



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

MAY 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!

Contents

- 02 | Letters / Staff Members
- 03 | Services & Resources
- 04 | Monthly Calendar
- 05 | Activities
- 06 | Health Programming
- 07 | Older Americans Month
- 08 | Older Americans Month
- 09 | Technology Assistance
- 11 | Brain Games
- 12 | Nurse Appreciation Week
- 13 | Senior Center News
- 14 | Shopping & BINGO Info
- 15 | Community Policing
- 16 | Monthly Lunch Menu



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:

Hope everyone is enjoying the nice weather! Thank you to all volunteers who have assisted in Earth Day cleanups around East Providence. I loved to see the intergenerational efforts and activities to take care of our community assets. It is nice to see everything in bloom.



Take a look at the City of East Providence's calendar to see the upcoming events this Spring and Summer! <https://eastprovidenceri.gov/calendar>

From the Director:

Happy Spring to Everyone,
 The flowers in our gardens are sprouting up and beginning to bloom. The Community Center is blooming too! It is fun to see the building rise. Thank you to our members who have been patient with our limited parking during the construction. I want to congratulate Robin Culinan for completing the certification to become a Tai Chi for Better Balance instructor. Robin will be teaching two classes at the Senior Center starting this month which will continue for the next 16 weeks, both classes are full which shows me that Tai Chi is a well-received form of exercise our Seniors are glad to have back. May is mental health month. Take time for self-care and come to the Senior Center to participate in the Walking Club, facilitated by Blue Cross Blue Shield every Friday at 10:30 am. Blue Cross Blue Shield will also be hosting a presentation this month called Balancing Your Wellbeing on 5/27 at 10:30 am.





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
--	--	--	--	----



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

04	05	06	07	08
----	----	----	----	----

8A: Ping Pong & Corn Hole
 9A: Tai Chi
 10:30A: Board Games
 10:30A: Chair Yoga
 11A: Kidney Disease Screening
 2P: PODS Swimming

9A: Bocce
 10A: Smartphone Help
 10A: Watercolor Paint
 10:30A: BP Clinic
 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
 11A: Ask-A-Lawyer
 1P: Cribbage
 1P: Computer Help

9A: Tai Chi
 9:30A: Shopping
 10:30A: Drums Alive
 11A: Older & Wiser Driving
 12P: Drums Alive PM
 12:30P: Bridge
 12:30P: Knit & Crochet
 1P: Wisdom Talks

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

11	12	13	14	15
----	----	----	----	----

8A: Ping Pong/Corn Hole
 9A: Tai Chi
 10:30A: Board Games
 10:30A: Chair Yoga
 10:30A: Brain Power
 10:30A: Trivia Game
 2P: PODS Swimming

9A: Bocce
 10A: Smartphone Help
 10A: Watercolor Paint
 10A: Mind Body Mental Health Presentation
 10:45A: Chair Yoga
 1P: Creative Art Studio
 1P: Beginners Mah Jongg
 1P: BINGO!

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

9A: Tai Chi
 9:30A: Shopping
 10A: AARP Safe Driving
 10:30A: Drums Alive
 12P: Drums Alive PM Class
 12:30P: Bridge
 12:30P: Knit & Crochet

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

18	19	20	21	22
----	----	----	----	----

8A: Ping Pong & Corn Hole
 9A: Tai Chi
 10:30A: Chair Yoga
 10:30A: Board Games
 10:30A: Plant Workshop
 10:30A: Stress Management
 1P: Movie Showing
 2P: PODS Swimming

9A: Bocce
 10A: Smartphone Help
 10A: Watercolor Paint
 10:30A: Dental Presentation
 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
 11A: Grief Support & Healing
 12P: Drums Alive PM
 12:30P: Bridge
 12:30P: Knit & Crochet

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

25	26	27	28	29
----	----	----	----	----

Senior Center Closed



Memorial Day

9A: Bocce
 10A: Smartphone Help
 10A: Watercolor Paint
 10:45A: Chair Yoga
 1P: Creative Art Studio
 1P: Beginners Mah Jongg
 1P: BINGO!

A: SHIP Counseling
 9A: 20/20/20
 10A: Acrylic Painting
 10:30A: Thriving Not Just Surviving
 10:45A: PACE Chair
 1P: Cribbage
 1P: Computer Help

9A: ATEL Appts
 9:30A: Shopping
 10A: RIPTA Outreach
 10:30A: Drums Alive
 12P: Drums Alive PM
 12:30P: Bridge
 12:30P: Knit & Crochet

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

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

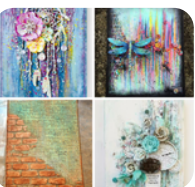
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available (**Tuesday Class is \$3.00**).



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 | 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 5/21 | 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 **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, 5/20 | 10:00am

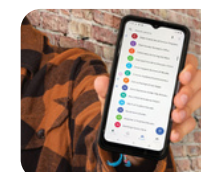
RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promotes social engagement and education.



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

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

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.

WALKING CLUB RETURNS IN MAY!



Join us every Friday from 10:30am to 11:30am as we lace up and head out to our walking paths for some fresh air and healthy fun! Bring a friend or make new friends! This program will run through the end of June.

Don't forget to bring a water bottle and proper walking shoes. We will meet each Friday in the dining room at 10:30am.

FOOT DOCTOR RETURNS MAY 29!

Dr. Ruggeiro will be in house for nail clippings and callus removal on 5/29. Anyone interested in seeing him must have an appointment. Please call our Nurse Shahnee to schedule 401-270-1792.



May is

Mental Health

AWARENESS MONTH

We have a special 3-class series focusing on improving mental health and healing.

TUESDAY, MAY 12
Mind-Body Connection
10:00AM

How your thoughts impact your body. We'll hear from a local expert on the importance of creating healthy responses to stress and what happens if that stress goes unchecked.

MONDAY, MAY 18
Feeling Stressed Lately?
10:30AM

The effects of stress on older adults can be devastating if one is unable to utilize healthy coping skills. Whether it is the stress of chronic illness, financial worries or family matters- many seniors quietly suffer alone. Health experts will be here to share new strategies to help lower your stress and improve your overall health.

WEDNESDAY, MAY 27
Thriving Not Just Surviving
10:30AM

Ever wonder why some people age better than others? Sure, genetics plays a role, but researchers have found some key factors that are directly linked to longevity.



FREE KIDNEY DISEASE SCREENING **MAY 4, 2026**
11A-1:30P

Did you know one in 3 people are at risk of developing kidney disease? Many of those affected are diabetics.

Come find out if you could be at risk of developing kidney disease and learn what you can do to improve your health.

Call Nurse Shahnee for more details 401-270-1792.

DENTAL PRESENTATION
TUESDAY, MAY 19 @ 10:30AM

Join us for an informative presentation from East Providence High School dental students on the importance of oral care and what you can do to improve your oral health.



East Providence Senior Center

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

“Every May, Administration for Community Living leads the nation’s observance of Older Americans Month, a time to recognize older adults’ contributions and reaffirm our commitment to supporting their health and independence.

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging.

SEE PAGES 7 & 8 OF THIS NEWSLETTER TO LEARN MORE ABOUT THE GREAT EVENTS WE HAVE PLANNED AT THE EAST PROVIDENCE SENIOR CENTER FOR THE MONTH OF MAY!



AARP SAFE DRIVING CLASS

THURSDAY, MAY 14

10AM-3PM

Robert Rock East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914

Fees:

\$20.00 for AARP members

\$25.00 non-AARP members

*Cash or Checks are accepted.

Registration is required and located at the front desk or by calling 401-435-7800.

Bringing a bagged lunch is encouraged.



The RI Older & Wiser Driver

A safe driving presentation for mature drivers delivered by AAA Northeast, with support from the RI Department of Transportation Office on Highway Safety. This presentation will cover:

- Major causes of crashes for older drivers
- Pedestrian & bicycle safety tips
- Advice for extending safe driving years
- How to plan driving cessation (and resources for staying mobile!)

DATE/TIME:

THURSDAY, MAY 7 2026 AT 11AM

LOCATION:

EAST PROVIDENCE SENIOR CENTER
610 WATERMAN AVENUE
EAST PROVIDENCE, RI 02914

CONTACT:

AMANDA LAPLANTE (ELDER RESOURCE SPECIALIST) 401-270-1788



BACK BY POPULAR DEMAND!

Plant Workshop

MONDAY, MAY 18
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

East Providence Senior Center



Monthly Townie Cafe Luncheon WEDNESDAY, MAY 13

Join us for lunch at the East Providence
High School, Townie Pride Cafe!

PRICE: \$11.00 per person

Register and pay at the front desk by
Tuesday, May 9.

MAY MENU:

Starter Choice (Choose 1):

Ceaser Salad, House Salad, Smoked Tomato Soup w/
Fresh Basil & Cheesy Croutons

Entree Choice (Choose 1):

Pork Chops w/ Grilled Apples, Rice Pilaf & Veg
Chicken Francaise w/ Rice Pilaf & Veg
Spinach Manicotti w/ Marinara Sauce & Veg

Dessert Choice (Choose 1):

Warm Cookie Plate
Chocolate Mousse

OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

The RI Bar Association &
East Providence Senior Center
Will Be Hosting An
Ask-A-Lawyer

May 6, 2026
11:00 - Noon

Visiting volunteer attorney
Christine J. Engustian will give a
brief presentation followed by a
question and answer period with
a focus on Elder Law.

MOVIE SHOWING

MONDAY, MAY 18

1PM

The Best Exotic Marigold Hotel

"Some retirees decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is not at all what they expected.."



RIPTA OUTREACH PRESENTATION

THURSDAY,
MAY 28

10AM-12PM



Join us at the East Providence Senior Center as RIPTA representatives will be coming out to discuss with seniors how to ride the RIPTA bus.

After the presentation, representatives will be available to assist anyone who would like to apply for a bus pass.

Please see Amanda to get a handout of what documents are needed to apply for a bus pass.



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

WEDNESDAY, MAY 20 AT 10:00AM

Memory Cafe is at the Senior Center on the third
Wednesday of each month at 10:00AM

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, MAY 13 AT 10:30AM



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, MAY 28 | 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.

Perry/
McStay
FUNERAL HOME

LEN WALKER
Senior Agent

Medicare Solutions

PO Box 121, Seekonk, MA 02771
Cell: 774-210-2060
Fax: 508-557-1824
lwalker@myhst.com
www.sandlhealthcaresolutions.com



**GRACE BARKER®
HEALTH**

Family owned & operated since 1966

The Cove

SHORT-TERM REHABILITATION
LONG-TERM CARE

The Willows

ASSISTED LIVING
ADULT DAY HEALTH

54 Barker Avenue, Warren RI • GraceBarkerHealth.com • 401-245-9100

MULTIMILLION DOLLAR PRODUCERS.

(401)
474-8306

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



Let Us Help Make Your Real
Estate Needs a Breeze!

SERHANT. RHODE ISLAND, LLC



SERHANT.

SERHANT, RHODE ISLAND, LLC IS A LICENSED REAL ESTATE BROKER (REB. 0005300) LOCATED AT 513 BROADWAY, NEWPORT, RI 02840. OFFICE: 401-382-0600 | EMAIL: RHODEISLAND@SERHANT.COM

YOUR GATEWAY TO HEALTHY HEARING



Call For An
Appointment Today
401-431-5100



Conveniently Located

197 Warren Ave., Ste. 102 | www.GatewayHearing.com

Lisa Janicki, MS

YOUR STORY INTERVIEWS



A gift for generations

LIFE'S JOURNEY
MEMOIR

GRETCHEN VORBECK
(520) 699-4988

GEVORBECK@GMAIL.COM



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



RI Aging & Disability
Resource Center

The resource hub
for healthy aging.

Call 401.462.4444
Visit oha.ri.gov



Eastgate
Nursing & Rehabilitation Center

Short Term Rehab
and Long Term Care

Call For A
Tour Today!
401-431-2087

198 Waterman Ave.
East Providence



AnchorBay™
AT EAST PROVIDENCE
ASSISTED LIVING
MEMORY CARE

1440 WAMPANOAG TRAIL
EAST PROVIDENCE, RI 02915
401-433-5000
anchorbayeastprovidence.com

Advertise in Our Newsletter!

Contact Jan Thivierge

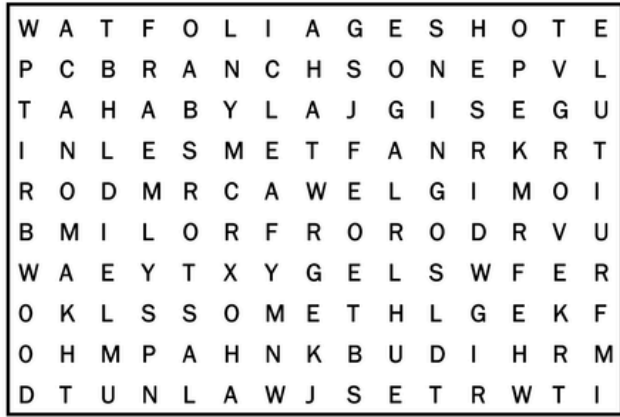
jthivierge@4LPi.com
(800) 950-9952 x6408



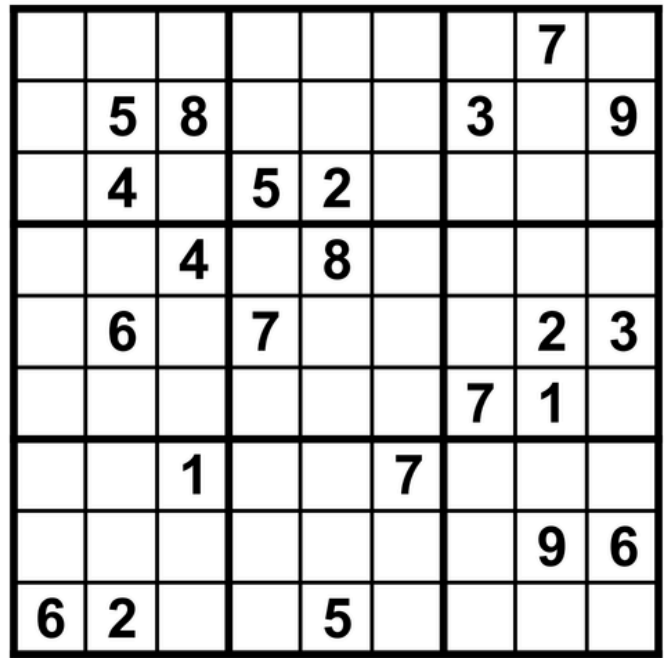
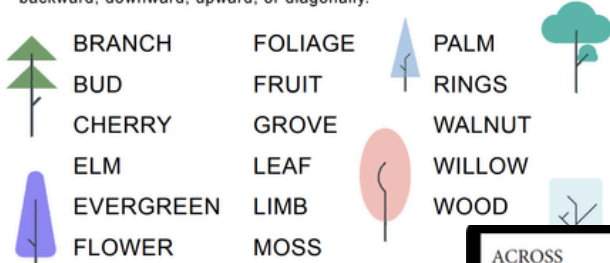
For ad info. call 1-800-950-9952 • www.4lpi.com

East Providence Senior Center, East Providence, RI

04-0741



Look for the following words related to trees. They may be spelled forward, backward, downward, upward, or diagonally.



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

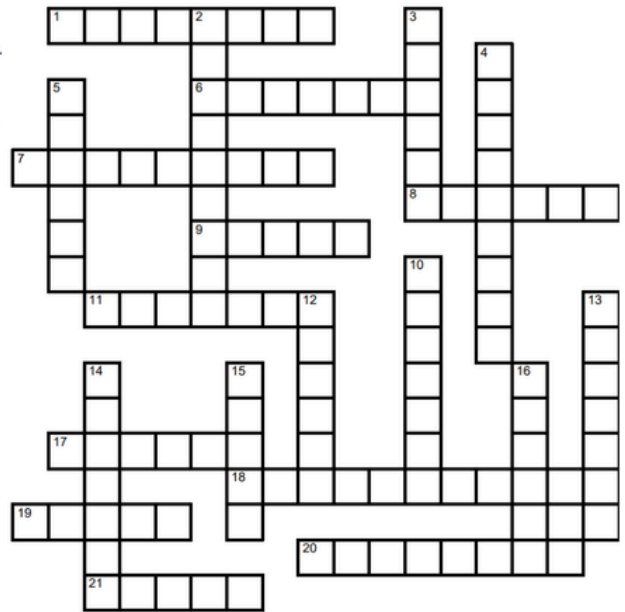
- Sport played on a diamond.
- ___ Appreciation Day falls on Tuesday of the first full week in May.
- Buzzing insect.
- Astrological sign for the end of May (twins).
- May is the ___ month of the year.
- Small red insect with black dots.
- She is celebrated on the second Sunday in May.
- Annual Mexican celebration on May 5th.
- Most lawns are this color in May.
- Celebrated on the last Monday in May: ___ Day.
- Plant these and you may get some flowers.

DOWN

- What a caterpillar becomes.
- Season in which May falls in the Northern Hemisphere.
- Use this to trim the lawn.
- Astrological sign for the start of May (bull).
- May birthstone.
- Place where you might grow flowers.
- Flower of a plant.
- Tulips, daisies, roses, etc.
- May the ___ be with you.
- Might be filled with candy and broken as part of a May celebration.

- | | |
|---------------|-----------|
| Baseball | Green |
| Blossom | Ladybug |
| Bumblebee | Lawnmower |
| Butterfly | Memorial |
| Cinco de Mayo | Mother |
| Emerald | Pinata |
| Fifth | Seeds |
| Flowers | Spring |
| Force | Taurus |
| Garden | Teacher |
| Gemini | |

Merry Month of May



12

NURSE APPRECIATION WEEK

East Providence Senior Center

Thank you, Shahnee!



Nurse Appreciation Week, celebrated May 6–12, is a time to recognize and honor the compassion, dedication, and vital contributions of nurses across all healthcare settings. It highlights the important role nurses play in promoting health, providing care, and improving the well-being of individuals and communities every day.

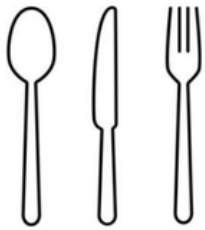
At the East Providence Senior Center, we are especially grateful for our Healthy Aging Nurse Coordinator, Shahnee Lagor. Since joining the City of East Providence in 2021, Shahnee has been a trusted resource, advocate, and source of support for our senior community. Through her commitment to health education, wellness programming, blood pressure clinics, and coordinating meaningful guest speakers, she consistently goes above and beyond to ensure our seniors feel informed, cared for, and connected. Known for her kindness, compassion, and listening ear, Shahnee is truly a bright light in the lives of those she serves. During Nurse Appreciation Week, we proudly celebrate Shahnee and all nurses who make such a lasting difference every day.



The East Providence Senior Center extends a heartfelt thank you to Chef Walker of East Providence High School for generously sharing his time and expertise with our community. His popular class, “Cooking for One or Two,” offered participants a perfect blend of smart technique, budgeting tips, and real-life kitchen wisdom. “Cooking for One or Two” has completed the last class in the series on April 27th. All participants received a certificate of completion.

Chef Walker emphasized the importance of flavor, flexibility, and confidence in the kitchen, while also teaching practical ways to stretch ingredients and reduce food waste—skills that truly resonate in everyday cooking. The feedback from participants was overwhelmingly positive. Attendees not only enjoyed the delicious recipes provided, but also appreciated the thoughtful guidance and approachable style that made cooking feel both manageable and inspiring.

Thank you, Chef Walker!



MOST LOVED RECIPES:



Mini Turkey Meatloaf

Ingredients:

- 1 lb turkey
- 1 egg
- ½ cup breadcrumbs
- ¼ cup milk
- ¼ cup diced onion
- 2 tbsp ketchup
- ½ tsp salt
- ¼ tsp pepper

Instructions:

1. Preheat oven to 375 F
2. Mix all ingredients in a bowl
3. Divide mixture into 4 small mini loaves
4. Place on baking sheet
5. Bake 25-30 minutes



One-Pan Lemon Garlic Salmon

Ingredients:

- 1 salmon filet
- 1 cup baby potatoes (halved)
- 1 handful asparagus or green beans
- ½ cup cherry tomatoes
- 2 cloves garlic (minced)
- 1 tablespoon olive oil
- ½ lemon
- salt and pepper

Instructions:

1. Heat oven to 400 F
2. Toss potatoes in olive oil, salt, and pepper
3. Roast potatoes for 15 minutes
4. Add to pan:
 - asparagus/green beans
 - cherry tomatoes
 - garlic
5. Place salmon on top
6. Add:
 - lemon juice
 - small drizzle of olive oil
 - salt/pepper
7. Roast 10-12 minutes
8. Salmon is done when it:
 - flakes easily w/ fork
 - looks opaque, not raw in center



Grocery Shopping Schedule:**Fri, May 1:** Shaw's**Thurs, May 7:** Stop & Shop**Fri, May 8:** Shaw's**Thurs, May 14:** Stop & Shop**Fri, May 15:** Shaw's**Thurs, May 21:** Stop & Shop**Fri, May 22:** Shaw's**Thurs, May 28:** WALMART**Fri, May 29:** 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

East Providence Senior Center



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

R
M
Mateus Realty
Bringing you home since 1975
582 Warren Avenue • East Providence, RI 02914

LUIS A. MATEUS

Eu Faló Portugues

Off: 401-434-8399
Cell: 401-368-2403
Fax: 401-435-3401
sales@mateusrealty.net
mateuserealty@gmail.com
www.mateusrealty.net

HEALY PHYSICAL THERAPY & SPORTS MEDICINE, INC.
KEEPING YOU IN THE GAME OF LIFE
MOST INSURANCES ARE ACCEPTED
EAST PROVIDENCE (401) 438-0905
927B Warren Ave. - E. Providence
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
www.healyphysicaltherapy.com

P & J FLORIST
Flowers For All Occasions
401-432-7399
340 Warren Avenue
East Providence
www.pandjflorist.net
PAUL QUADROS PROPRIETOR
We Deliver

RINALDI ROOFING
Custom Roofing
Siding
Construction
401.219.9548
rinaldiroofingri.com
Family Owned by twin brothers
Nick & Matt Rinaldi

Little space.
Big impact.
Advertise here
Call 800-950-9952

Health Care Equipment and Incontinence Supplies
independence
HomeHealthWares™
401.273.8888
Visit our showroom at
2224 Pawtucket Ave, East Providence

THE LOFT AT LINN
An Aldersbridge Community
Assisted Living
Memory Care
30 Alexander Avenue | 401-438-7210

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

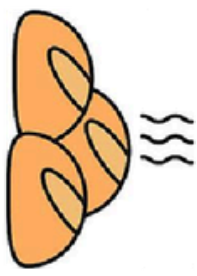



Aldersbridge.org



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

May 2026 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are served with a roll</p> 	<p>All items on the menu may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<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>1 Fresh Fruit salad Cheese omelet Baked beans Home fries Bacon Coffee cake Ham & cheese on wheat</p>
<p>4 Navy bean soup Marry me chicken/w pasta Broccoli & cauliflower mix Garlic bread Watermelon Roast beef sandwich</p>	<p>5 Vegetable barley soup Sloppy Joe Potato wedges Green beans Cookies Seafood salad plate</p>	<p>6 Wedding soup Oven roasted chicken Italian rice Roasted root vegetables Mixed fruit Turkey & bacon on wheat</p>	<p>7 Tomato soup Baked ham w/ raisin sauce Mixed vegetables Sweet potatoes Cup cakes Chicken salad on rye</p>	<p>8 Tuscan white bean soup Meatball sandwich 3 bean salad Pasta salad Sliced apples Egg salad plate</p>
<p>11 Vegetable soup Tuscan chicken Sweet mashed potatoes Roasted zucchini w/ tomatoes Sliced peaches Corned beef on rye</p>	<p>12 Chicken escarole soup Stuffed shell w/meatball Italian vegetables Garlic bread Chocolate cake Cobb salad</p>	<p>13 Carrot soup Roast beef w/gravy Roasted potato Peas & onions Tropical fruit Egg salad on rye</p>	<p>14 Lentil vegetable soup Balsamic pork chop Roasted carrot w/ broccoli Barley w/ mushrooms Sugar cookie Chicken salad on wheat</p>	<p>15 Minestrone soup French onion chicken Roasted potatoes Mixed vegetables Sliced peaches Tuna salad plate</p>
<p>18 Root vegetable soup Swedish meatballs Rice pilaf Mixed vegetables Fruit cocktail Ham & cheese on rye</p>	<p>19 Vegetable barley soup Baked pasta w/ meatballs & Sausage Roasted vegetables Sliced pears Turkey & cheese on wheat</p>	<p>20 Tomato soup Chicken parm Roasted potatoes Peas & carrots Sliced peaches Chicken salad on wheat</p>	<p>21 Chicken & rice soup Pork roast w/ gravy Mashed potatoes Buttered corn Cake Tuna salad plate</p>	<p>22 Lentil vegetable soup BBQ chicken sandwich 3 bean salad Rice pilaf Mixed fruit Cobb salad</p>
<p>25 Senior Center Closed</p>  <p>Memorial Day</p>	<p>26 Tuscan vegetable soup Sausage & peppers w/ roll Greek cucumber salad Tropical fruit Tossed salad w/ chicken</p>	<p>27 Split pea soup Pork chops w/ mushroom sauce Roasted rosemary root Vegetables w/potatoes Cookie Cobb salad</p>	<p>28 Minestrone soup Pot roast w/ gravy Mashed potato Baby carrots w/ honey herb butter Lemon cake Italian Grinder</p>	<p>29 Chicken soup Baked chicken topped w/ Eggplant bolognese Cucumber salad w/chic peas Watermelon Seafood salad plate</p>