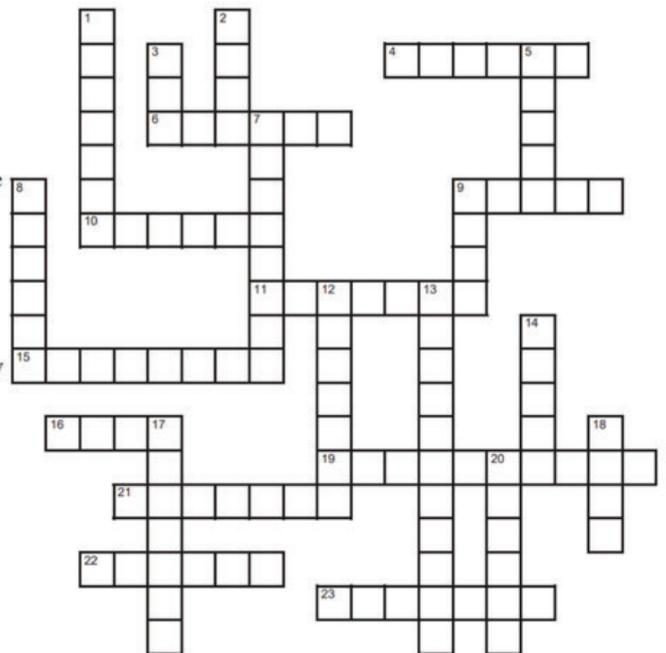


ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and . . .
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get . . .
22. Capital city of Ireland.
23. Saint Patrick's birthplace.

DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.
8. According to legend, St. Patrick chased these out of Ireland.
9. It is the pot at the end of a rainbow.
12. Ireland nickname: The ___ Isle.
13. Saint Patrick's Cathedral location.
14. Month in which we celebrate Saint Patrick's Day.
17. Arch of colors in the sky.



18. Good fortune.
20. Ancient culture of Ireland.



- | | |
|---------|---------------|
| Blue | Leprechaun |
| Britain | Limerick |
| Celtic | Luck |
| Chicago | March |
| Dublin | New York City |
| Emerald | Orange |
| Four | Pinched |
| Gaelic | Potato |
| Gold | Rainbow |
| Green | Shamrock |
| Ireland | Snakes |
| Jig | Three |



Bill Reidy Performing at the Senior Center in March 2026:

Remember Bill Reidy from our Welcome Summer Celebration last year? Bill Reidy returns to the Senior Center to play traditional Irish music on St. Patrick's Day! Sing along to some Irish Folk tunes, pub songs, and Celtic songs while lunch is served.

Wear green for good luck and join us!

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

**TUESDAY, MARCH 17
11:30AM-12:30PM**



Medicare 101 Presentation with Len Walker

**WEDNESDAY, MARCH 25
11:00AM**

Come learn the basics:

- When and how to apply for Medicare
- The difference between original Medicare & Medicare Advantage
- What is Part D?
- What are Medicare Supplements?



CONTACT

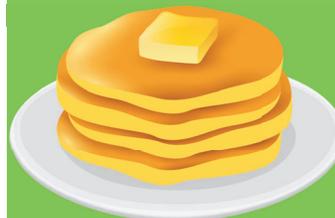
Len Walker

Local Licensed Insurance Agent

(774) 210-2060

Save the Date!

**ANNUAL LIONS CLUB
PANCAKE BREAKFAST
SUNDAY, APRIL 12**



8AM-11:30AM

More information to come



NEW ZUMBA CLASS IN MARCH 2026- LET'S GET MOVING!

Zumba is set to begin on Friday, March 6! We are excited to announce a new Zumba class joining our Senior Center activities. Zumba has many benefits including boosting balance, coordination, increases energy, improves mood, and gives you the opportunity to burn calories while having fun!

ZUMBA REGULAR OR ZUMBA GOLD.. WHICH CLASS WOULD BE FITTING FOR YOU?

Regular Zumba is a higher intensity with faster-paced moves designed for individuals looking for a more vigorous workout.

Zumba Gold is a lower-impact version of regular Zumba created for beginners, older adults, or anyone looking for a lower-impact workout. Zumba Gold features slower rhythms and simplified choreography.

Whether you're ready to dance full-out or prefer a smoother groove, there's a Zumba option for everyone- come join the fun!



EAST PROVIDENCE LIONS CLUB LOOKING FOR EYE GLASSES DONATIONS

The East Providence Lions Club is collecting used eyeglasses to help individuals in need see more clearly. Donations are greatly appreciated. Eyeglasses donations can be dropped off at the East Providence Senior Center Monday-Friday 8AM-4PM. The green drop box is located in the lobby area of the Senior Center.

EAST PROVIDENCE SENIOR CENTER AND EAST PROVIDENCE CITY HALL RECEIVES R.A.M.P. STAMP OF APPROVAL!

Tina from RAMP Real Access Motivates Progress stopped in to Robert E. Rock, East Providence Senior Center to present her stamp of approval. The RAMP Stamp of Approval is a symbol showing that the premises are accessible and inclusive for individuals with disabilities, with a special focus on individuals who use mobility aids or who have mobility-based disabilities.

East Providence is leading the way in inclusion. We're excited to announce that East Providence Senior Center and East Providence City Hall is the FIRST Senior Center and City Hall in the state to earn the Ramp Stamp of Approval!



Grocery Shopping Schedule:**Thurs, March 5:** Stop & Shop**Fri, March 6:** Shaw's**Thurs, March 12:** Stop & Shop**Fri, March 13:** Shaw's**Thurs, March 19:** Stop & Shop**Fri, March 20:** Shaw's**Thurs, March 26:** WALMART**Fri, March 27:** WALMART*4 bag maximum
\$1.00 round trip***How do Grocery Shopping Trips work?**

1. Call 401-435-7800 to reserve your grocery shopping trip.
2. The Senior Center will call the morning of the shopping trip to provide pick up time.
3. Shoppers will get one hour of shopping time in the store.
4. The Senior Center shuttle will take individuals home after grocery shopping.

BINGO INFORMATION**TUESDAYS | 1:30PM**

Doors open at 1:00PM.

Games start at 1:30PM.

\$6.00 per card

Dabbers are \$2.00 each

No assigned seating.**PULL TAB INFORMATION**

Pull tabs are sold every Tuesday afternoon from 1:00PM-1:25PM.

Pull tabs are .50 each

All pull tab transactions must be completed by 1:25PM.

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

DID YOU KNOW THAT THE SENIOR CENTER HAS A COMMUNITY POLICE OFFICER?

Officer 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

15

East Providence Senior Center

RABIES VACCINE

CLINIC

APRIL 4TH 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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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.

March 2026 Menu

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 2 Navy bean soup Chicken French stew Mashed potatoes Green beans Sliced peaches Chicken salad on wheat | 3 Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears Tossed salad w/ chicken | 4 Mushroom barley soup Mediterranean chicken Potatoes mushrooms & tomatoes Sliced melon Tuna salad plate | 5 Tomato rice soup Sweet & sour pork tenderloin Broccoli, bell peppers & pineapple White rice w/green onions Cake Greek salad w/ chicken | 6 Mediterranean lentil soup Lemon pepper baked fish Cole slaw Roasted potato Cookies Turkey & cheese on wheat |
| 9 Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Chocolate chip cookie Egg salad on rye | 10 Minestrone soup Stuffed shell w/ meatball Green beans Roasted potatoes Sliced pears Seafood salad plate | 11 Tomato soup Sausage & pepper sandwich Veggie crunch (Cum.Tom.kale. Spinach, onion, celery Mixed fruit Turkey sandwich on wheat | 12 Irish vegetable stew Corn beef Cabbage & carrots Boiled potatoes Soda bread Cake / no option | 13 Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples Greek salad w/ chicken |
| 16 Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon Ham salad on wheat | 17 Chicken escarole soup Sloppy Joe Roasted vegetables Roasted sweet potatoes Brownie Cobb salad | 18 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon Tuna salad plate | 19 Mushroom barley soup Open turkey sandwich w/gravy Mashed sweet potatoes Roasted carrots Sugar cookie Chef salad | 20 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich |
| 23 Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Oatmeal raisin cookie Chicken salad on rye | 24 Minestrone soup Pepper steak w/ gravy Mashed potatoes Roasted vegetables Sliced peaches Chef salad | 25 Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye | 26 Kale & chickpea soup Meatloaf w/ gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken | 27 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears Tuna salad on rye |
| 30 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder | 31 Vegetable barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit Tossed salad w/ chicken | <p>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</p>  <p>East Bay Community Action Program</p> | | |
| <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</p> <p>Suggested donation \$3.00</p> | | | | |