

Robert E. Rock, East Providence Senior Center



November 2025

Senior Center Services

Elder Resource Specialist:

Amanda LaPlante

Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator:

Shahnee Lagor, BSN, RN-BC

Office hours: Tuesday & Thursday 9AM-3PM

Notary Public:

Pat Thomas, Member Services Rep.

Carleen Ricci, Member Services Rep.

Senior Shopping:

Thursday & Friday Mornings: Call 401-435-7800

The Senior Center will pick you up at your home and take you to Stop & Shop, Walmart, or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP (State Health Insurance Program) Counseling:

By Appointment Only- Call 401-435-7876 x1137



**610 Waterman Avenue
East Providence, RI 02914**

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



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Staff

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cdemedeiros@eastprovidenceri.gov

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Rhonda Marzetta

Carleen Ricci

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rmarzetta@eastprovidenceri.gov

ricci@eastprovidenceri.gov

Facilities:

Napoleon DeBarros

Transportation:

Joe Serodio

Christopher Januario

Robert Walker

Tom Taylor

Richard Wood

MISSION STATEMENT:



The mission of the Robert 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 area.



Message from the Mayor:

I warmly invite you to our Veterans Day Ceremony on Tuesday, November 11 at 10:00 AM at the Garden of Flags at Veterans Memorial Park. This annual event is a cherished tradition where we come together to honor the service and sacrifice of our Veterans. It's a time to reflect on the courage of those who served and to recognize the freedoms we enjoy because of their dedication.

Later in the month, we'll be lacing up our sneakers for the 2025 Turkey Trot 5K/10K Run, happening on Saturday, November 15 at Pierce Field. While this event is popular with runners of all ages, it's also a great opportunity to cheer on participants and spend time outdoors with neighbors and family. Whether running, walking, or simply watching, your presence adds joy to the day.

As always, the city is committed to keeping you connected, informed, and active. Whether through these events or ongoing programs at our senior center and community spaces, we are here for you.

Wishing you a safe, healthy, and heartwarming November. May it be filled with moments of gratitude, good company, and community pride.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

As the leaves turn and the crisp air of fall sets in, I want to take a moment to reflect on how grateful we are for each and every one of you who make our center such a vibrant, welcoming place. November is a time for gratitude, connection, and celebration—and we have a month full of activities to bring us all together!

We are very excited for Drums Alive to begin on November 13. This class uses rhythm as a source of inspiration and is a group exercise. I think many of you would really enjoy this new program. If interested, sign up as soon as you are able. We have limited space for this class.

On November 20, we have Mobile Mini Golf back at the Senior Center which will be held in the multi-purpose room. Lots of seniors had fun with this in the past, and we are looking forward to seeing everyone get a hole-in-one this year!

Best,

Laura Jones
Director of Senior Services

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips
Ann Fagundes
Donald Senna

Jan Kinder
Ken Goucher
Dick Wood

Jim Phillips
Elaine Robinson
Christine Singleton

DAYS TO REMEMBER IN NOVEMBER:

Tuesday, Nov. 11: Veteran's Day. Senior Center Closed
Thursday, Nov. 27: Thanksgiving. Senior Center Closed
Friday, Nov. 28: Day After Thanksgiving. Senior Center Closed

BINGO INFORMATION EVERY TUESDAY

\$6.00 per card

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



Dabbers:
\$2.00
each

PULL TAB INFORMATION:
Pull Tabs available on
Tuesdays only.

.50 ¢ per pull tab
OPEN 1:00PM-1:25PM
All transactions **MUST** be
completed by 1:25PM.

**NO BINGO ON
TUESDAY, NOV. 11**

SHOPPING TRIPS SCHEDULE NOVEMBER 2025:

Thurs, Nov. 6: Stop & Shop
Fri, Nov. 7: Shaw's
Thurs, Nov. 13: Stop & Shop
Friday, Nov. 14: Shaw's
Thurs, Nov. 20: Shop & Shop
Fri, Nov. 21: WALMART

**NO SHOPPING ON
THURSDAY, NOV. 27 &
FRIDAY, NOV. 28**

To add your name to our
shopping list, please call:
401-435-7800.

**Reservations for grocery
shopping MUST be made
24 hours in advance!**



**STARTING THURSDAY,
NOVEMBER 13**

DRUMS ALIVE

\$3.00 Suggested Donation per Class

Our Tuesday chair yoga instructor, Cyn will be
instructing this class!

Using rhythm as the source of inspiration to discover a
new group fitness experience, Drums Alive combines the
benefits of a traditional physical fitness program with the
brain affected benefits of music and rhythm.



*Drums Alive® is a program
that fosters a healthy
balance physically,
mentally, emotionally and
socially!*

Space is limited for this class.

**Class will be held every Thursday at Breed Hall from
10:30AM-11:30AM**



MEMORY CAFÉ

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,
have fun, and learn
new skills.

Sponsored by:

WINGATE RESIDENCES
ON BLACKSTONE BOULEVARD
Call 401-273-6565 to RSVP

**Please join us on the 3rd Wednesday of each
month at 10:00AM. Always free and snacks are
provided. Caretakers are welcome.**

**WEDNESDAY, NOV. 19
10:00AM**



We will be showing:

The War with Grandpa

Monday, November 24 at 1:00PM

*Peter and his grandpa used to be very
close, but when Grandpa Jack moves in
with the family, Peter is forced to give up
his most prized possession: his bedroom.
Peter will stop at nothing to get his room
back..*

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment begins on October 15, 2025. During the Medicare Open Enrollment period, we bring 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, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.

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

Call 401-435-7876 x1137 to schedule your appointment!



east bay community action program
THE BRIDGE TO SELF-RELIANCE

AGING DISABILITY RESOURCE CENTER

Maria from the Aging Disability Resource Center will be visiting the Senior Center on the **4th Monday of the month** to assist individuals (by appointment only) with Medicare, Medicaid applications, and DHS applications.

**Call Maria to schedule an appointment today!
401-519-0374**



Len Walker
lwalker@myhst.com
774-210-2060



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 today to schedule your appt!

MEDICARE OPEN ENROLLMENT PERIOD

OCT NOV DEC JAN

Oct 15 - Dec 7
Open Enrollment

Jan 1
Coverage Begins

Join me on
Nov 13
for an introduction
to Medicare Plans

MEDICARE 101

Educational Event

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 13
10:30am
East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914
Light refreshments will be served

CONTACT
Len Walker
Local Licensed Insurance Agent
(774) 210-2060

Not affiliated with or endorsed by Medicare or any government agency.

HEALTH RELATED PROGRAMS:

NO MEDITATION NOVEMBER 21 & 28!

INTERMEDIATE ZUMBA CLASS

**Every Friday
10:30-11:30am**

Zumba is a great way to get your blood pumping and your body moving. This class is easy to follow along and for every body at every level.



NURSE HOURS: TUESDAY & THURSDAY 9AM-3PM

**GRIEF SUPPORT AND HEALING
WITH BEACON HOSPICE**
Thursday, Nov. 20 11AM-12PM



Blood Pressure Clinics in November:

Tuesday, November 4 at 10:30AM
Health Care Services in Providence



**STAYING SAFE AT
HOME PRESENTATION**
WEDNESDAY.
NOVEMBER 5
10:30AM-11:30AM

Hear from a local expert on what you can do to make small changes in the home that can help you maintain your independence for years to come.

**Summer may be over, but
we are just getting started
with our new cooking
series Garden Fresh!**

THE
UNIVERSITY
OF RHODE ISLAND



We'll share easy recipes with fresh ingredients straight from the garden. University of Rhode Island SNAPed program will be here in November to give Participants the opportunity to sample a fresh and delicious meal cooked right here on the spot as well as take home a bag of fresh produce and recipes to try at home.

Mark your calendar for all classes:

Monday, November 10th at 10:30AM

Wednesday, November 19 at 10:30AM

Wednesday, December 17th at 10:30AM



Join us for a Community Conversation

Understanding Cancer
Screenings and Prevention



HEALTH & HEALING PROJECT
MINISTERS ALLIANCE OF RHODE ISLAND

We will Discuss:

- The importance of routine screenings
- Connect with local healthcare Professionals and Healthcare Insurance
- How to access affordable or free screening services in the community & more.

Date: November 4th

Time: 10:30 Am

Location: East Providence Senior Center
610 Waterman Ave
East Providence, RI



 ministersallianceri.org

THE PODIATRIST IS BACK!

FRIDAY, NOVEMBER 21 1PM-4PM

Callus removal and nail clipping services. Please contact Shahnee, our Healthy Aging Nurse Coordinator for an appointment **401-270-1792**.

VACCINES FOR OLDER ADULTS PRESENTATION

FRIDAY, NOVEMBER 21
10:30AM

Are you up to date on all of your vaccines?
Do you know which vaccines need a booster shot and when?



The University of Rhode Island Pharmacy Outreach Program will be here on with information to keep you healthy and safe.

EAST PROVIDENCE SENIOR ART SHOW

MONDAY, NOVEMBER 17, 2025

10AM-12PM

*Would you like to display your artwork and enter a contest?!
We would love to feature your work at our 3rd annual art show!*

Prizes will go to art pieces:
(Best in Show, First Place, Second Place, Judges Recognitions)



Drop off your art entries on Friday, Nov. 14, 2025.
Art pieces will be displayed for one week after the Art Show.
Pieces will need to be taken home by Friday, Nov. 21, 2025.

**City of
East Providence
Veterans Day
Ceremony**

**Tuesday
November 11, 2025
10 AM
Garden of Flags
at
Veterans Memorial Park**

**Gathering Grounds
Coffeehouse**

**NO ENTRY FEE
ALL AGES WELCOME!**

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NOV 10 & 24
DEC 8
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www.risongwriters.com
www.eheritagearts.org

Thank you to all who came out to our Annual Medicare Open Enrollment Informational Fair. This was our biggest fair yet! Looking forward to another successful Open Enrollment Fair next year.



Stitches of Kindness: Handmade from the Heart



Our talented Knit and Crochet Group continue to make a big impact—one stitch at a time!

Last month, the group lovingly handcrafted and donated **16 cozy blankets** to Hope Health Hospice, spreading warmth and comfort to those in need. Their efforts don't stop there—this is just the beginning of a **monthly donation initiative** to support patients and families.

In addition to this heartwarming work, the group generously creates and donates **knitted hats** to the **Head Start program in East Providence**, ensuring little ones stay warm during the chilly months ahead.

They're also proud to support our local heroes by providing **handmade lap blankets and winter hats** to the **Veterans Home in Bristol, RI**, honoring those who have served with thoughtful, practical gifts.



We're so proud of this group's dedication and compassion.

Interested in making a difference or have blankets/homemade blankets you would like to donate?

Call Pat Thomas at 401-435-7800.

Robert Rock Senior Center Activities Calendar

NOVEMBER 2025

Mon	Tue	Wed	Thu	Fri
3 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	4 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:30A: BP Clinic 10:30 Cancer Screening Presentation 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	5 8A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Acrylic Painting w/ Daisy 10:30A: Home Safety Presentation 10:45A: PACE Chair 1P: Cribbage 1P: Walk-in Computer Assistance	6 9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10:30A: Bingocize 12:30P: Bridge 1: Knit & Crochet	7 8A: SHIP Counseling 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:30A: Zumba 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
10 10:30A: Board Game Club 10:30A: Garden Grant Cooking Class 10:30A: Senior Pickleball 2P: PODS Swimming	11 Senior Center Closed  Veterans Day	12 8A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Acrylic Painting w/ Daisy 10:30A: Townie Pride Café Luncheon (Reservation needed) 10:30A: Age Well, Get Connected 11A: Accent Care Hospice 101 Presentation 10:45A: PACE Chair 1P: Cribbage 1P: Walk-in Computer Assistance	13 9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10A: Whiteneck Elementary Chorus 10:30A: Drums Alive 11A: Medicare 101 Presentation 12:30P: Bridge 1: Knit & Crochet 1P: Wisdom for Living Talks	14 8A: SHIP Counseling 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:30A: Zumba 10:30A: AARP Workshop: 6 Pillars of Brain Health 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
17 10:30A: Board Game Club 10:30A: Senior Pickleball 10:30A: Creative Connections 2P: PODS Swimming SENIOR ART SHOW 10AM-12PM	18 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:30A: United Way Emergency Prep Presentation 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	19 9A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Acrylic Painting w/ Daisy 10A: Memory Cafe 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Walk-in Computer Assistance	20 9:30A: Shopping (STOP & SHOP) 10:30A: Drums Alive 11A: Grief Support & Healing 12:30P: Bridge 1: Knit & Crochet MOBILE MINI GOLF 10AM-12PM	21 8:30A: Scrabble 9:30A: Shopping (WALMART) 10A: Mah Jongg 10:30A: Zumba 10:30A: URI Pharm Outreach 10:45A: PACE Chair Exercise 1P: Hi Lo Jack 1P: BCBS Balance
24 10:30A: Board Game Club 10:30A: Senior Pickleball 1P: Movie Showing 2P: PODS Swimming	25 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	26 9A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Acrylic Painting 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Walk-in Computer Assistance	27 Senior Center Closed  Thanksgiving	28 Senior Center Closed  Day After Thanksgiving



Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

401-270-1792

**Nurse Hours: Tuesday & Thursday
9AM-3PM**

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior Services will drop you off at home. **Call 401-435-7800 to register.**

\$1 transportation fee. Registration is required.

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you. **Registration not required. No fee.**

NOVEMBER 12- 10:30AM

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM.

No registration required. No fee.

SHIP Counseling

State Health Insurance Program (SHIP)

Counselor is available on Wednesdays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

**Call 401-435-7876 X1137 for an appointment.
No Fee**

Gym Orientations-- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment.

Robin and Sandra can explain proper techniques and demonstrate exercises.

For fitness members only

Mondays 1P-3P, Tuesdays 8A-12P

Fridays 1P-2P

No registration required. No fee.

Smartphone Help

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

Drop-in on Tuesdays 10:00AM- 11:00AM.

No registration required. No fee.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Wednesdays 9A-10A **No registration required. \$3.00 per class.**

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

**Mondays with Marilyn 10:30AM: No fee
Tuesdays with Cyn 10:45AM \$3.00 per class.
No registration required.**

Hi Lo Jack

A game of chance, Registration required. Call 401-435-7800 for more information or if you are interested in being a sub to play. **Fridays 1:30PM-3:30PM.**

**\$3.00 to
play
.25 ups or
bumps**

Memory Café

RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promoting social engagement, create joyful experiences, and educate the wider community.

WEDNESDAY, NOVEMBER 19

No registration required. No fee.

Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc.

TUESDAYS 1PM-2:30PM

No Registration required \$3.00 per class.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE chair exercise are low impact that increase blood flow and strengthen your muscles.

WEDNESDAY & FRIDAYS 10:45AM-11:45AM

No registration required. No fee.

Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon, Board Game Club

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

No registration required. \$3.00 fee for Cribbage.

2555 Pawtucket Ave., East Providence, RI 02914

434-3885

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PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

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Senior Agent

Medicare Solutions

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Lisa Janicki, MS

YOUR STORY INTERVIEWS

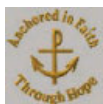
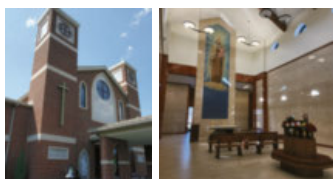


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Steve Persichetti**

**spersichetti@4LPi.com or
(800) 888-4574 x3403**



SPECIAL PROGRAMMING IN NOVEMBER 2025:

MOBILE MINI GOLF IS BACK!

**NOVEMBER 20
10AM-12PM**

Mobile-Mini Golf is an interactive, all-inclusive activity designed to team up individuals on a fun and challenging Mini Putt-Putt course delivered to you and set up in the common spaces of your Community.

This is a free activity paid for with grant funding. All materials will be provided. Come have some fun!

The mini-golf course will be handicapped accessible.



Seniors who learned English as adult immigrants are invited to a reading and discussion experience *Monday mornings from 10 a.m. to noon at the Weaver Library at 41 Grove Avenue in East Providence.*

We will read great short stories together and share our thoughts and impressions about them. We welcome you to join our friendly and supportive group to deepen your English language skills and also to enjoy the stimulating fiction of some of the world's most well-known authors.



**EAST PROVIDENCE
PUBLIC LIBRARY**

To sign up, please call
Lisa Clark at
401-434-2453,
extension 5.



**EMERGENCY PREP UNITED
WAY PRESENTATION
TUESDAY, NOVEMBER 18
10:30AM**

Informative Emergency Preparedness Presentation led by United Way of Rhode Island.

This session will focus on helping older adults stay safe and prepared before, during, and after emergencies.

Learn simple steps to build a personal preparedness plan and discover local resources available to support you.

Don't miss this opportunity to get ready and stay resilient!



accentCare.
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HOSPICE 101

Hospice has changed in so many ways in recent years

Join us as we uncover the truths ... and the myths about hospice care

Hospice care IS comfort!
Hospice care IS compassion!
Hospice care IS support!
Hospice care IS quality of life!

How can hospice help you or your loved one
LIVE with quality and comfort?

Join us as we present Hospice 101 – a brief, informative presentation followed by a question-and-answer discussion

**Wednesday, November 12, 2025
11:00 am**

**East Providence Senior Center
610 Waterman Ave
East Providence, RI**



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

ATEL COMPUTER ASSISTANCE

NOVEMBER 13
9AM-11AM



If you are an older adult that wants to get technology support for their smartphones or tablets, then come learn how you can improve your lives by embracing technology. Although challenges do exist to using technology, there are many solutions for success.

Drop in for a one-on-one 'Tech Session' with an ATEL Representative to answer your questions or learn how to use your Apple or Android device to its fullest. Also, learn about apps and accessibility features that are designed to help older adults and people with disabilities use technology more easily.

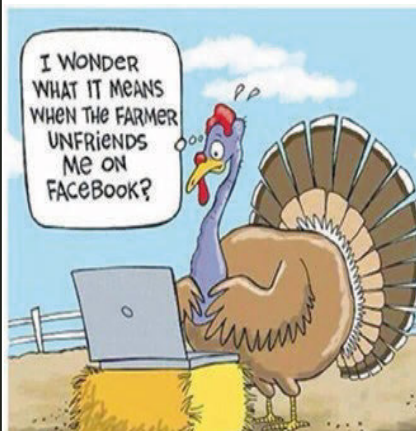
This service is by appointment only. Sign up is located by the front desk.

AGE WELL, GET CONNECTED



Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before! No Registration Required.

November 12, 2025 10:30AM



SMARTPHONE HELP:

**EVERY TUESDAY
MORNING AT THE
EAST PROVIDENCE
SENIOR CENTER
10AM-11AM**

**Learn some tips
and tricks with
your Smart
Phone!**

*No registration
required*



WALK-IN COMPUTER ASSISTANCE EVERY WEDNESDAY AFTERNOON 1PM-4PM AT THE SENIOR CENTER!

Tips for Staying Safe while on the Internet

Technology has made it easier to communicate, shop, pay bills, and bank. But this convenience comes with the cost of privacy and security.

Update Passwords. Make an effort to update your passwords and make them more secure. They should be at least 8 characters and have a combination of upper and lower case letters, symbols, and numbers. Change them on a regular basis, especially for financial and email accounts. Also, don't use the same password for multiple accounts.

Protect Your Computer. Make sure that spyware or malware protection is installed on your computer and that it's up to date.

Secure Shopping. Only do online shopping through sites with "https" in the browser's address bar. The "s" stands for "secure." Secure sites will also have an icon of a locked padlock in the status bar at the bottom of your Web browser.

Leave Links Alone. Don't click on links in emails from credit card companies, banks, or other organizations. Hackers are hoping you do so that they can collect your login credentials and other personal information.

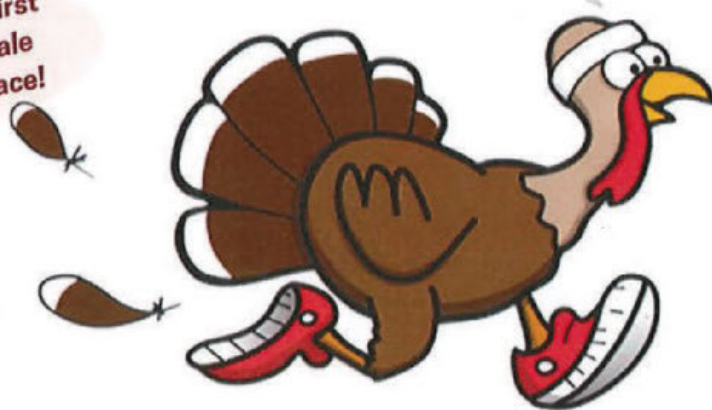


EAST PROVIDENCE RECREATION DEPARTMENT

2025 Turkey Trot

5K / 10K Run

Awards to overall first
place male & female
runners in each race!



Edward Cronan Sr.
Memorial Trophy
awarded to the first
East Providence
resident finisher of
the 5K!

SATURDAY, November 15, 2025

9 AM

Check-In Begins at 7 AM

Check-In Ends 8:45 AM

PIERCE FIELD
201 MERCER STREET, E. PROV., RI 02914

PRE-REGISTRATION FEE:

5K: \$25

10K: \$30

DAY OF FEE:

5K: \$30

10K: \$40

Free t-shirt to all runners registered by November 6th.



REGISTER ONLINE oceanstatemultisport.com

(401) 435-7511



DO YOU LIKE WHAT YOU SEE?

**ARE YOU INTERESTED IN BECOMING A
MEMBER OF THE SENIOR CENTER?**



Give us a call at 401-435-7800 to schedule a tour today!

MEMBERSHIP FEES:

Membership is required for all activities. Membership is not required to only come for lunch

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

**** New membership and renewal forms can be picked up at the front desk!****

Persons receiving transportation services from the Senior Center are called in the morning with their pick up times. Please allow time in the morning to assign pick up times before calling!

Parking Passes can be picked up at the front desk.



TOWNIE PRIDE CAFÉ

Wednesday, November 12

10:30am-12:00pm

Come join us for lunch at the East Providence High School, Townie Pride Café!

Transportation will be provided from the Senior Center to the Café and back to the Senior Center. Those that usually take the Senior Center bus home will be transported home after lunch.

Please register for transportation that day by calling the Senior Center at 401-435-7800.

Price: \$11.00 per person.

Pay at the Senior Center front desk by November 5.



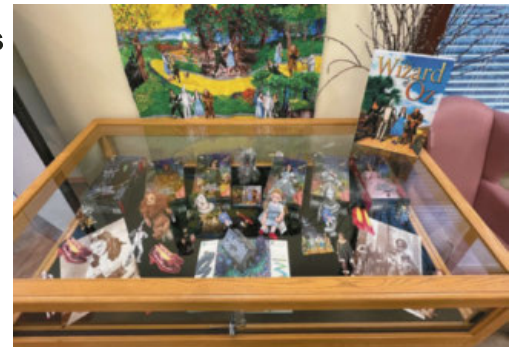
**Last day to register is
November 5, 2025.**

DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?

Each month, we search for collectors to take advantage of showing off their collections in our display case located in the lobby area. This gives collectors an opportunity to show their wonderful collections in our locked case. We try to switch out the display case monthly.

Do you have a collection you would like to have featured in our display case?

*Please contact Amanda at
401-270-1788 to coordinate.*



RI AGING AND DISABILITY RESOURCE CENTER:

At the Rhode Island's Aging and 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.

***DID YOU KNOW THAT THE SENIOR CENTER HAS A
SPECIALIST FROM THE ADRC COME MONTHLY TO
ASSIST WITH BENEFIT APPLICATIONS?***

RI AGING & DISABILITY RESOURCE CENTER

Maria from the Aging Disability Resource Center (ADRC) will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

***Call Maria to schedule an
appointment today!
401-519-0374***





BOARD GAME CLUB MONDAYS 10:30AM

Our Board Game Club is a welcoming space for anyone to come together, have fun, and enjoy the world of tabletop games, whether you're a seasoned gamer or just curious to try something new. We'll be playing a variety of board games, card games, and even some dice games, fostering a friendly and inclusive environment for all.

Self-Guided Wisdom for Living Talks/ Adult Coloring

Thursday, November 13 from 1PM-2PM

This self-led discussion group will be utilizing quotes and other conversational starters along with some adult coloring if you would like to converse and color.

Late bus available.



Acrylic Painting w/ Daisy

**WEDNESDAY MORNINGS
10AM-11:30AM**

New Instructor led Painting class using acrylic paint.
Registration required. Space is limited.

Sculpture + Pottery painting Workshops!

All are welcome, No experience required!

Come by to sculpt peices of clay and
later paint your peices of pottery!



**October 20th and
November 17th
10:30 - 11:30am**



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Aldersbridge.org



\$3.00 Suggested Donation

Lunch is served at
12:00 pm



Meals are ordered by
reservation only.

Reservations are made
TWO days in advance.

NO WALK IN'S.

Suggested donation per
meal is \$3.00. It is
important to call if you
need to cancel your meal.

You can cancel your
reservation by calling Cindy
at 401-270-1814.

**Meals are served at 12PM
Monday-Friday.**

Please arrive before 12PM
to check in at the dining
room desk.

**NO ASSIGNED OR
RESERVED SEATING!**

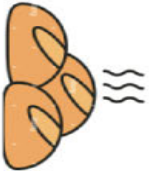
We can accommodate 60
diners.

ENJOY YOUR MEAL!



November 2025

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 48 HOURS IN ADVANCE!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Kale & chickpea soup Tandoori chicken Golden rice pilaf w/fruit Green beans Oatmeal raisin cookie Ham & cheese on wheat	4 Chicken soup Shepard's pie (peas, carrots ,corn) Mashed potato Watermelon Tuna salad plate	5 Tomato cauliflower soup Baked chicken topped w/ Eggplant Bolognese Spanish rice Sliced peaches Chef salad	6 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower & Broccoli Fruit cocktail Turkey sandwich on rye	7 Vegetable barley soup Sloppy joe sandwich Roasted potatoes Cucumber salad Chocolate cake Cobb salad
10 Mushroom barley soup Creamy Dijon chicken Roasted zucchini, carrot & Potato Chocolate chip cookie Egg salad on rye	11 Senior Center Closed  Veterans Day	12 Tomato soup Slow roasted pork & peppers Vegetable fried rice Sliced carrots Sliced pears Seafood salad sandwich	13 Birthday Lunch Chicken soup Pot roast w/ gravy Peas & onions Mashed potatoes Cake Ham & cheese on wheat	14 Broccoli & cheese soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples Chef salad
17 Minestrone soup Lasagna roll up w/ meat sauce Roasted sweet potatoes Mixed vegetables Tropical fruit Tossed salad w/ chicken	18 Escarole & bean soup Meatball sandwich Broccoli florets Rice pilaf Sliced peaches Egg salad on rye	19 Tuscan white bean soup Chicken Parm Roasted potatoes Green beans Yellow cake Tuna salad plate	20 Roasted squash & carrot soup Roasted turkey w/ gravy Stuffing /cranberry sauce Roasted vegetables Mashed potatoes Holiday pies	21 Chicken soup Pub burger w/ cheese Cole slaw Corn ribs Watermelon Chicken salad on wheat
24 Lentil vegetable soup Sausage & pepper sandwich 3 bean salad Watermelon Roast beef on roll	25 Minestrone soup Oven roasted chicken Roasted potato Zucchini w/ carrots Sliced pears Chef salad	26 Chicken soup Sauted beef w/gravy Sweet potatoes Sweet corn Oatmeal cookie Seafood salad sandwich	27 Senior Center Closed  Thanksgiving Day	28 Senior Center Closed  Day after Thanksgiving
Rolls are served with all meals 				
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging				