



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

NOVEMBER 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
On Maternity Leave



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



Cindy DeMedeiros
Dining Room Manager
401-270-1814



Abby Castillo
Program Coordinator

Member Services Representatives:



**Patricia
Thomas**



**Melissa
Perry**

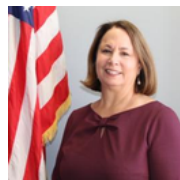
From the Mayor:

I want to encourage everyone to get out and vote! Election Day is coming up on Tuesday, November 3rd. The polls are open from 7:00 a.m. to 8:00 p.m. Visit the Rhode Island Secretary of State website at Vote.SOS.ri.gov or eastprovidenceri.gov to determine your voting location or to view a sample ballot. Early in-person voting at East Providence City Hall can be done from October 14 through November 2. Hours for early voting are Monday - Wednesday 8a.m.-4p.m., Thursday 8 a.m. - 6p.m., and Friday 9 a.m. -1p.m. If you are a senior and need a ride for early voting, please call the Robert Rock Senior Center at 401-435-7800 for transportation to City Hall to vote up to November 2nd. Any questions about voting please feel free to call our Canvassing Department at 401-435-7502.



From the Director:

I would like to highlight our upcoming annual East Providence Senior Art Show and Exhibition. If you are 55 years or older, you are eligible to enter your artwork into our show. You do not need to be a member of the Senior Center or an art student in one of our Senior Center art classes to enter your art. Your art can be any medium. Turn to page 13 of this newsletter to learn more on this wonderful event.



Carleen Ricci's last day was October 2. We wish her the best of luck in her future endeavors! You may see a familiar face at the front desk. Our bus driver Melissa has taken on a role at the front desk in the afternoon and will be splitting her time between driving and front desk hours. We also have Abby Castillo beginning here at the Senior Center as a Part Time Program Coordinator. Abby will assist with daily programming, coordination, and outreach. If you see Abby, please give her a warm welcome!



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-11:30AM
 Tuesday: 9AM-11:30AM
 Wednesday: 9AM-11:30AM
 Thursday: 9AM-11:30AM
 Friday: 9AM-11:30AM

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 (ON MATERNITY LEAVE)

The East Providence Senior Center has a full-time Elder Resource Specialist to assist and connect individuals with community resources. Amanda assists with SNAP applications, DHS applications, housing, advocacy, and various social services.

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

UNITED WAY RI

At the Rhode Island's Aging Disability Resource Center/United Way (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. United Way can assist with Medicare, Medicaid, and DHS applications & community services.

401-462-4444

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: Ping Pong/Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 10:30A: Chair Yoga 2P: PODS Swimming	Senior Center Closed  Election Day	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:15A: PACE Chair 1P: Cribbage	9A: Tai Chi 9A: Shopping 10A: Chartercare Community Care Presentation 10:30A: Drums Alive 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:15A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
09	10	11	12	13
8A: Ping Pong/Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 10:30A: Chair Yoga 2P: PODS Swimming SENIOR ART SHOW 10AM-12PM	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10A: Grief During the Holidays 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	Senior Center Closed  Veteran's Day	9A: Tai Chi 9A: Shopping 10:30A: Drums Alive 10:30A: Diabetes Friendly Nutrition 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:15A: PACE Chair 10:45A: Whiteknact Elementary Performance 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
16	17	18	19	20
8A: Ping Pong/Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 10:30A: Chair Yoga (last class before winter break) 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!	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:15A: PACE Chair 10:30A: Age Well, Get Connected 1P: Cribbage	9A: Tai Chi 9A: LIHEAP Assistance 9A: ATEL Computer Appts 9A: Shopping 10:30A: Drums Alive 11A: Grief Support & Healing 11A: Medicare 101 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:15A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
23	24	25	26	27
8A: Ping Pong & Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 2P: PODS Swimming	9A: Bocce 9A: Shopping 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:15A: PACE Chair 1P: Cribbage	Senior Center Closed  Thanksgiving Day	Senior Center Closed  Day After Thanksgiving
30				
8A: Ping Pong & Corn Hole 9A: Tai Chi 10:30A: Board Games 2P: PODS Swimming	Chair Yoga w/ Marilyn LAST CLASS IS ON NOVEMBER 16, then will be taking a pause for the winter.	Drop in Gym Orientations are offered every Tuesday Morning from 8AM-12PM!		

ACTIVITIES

05

East Providence Senior Center



20/20/20 FITNESS

Wednesdays | 09:00am

Senior geared that offers 20 min cardio, 20 min of strength training, and 20 min of stretch/core work.

\$3.00 per class



PAINTING/ART CLASSES

Tuesday & Wednesdays | 10:00am

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



BILLIARDS

Weekdays | 08:00AM

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



CHAIR YOGA

Check Calendar for dates/times

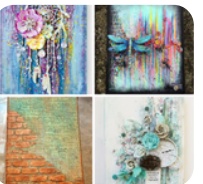
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available **(Tuesday Class is \$3.00)**.



COMPUTER LAB

Monday-Friday | 8AM-4PM

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



CREATIVE ART STUDIO

Tuesday | 1:00pm

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



CRIBBAGE, BRIDGE, SCRABBLE, MAH JONGG, BINGO, BOARD GAME CLUB

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

\$6.00 BINGO, \$3.00 CRIBBAGE



DRUMS ALIVE

Mondays 10am & Thursdays 10:30am

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



GRIEF SUPPORT & HEALING

Thursday 11/19 | 11:00am

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



GYM ORIENTATIONS

Fitness Center Members Only

Orientations for new gym members to learn our gym equipment. Orientations on Tuesdays 8am-12pm. Free.



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

Taking a Pause

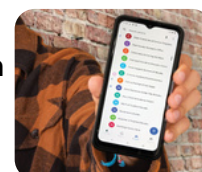
RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promotes social engagement and education.



PACE CHAIR EXERCISE

Wednesday & Friday | 10:15am

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.



CHARTERCARE COMMUNITY CARE PRESENTATION

Join us **Thursday, November 5th** from
10am-11am and meet with health officials from
CharterCare Health Partners.

They will be here to discuss important health-related topics such as living with chronic lung conditions such as COPD and stroke prevention. Learn the signs of a stroke so you can get help right away. They'll also discuss what to expect during a hospitalization at Roger Williams Medical Center or Our Lady of Fatima.

Participants are encouraged to ask questions and share their personal experiences with hospital care.

**Anyone interested in
attending can sign up at
the front desk.**



**NO Meditation on
Friday, November 27th**

DIABETES FRIENDLY NUTRITION

Thursday, November 12

10:30AM-11:30AM

Did you know that 1 in 8 people in the United States have Diabetes and 8 in 10 people have pre-diabetes?

Learn what you can do to help take back control and prevent a diagnosis from getting worse.

Registered Dietician Melissa Pincince will be back to share tips on good blood sugar control through healthy food choices.

Registration is required.

Gentiva Health Series

Managing Grief Throughout the Holidays

Tuesday, November 10

10AM-11AM

Losing a loved one is one of the most painful experiences anyone can live through. It is especially hard to grieve during the holidays because the holidays often bring up a lot of emotions: the empty chair at the table or the missing present under the tree.

Experts say in order to heal one must go through 5 stages: Denial, Anger, Bargaining, Depression and Acceptance.

How one moves through each stage is unique and specific for that person but there are some ways you can grieve while also honoring your loved one.

Join us for a special presentation on how to cope with loss during the holidays.

REGISTRATION IS REQUIRED FOR THIS CLASS.

MEDICARE OPEN ENROLLMENT

East Providence Senior Center

Medicare Open Enrollment begins on October 15, 2026. During the Open Enrollment period, we bring in extra resources to the Senior Center to assist with your Medicare needs.



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

SHIP COUNSELING

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost.

SHIP Counselors are at the Senior Center weekly
(by appointment only).

Call 401-435-7800 to schedule your appointment!



east bay community action program
THE BRIDGE TO SELF-RELIANCE

AGING DISABILITY RESOURCE CENTER/UNITED WAY



RI Aging & Disability
Resource Center

The Aging Disability Resource Center will assist individuals with Medicare, Medicaid applications, and DHS applications.

**Call United Way call center for assistance:
401-462-4444**



Join me on
Nov 19
for an introduction
to Medicare Plans



MEDICARE 101

E d u c a t i o n a l E v e n t

Come learn the basics:

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

WHEN & WHERE

Nov 19

11 AM
East Providence Senior Center
610 Waterman Avenue
E Providence, RI 02914
Refreshments will be served

CONTACT

Len Walker
Sr Agent/Managing Partner
(774) 210-2060



LEN WALKER

HEALTHCARE SOLUTIONS TEAM

Len Walker is a Local Licensed Medicare Insurance Agent with Healthcare Solutions Team. Len can assist you with comparative supplemental insurance plans for Medicare.

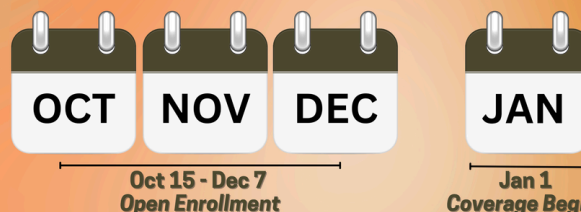
**Call Len today to schedule your appt!
774-210-2060**

Len Walker
lwalker@myhst.com

774-210-2060



MEDICARE OPEN ENROLLMENT PERIOD



A NOTE FROM THE ELDER RESOURCE SPECIALIST

Dear Senior Center Members,

As I prepare to begin my maternity leave, I wanted to take a moment to say *thank you* from the bottom of my heart.

Your kind words, encouragement, congratulations, and advice throughout my pregnancy have meant more to me than you know. I feel incredibly lucky to work with such a wonderful group of people, and I will truly miss seeing all of you and helping you each day while I am away. I plan to return in February 2027.

While I am on leave, I have worked hard to make sure that you will continue to have access to the support and resources you need. I have arranged for additional resources to be available on site, including regular LIHEAP heating assistance applications and renewals. United Way RI has also graciously offered to assist with DHS applications during my absence.

If you need assistance with something that you would normally come to me for, please don't hesitate to call the East Providence Senior Center at 401-435-7800. Our staff will be happy to take your information and triage your call to the appropriate agency or resource that can assist you as quickly as possible. Thank you for always making me feel so supported and cared for—not only in my role at the Senior Center, but also during this very special time in my life.

Happy Holidays to you and yours, and I look forward to seeing you all when I return.

With heartfelt thanks and warmest wishes,
Amanda LaPlante, Elder Resource Specialist

DHS APPLICATIONS

Medicaid Applications & Renewals

Medicare Premium Assistance & Renewals

SNAP Applications & Renewals

At the Rhode Island's Aging Disability Resource Center/United Way (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. United Way can assist with Medicare, Medicaid, and DHS applications & community services.

United Way Call Center:
401-462-4444



HEATING ASSISTANCE

LIHEAP Applications

LIHEAP Renewals

We are happy to announce that LIHEAP Home Energy Assistance is being offered **monthly** at the East Providence Senior Center **and** City Hall.

CITY HALL:
MONTHLY WALK-INS
NOVEMBER 19
4PM-6PM

SENIOR CENTER:
MONTHLY WALK INS
NOVEMBER 19
9AM-12PM

LIHEAP representatives will be on site assisting with LIHEAP applications and renewals. This service is on a first come, first serve walk-in basis.

If needed, stop by the front desk to pick up a required documents page to prepare for your appointment.



TECHNOLOGY ASSISTANCE

East Providence Senior Center

09



Smartphone Assistance

EVERY TUESDAY | 10:00AM - 11:00AM

Walk-in Smartphone Assistance is available weekly on Tuesday mornings at the East Providence Senior Center. Whether you just purchased a new smartphone, or need help navigating your current phone device, our Smartphone Assistance volunteer will be able to assist you with questions as well as learn tips and tricks to operate your smartphone efficiently and effectively.



east bay community action program
THE BRIDGE TO SELF-RELIANCE

Age Well, Get Connected

WEDNESDAY, NOVEMBER 18 | 10:30AM-11:30AM

Technology assistance hosted by East Bay Community Action Program. Assistance is provided to those who need it once per month with this service. No appointment needed. Feel free to bring your own device or use one of ours to learn more about technology.

Walk-in Computer Assistance

PAUSED FOR NOVEMBER 2026



Bring your own computer or tablet or use one of the desktop computers or laptops here at the Senior Center to learn tips and tricks with computer usage. Whether you are a seasoned technology user with a few questions, or if you need a crash course back to basics, our walk-in computer assistance volunteer is on site weekly on Wednesday afternoons to answer questions you may have. No appointment needed.

ATEL Computer Assistance

THURSDAY, NOVEMBER 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

Perry/
McStay
FUNERAL HOME

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

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



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to grieving family members. We are here
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**Gate of Heaven Office:
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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. The healthy food and utilities benefit is a special supplemental benefit available only to chronically ill enrollees with a qualifying condition, such as diabetes, cardiovascular disorders, chronic heart failure, chronic high blood pressure and/or chronic high cholesterol, who also meet plan criteria indicating they are at high risk for hospitalization and eligible for intensive care coordination. There may be other qualifying chronic conditions not listed. If you use this benefit for certain utilities, it may be considered income for housing assistance. Check with your housing authority for details. Benefits, features and/or devices may vary by plan/area. Limitations, exclusions and/or network restrictions may apply. OTC, food and utility benefits have expiration timeframes. Review your Evidence of Coverage (EOC) for more information.
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For ad info. call 1-800-950-9952 • www.4lpi.com

East Providence Senior Center, East Providence, RI

04-0741

THANKSGIVING DAY

R	X	W	I	A	C	M	S	Q	U	A	S	H	Q	E	F	O	MASHED POTATOES
E	G	M	A	S	H	E	D	P	O	T	A	T	O	E	S	Q	CRANBERRIES
W	Z	S	T	U	F	F	I	N	G	P	A	C	Q	F	B	E	INDIGESTION
Y	I	E	K	U	M	G	D	A	P	P	L	E	P	I	E	D	PUMPKIN PIE
N	S	U	D	G	W	S	Z	Z	T	S	R	G	P	L	S	O	APPLE PIE
Z	Y	U	Q	A	S	W	J	D	E	F	V	I	L	U	D	D	PILGRIMS
R	H	E	A	I	R	M	G	I	Y	Y	L	Y	E	K	J	A	STUFFING
F	F	Z	L	C	B	A	R	F	W	G	E	G	N	H	P	F	THANKFUL
N	N	Y	W	D	R	R	P	C	R	G	C	K	R	O	Q	P	FAMILY
I	N	D	I	G	E	S	T	I	O	N	L	A	R	A	B	Y	GATHER
S	L	J	T	B	H	D	M	A	J	E	K	M	W	U	V	Y	PARADE
T	E	K	N	C	T	S	Y	B	E	Y	Y	X	Z	D	T	Y	SQUASH
X	A	A	Z	A	A	L	H	S	P	H	A	N	O	Q	A	T	TURKEY
X	R	G	C	I	G	Q	I	G	S	U	I	S	Q	N	G	U	GRAVY
C	P	U	M	P	K	I	N	P	I	E	U	B	V	G	E	Y	
W	T	H	A	N	K	F	U	L	T	M	Q	L	E	Z	F	L	
Y	J	L	Z	A	Y	X	F	A	M	I	L	Y	E	F	I	O	



How to Play SUDOKU

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

- Every horizontal row of 9 cells must contain the numbers 1 through 9 without duplication.
- Every vertical column of 9 cells must contain the numbers 1 through 9 without duplication.
- Every 3x3 box should have numbers 1-9 only listed one time.

Answers for puzzles are listed on page 14 of this newsletter.



BRAIN GAMES

East Providence Senior Center

11

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

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

Parental responsibility	STOOD mis	SOMEWHERE 
COUNTRY COUNTRY	 3.14159	GROUND FEET FEET FEET FEET FEET

Caring for a loved one can be challenging, but you don't have to do it alone. Our Caregiver Resources page connects you with helpful information, local services, and support to make your caregiving journey a little easier.

EDUCATIONAL SERIES:

November 5 at 2:30 PM

Holiday Tips for the Dementia Caregiver

Event Location: The Loft at Linn
30 Alexander Ave, East Providence, RI



General Caregiver Support Group

First and third Mondays of the month

5:30 – 7 p.m. ET

This group welcomes all who are caring for someone with an advanced illness. Through the comfort of peer support and the guidance of skilled facilitators, together we can help you navigate this journey.

Dementia Caregiver Support Groups

Tuesdays 3 – 4:30 p.m. ET

Wednesdays 5 – 6:30 p.m. ET

Thursdays 10 – 11:30 a.m. ET

Fridays 10 – 11:30 a.m. ET

IN PARTNERSHIP WITH
alzheimer's association®

REGISTRATION: To participate in any of the above groups, please email SupportGroups@HopeHealthCo.org or call 401-415-4664

There are many types of assistance. You can receive many of these services where you live, including in your own or someone else's house or apartment. If you don't see the type of assistance you're looking for, please contact us anyway. Chances are we can help you find what you need.

- **Companionship:** visits from someone who can check in, share conversation, and keep you company
- **Day services:** adult day centers provide care, companionship, meals, recreational activities, and help with medication, health, and personal care
- **Food assistance:** prepared meals delivered to your residence, or transportation to a nearby community program or center for meals
- **Home health care:** short-term skilled nursing services; physical, speech, or occupational therapy; certified nursing assistant (CNA) services
- **Home modifications:** professional assessment of your living space to recommend changes that will make it safer and easier to live in
- **Homemaker services:** light housekeeping, meal preparation, laundry, grocery shopping
- **Medications management:** help with organizing and taking your prescription medication
- **LTSS preventive services:** medical professionals provide wellness visits and care, counseling, and education
- **Personal care:** help with everyday tasks like eating, getting in and out of bed, bathing, hygiene, using the toilet, and getting dressed
- **Emergency response system:** a device you wear or have near you; it can send help quickly in the case of an emergency
- **Prescription drug assistance:** help paying for all or some of your prescription drugs
- **Primary care:** primary care provider health services
- **Transportation:** may provide rides to health care appointments, to conduct errands, and for some recreational activities

Options based on availability and eligibility.

Home and Community-Based Services (HCBS) are delivered to you in your home or in a home-like setting in the community.

For people with low income, HCBS are available through the Medicaid Long-Term Services and Supports (LTSS) program and are provided free or at a reduced cost. To qualify for Medicaid coverage, you must meet financial requirements and demonstrate need.

If you don't qualify for Medicaid, other options are available to you. We will help you learn more about all of the services available for your specific situation.

How does the process work?

Navigating the long-term care system can be challenging, but you don't have to do it alone. We will work closely with you to create an individualized plan and determine your eligibility. We're here to answer your questions and explain the details.

If you help care for an adult with disabilities or help them make decisions, we share a common mission: to help them continue to live the life they love. That could mean living independently at home or comfortably in a supportive living residence. You play an important role in making that possible.

Many Rhode Island resources offer helpful information and vital support to address the challenges of being a caregiver. We'll help connect you to resources that will best serve your needs.

Tell us how we can help.

When you're ready to learn more, contact MyOptionsRI.
MyOptions.RI.gov | (401) 462-4444



EAST PROVIDENCE SENIOR ART SHOW

MONDAY, NOVEMBER 9, 2026
10AM-12PM

THIS EVENT IS
SPONSORED BY:



MUSIC & LIGHT
REFRESHMENTS

MEET THE
ARTIST

*Would you like to display your artwork and enter a contest?
We would love to feature your work at our 4th annual Senior Art Show!*

Prizes will go to Best in Show, First Place, Second Place, and Judges Recognitions

DETAILS:

Drop off your art entries on Friday, Nov. 6, 2026.
Art pieces will be displayed around the Senior Center for one week after the Art Show.

Pieces will need to be taken home by Friday, Nov. 13

MAX 3 ENTRIES PER PERSON!

610 Waterman Avenue, East Providence RI 02914

Grocery Shopping Schedule:

Thurs, Nov. 5: Stop & Shop
Fri, Nov. 6: Shaw's
Thurs, Nov. 12: Stop & Shop
Fri, Nov. 13: Shaw's
Thurs, Nov. 19: Stop & Shop
Fri, Nov. 20: Shaw's
Monday, Nov. 23: Stop & Shop AND Shaw's



Senior Center Membership required for shopping service
 4 bag maximum
 \$1.00 round trip



How do Grocery Shopping Trips work?

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

Doors open at 1:00PM.
 Games start at 1:30PM.

\$6.00 per card

Dabbers are \$2.00 each

No assigned seating.



TUESDAYS | 1:30PM

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

Pull tabs are .50 each

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

BRAIN GAME ANSWERS

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

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



Play Bingo, improve strength and mobility, learn about nutrition and medication safety, reduce your risk of falls, and meet new people!

Bingocize is a FREE 10-week program meeting twice each week. Come try the first session and see if Bingocize is right for you!

Earn a \$25 gift card for completing the program!

Starts Tuesday, December 8!

East Providence Senior Center

Tuesdays, 10:30-11:30 a.m. • Breed Hall

Thursdays, 10:30-11:30 a.m. • Multipurpose Room



Did you know our Senior Center has an Advisory Group?

This dedicated group of members meets quarterly to discuss Senior Center programs, activities, and services. The Advisory Group provides valuable feedback, shares new ideas, and works with staff to identify ways to enhance our programming and improve the day-to-day operations of the Center.

Their input helps ensure we continue to meet the needs and interests of our members while making the Senior Center a welcoming place for everyone.



Top (left to right): Ken Goucher, Donald Senna

Bottom (left to right): Richard Wood, Christine Singleton, Judy Phillips, Jim Phillips, Ann Fagundes

Missing: Janice Kinder

TOWNIE PRIDE CAFE

WEDNESDAY, NOV. 18

10:30AM

Cost is \$11.00 per meal

Sign up and pay at the front desk

NOVEMBER MENU:

Choice of 1 Starter:

House Salad
Ceaser Salad
Chicken Noodle Soup

Choice of 1 Entree:

Turkey Dinner
Baked Ziti w/ Meatballs

Choice of 1 Dessert:

Cookie Plate
Pumpkin Swiss Roll

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Advertise Here!

Increase visibility in your community.

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.

November 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 Vegetable barley soup Beef & vegetable Shepards pie Mashed potato Corn bread Sliced peaches Chicken salad	3 Senior Center Closed  Election Day	4 Chicken noodle soup Swedish meatballs w/ mushroom gravy Italian green beans Barley pilaf Fresh melon Turkey sandwich on wheat	5 Tomato soup Pork loin w/apple onion gravy Vegetable medley Rice pilaf Marble cake Greek salad w/ chicken	6 Lentil soup Sausage & pepper sandwich Roasted zucchini & yellow squash Sliced pears Corned beef & Swiss
9 Minestrone soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail Roast beef sandwich	10 Mushroom barley soup Sloppy joe Sautéed Greek vegetables Lemon potatoes Jello Seafood salad -plate	11 Senior Center Closed  Veterans Day	12 Split pea soup Pot roast w/ gravy Mashed potatoes Glazed carrots Cake Egg salad sandwich	13 Tuscan vegetable soup Chicken stew Brussels sprouts Roasted sweet potatoes Sliced pears Greek salad w/ chicken
16 Minestrone soup Chicken marsala Mixed vegetables Rice Florentine Fresh fruit Ham & cheese on rye	17 Three bean soup Italian meatballs w/red sauce Roasted red potatoes Green beans w/ diced tom & onion Tropical fruit Turkey & cheese on wheat	18 Chicken soup Pork roast w/ gravy Brown rice pilaf Stewed tomatoes w/ zucchini Cookie Chicken salad plate	19 Butternut squash soup Roasted turkey w/gravy Stuffing Mashed potato /cranberry sauce Roasted root vegetables Holiday pies (no option)	20 Kale & sausage soup Baked fish Rice pilaf Cole slaw Watermelon Italian grinder
23 Vegetable soup Baked pasta w/mini meatballs & Sausage Roasted green beans & carrots Sliced pears Chicken Salad On wheat	24 Escarole & bean soup Roasted chicken w/spinach & tomatoes Rice pilaf / mixed vegetables Sliced peaches Egg salad on rye	25 Tomato basil spinach soup Honey garlic pork chops Garlic mashed cauliflower Baby carrots Cookie Seafood salad plate	26 Senior Center Closed  Thanksgiving Day	27 Senior Center Closed  Day After Thanksgiving
30 Lentil soup w/vegetables Pub burger w/cheese 3 bean salad Potato wedges Cookie Ham & cheese on rye	Suggested Donation \$3.00 All meals are served with a roll 	 East Bay Community Action Program		All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>