



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

OCTOBER 2026



Mission Statement:



The mission of the Robert E. Rock, East Providence Senior Center is to assist, inform, and enrich the lives of all persons 55 years of age and older or persons with disabilities in the East Providence, RI area.

Membership:

General Membership:

Residents of East Providence: \$20.00/year

Non-residents: \$25.00/year

General Membership including Fitness Center:

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

Membership is required for all activities.

Membership is not required to only come for lunch.



Get in Touch!

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

PHONE

401-435-7800

WEBSITE

<https://eastprovidenceri.gov/departments/senior-center>

EMAIL

seniorcenter@eastprovidenceri.gov

HOURS

Monday-Friday
8:00AM-4:00PM

 **FOLLOW US ON FACEBOOK!**

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Our Staff



Laura Jones
Director of Senior Services
401-431-4608



Amanda LaPlante
Elder Resource Specialist
401-270-1788



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



Cindy DeMedeiros
Dining Room Manager
401-270-1814

Member Services Representatives:



Patricia Thomas



Carleen Ricci



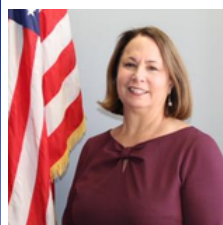
From the Mayor:

We have some great events lined up for the month of October. The Great Townie Pumpkin Fest is on Saturday, October 3 from 11AM-4PM. There will be multiple craft vendors, food vendors, pumpkin decorating, and games for the kids. This is a family fun event, and I hope to see you all there! For other fall events, take a look at our City calendar! <https://eastprovidenceri.gov/calendar>. With election season upon us, I would like to share that there are multiple ways you can register to vote if you are not registered yet. You can register to vote in person, online, or by mail. If you have any questions regarding voting, you can call the East Providence Canvassing Department at 401- 435-7502. You must be registered to vote 30 days before election day.



From the Director:

If you are new to Medicare or have a loved one aging into Medicare, please consider coming to our Annual Medicare Open Enrollment Informational Fair on October 8. We will have multiple resources available.



Calling all artists! I am very excited for our fifth annual Robert E. Rock, Senior Art Show. The art show is open to all East Providence older adults ages 55 and older and those who attend Robert E. Rock, East Providence Senior Center from surrounding cities and towns. We will be accepting art from all mediums to exhibit. I would like to thank the East Providence Heritage Arts for sponsoring the art show again this year. For more details, please see page 12 of this newsletter.

I want to take a moment and thank Rhonda Marzetta for four years of dedicated service at the Senior Center. Rhonda's last day at the Senior Center was September 30. She will be missed, and we wish her the best in her new endeavors!



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 community resources. Amanda assists with SNAP applications, DHS applications, housing, advocacy, and various social services.

401-270-1788

Healthy Aging Nurse Coordinator

SHAHNEE LAGOR, BSN, RN-BC

Our part time Nurse is on site **Tuesdays and Thursdays from 9AM-3PM** to assist with health related needs and questions. Schedule an appointment today with Shahnee to learn more about maintaining a healthy lifestyle.

401-270-1792

SHIP Counseling

STATE HEALTH INSURANCE PROGRAM COUNSELING

The State Health Insurance Assistance Program (SHIP) helps individuals find the right Medicare coverage at the right cost, such as Medicaid, Medicare Savings Program, and Extra Help Program, which can subsidize or reduce healthcare costs. SHIP Counselors are at the Senior Center weekly. By appointment only.

Call 401-435-7800 to make appointment.

Aging Disability Resource Center

MARIA SOL CUESTA

At the Rhode Island's Aging Disability Resource Center (formerly known as The Point), specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs. Maria visits the Senior Center on the 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
 Drop in Gym Orientations are offered every Tuesday Morning from 8AM-12PM!			01	02
			9A: Tai Chi 9A: Shopping 10A: Fall Prevention 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
05	06	07	08	09
8A: Ping Pong/Corn Hole 10A: Drums Alive 10:30A: Board Games 10:30A: Chair Yoga 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 1P: Computer Help	9A: Shopping 10A: MEDICARE OPEN ENROLLMENT INFO FAIR 10:30A: Drums Alive 10:30A: Assessing Strength & Mobility 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
12	13	14	15	16
Senior Center Closed 	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: Townie Cafe Luncheon 1P: Cribbage 1P: Computer Help	9A: Tai Chi 9A: Shopping 10:30A: Drums Alive 11A: Grief Support & Healing 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 1P: Foot Doc Appts
19	20	21	22	23
8A: Ping Pong & Corn Hole 10A: Drums Alive 10:30A: Chair Yoga 10:30A: Board Games 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10A: Infection Prevention 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 10A: Memory Cafe 10:15A: PACE Chair 10:30A: Dancing Witches 1P: Cribbage 1P: Computer Help	9A: Tai Chi 9A: ATEL Computer Help 9A: Shopping 10:30A: Drums Alive 10:30A: Healthy Eating on a Budget Presentation 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
26	27	28	29	30
8A: Ping Pong & Corn Hole 10:30A: Chair Yoga 10:30A: Board Games 1P: Movie Showing 2P: PODS Swimming	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:15A: PACE Chair 1P: Cribbage 1P: Computer Help	9A: Tai Chi 9A: Shopping 10A: RIPTA 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

PACE CHAIR EXERCISE ON WEDNESDAYS AND FRIDAYS: TIME HAS BEEN CHANGED.
NEW TIME: WEDNESDAY/FRIDAY MORNINGS FROM 10:15AM-11:00AM



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



ART/PAINTING 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.

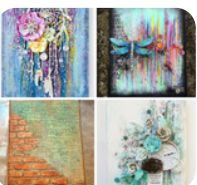
Multiple Chair Yoga classes available **(Tuesday Class is \$3.00).**



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.**

ACTIVITIES

05

East Providence Senior Center

GRIEF SUPPORT & HEALING

Thursday 10/15 | 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

Wednesday, 10/21 | 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 | 10:15am

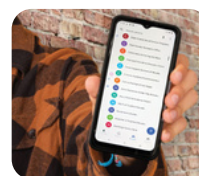
The movements in PACE chair exercise are low impact that can increase blood flow and strengthen muscles.



SMARTPHONE ASSISTANCE

Tuesdays | 10:00am-11:00am

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



STRENGTH & MOBILITY

ASSESSMENT

THURSDAY, OCTOBER 8

10:30AM-11:30AM

As people age, muscle mass, flexibility, and balance naturally decline which increases one's risk of a fall. Join physical and occupational therapists from Linn Health for a strength assessment.

By measuring and monitoring strength, healthcare professionals can design personalized exercise programs and interventions to help seniors remain active and safe.

Please register if interested.



EATING WELL WITH CHRONIC CONDITIONS SERIES

An informative 3 month series that will explore simple, practical ways to make healthy food choices while managing chronic conditions.

Thursday, Oct. 22 at 10:30am:

Healthy Eating on a Budget

Thursday, Nov. 12 at 10:30am:

Diabetes Friendly Nutrition

Thursday, Dec. 10 at 10:30am:

Building Strong Bones

Please register for these classes

The Foot Doctor Returns to the Senior Center on Friday, October 16th from 1PM-4PM.

Appointments required.

New patients accepted.

**BLOOD PRESSURE CLINICS EVERY
TUESDAY FROM
10:30AM-11:00AM**



INFECTION

PREVENTION

TUESDAY, OCTOBER 20

10:00AM

As people age, their immune systems weaken making it harder to fight infections. Chronic conditions like diabetes, COPD and cancer as well as some medications can further diminish your immune system. Learn more about what you can do to safeguard yourself from getting sick with an infection or virus this fall season.

Please register at the front desk.

Gentiva Health Series

For the next 4 months, Gentiva Hospice is sponsoring free health programming on important topics for older adults.

You can pick and choose which classes you would like to take.

Thursday, October 1- Fall Prevention

Tuesday, October 20-Infection Prevention

Tuesday, November 10-Managing Grief
Throughout the Holidays

REGISTRATION IS REQUIRED FOR THE CLASSES.



HEALTH & WELLNESS SERIES

MEDICARE OPEN ENROLLMENT INFO FAIR

07

East Providence Senior Center



2026 MEDICARE OPEN ENROLLMENT INFO FAIR

ARE YOU NEW TO MEDICARE,
OR WILL BE ELIGIBLE SOON?

*Use this informational fair as a
one stop shop to gather
information on Medicare Open
Enrollment 2027 plans.*

- ✓ Seek out policy information and supplemental plans
- ✓ Information on first time enrollments
- ✓ Speak to representatives on site
- ✓ Speak with Medicare Specialists, Heating Assistance Representatives, and the United Way RV bus will be at this fair available to assist with additional resources.

DETAILS:



October 8, 2026



10:00AM- 12:00PM



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



401-435-7800



MEDICARE OPEN ENROLLMENT RESOURCES

East Providence Senior Center

Medicare Open Enrollment runs from October 15- December 7. During this time, we bring in extra resources to be able to assist you with all your Medicare needs. Check out the resources available here at the Senior Center below!

AGING DISABILITY RESOURCE CENTER

Maria from the Aging Disability Resource Center will be regularly visiting the Senior Center to assist individuals (by appointment only) with Medicare, Medicaid applications, and DHS applications.

Call Maria to schedule an appointment.
401-519-0374



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 to schedule your appt!
774-210-2060



SHIP COUNSELING



SHIP

State Health Insurance Assistance Program

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 during the Medicare Open Enrollment season (by appointment only).

Call 401-435-7800 to schedule your appointment!



**East Bay
Community
Action Program**



Join me on
Nov 17
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 17

11 AM
East Providence Senior Center
610 Waterman Avenue
E Providence, RI 02914
Check in at front desk for location



CONTACT

Len Walker
Sr Agent/Managing Partner
(774) 210-2060
www.sandlhealthcaresolutions.com

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, OCTOBER 7 | 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

EVERY WEDNESDAY AFTERNOON AT 1PM



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, OCTOBER 22 | 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

PO Box 121, Seekonk, MA 02771

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

www.sandlhealthcaresolutions.com

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The Cathy Sousa Team

Jordan Ross

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jthivierge@4LPi.com

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Diocese of Providence

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wishes are met, rather than leaving it up
to grieving family members. We are here
to help you through the process.*

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(401) 434-2579**

Mention Discount Code

EPSC at time of purchase

ricatholiccemeteries.org



**Short Term Rehab
and Long Term Care**

**Call For A
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401-431-2087**

**198 Waterman Ave.
East Providence**

**Our Dual Special Needs
plan network includes
Brown University Health**

uhcdualplans.com



**United
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Dual Complete**

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. Other providers are available in our network.

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

East Providence Senior Center, East Providence, RI

04-0741

AUTUMN WORD SEARCH

FIND THE WORDS ASSOCIATED TO AUTUMN. THEY MAY BE VERTICAL, HORIZONTAL OR DIAGONAL.



P	O	C	D	K	E	G	W	J	A	Y	G	J	D	W
J	U	E	L	E	G	E	O	M	Q	C	X	X	E	R
A	E	M	M	S	R	M	R	S	U	A	O	C	U	S
R	M	S	P	N	B	O	C	C	Y	R	R	R	C	W
E	G	V	R	K	V	K	E	A	H	V	K	I	N	L
G	L	U	Q	F	I	Y	R	R	D	X	D	Z	F	E
N	S	P	C	M	E	N	A	F	Q	E	I	X	H	H
B	P	C	P	L	I	J	C	Z	R	M	T	L	D	N
N	R	O	C	A	O	Q	S	C	K	W	M	E	V	K
K	Y	D	P	P	G	A	Q	M	B	R	K	E	P	O
B	K	Q	R	E	E	S	O	R	T	A	H	F	J	U
S	U	N	F	L	O	W	E	R	R	V	T	T	M	J
X	S	Q	U	I	R	R	E	L	M	F	T	K	O	X
B	J	E	X	O	J	J	N	E	J	P	D	I	W	U
B	J	W	P	S	K	Z	I	V	T	U	K	V	L	J

SEASONEDTIMES.COM

ACORN OWL SQUIRREL
DEER SCARF CORN
RAKE CIDER SCARECROW
APPLE PUMPKIN SUNFLOWER



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

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

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

FOOT

_____ it

mil1ion

chair

BE

Job

12

SENIOR ART SHOW

East Providence Senior Center

EAST PROVIDENCE SENIOR ART SHOW

MONDAY, NOVEMBER 16, 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. 13, 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. 20

MAX 3 ENTRIES PER PERSON!

610 Waterman Avenue, East Providence RI 02914

SPECIAL PROGRAMMING

East Providence Senior Center

13

MONTHLY TOWNIE CAFE LUNCHEON *IS BACK!*

**WEDNESDAY, OCT. 14
10:30AM**

We are excited to announce this month starts up our Townie Cafe luncheons with the East Providence High School! See below for the menu that is planned for the month of October.

Cost is still \$11.00 per meal.

Sign up at the front desk and pay at the front desk.

OCTOBER MENU:

Choice of 1 Starter:

Ceaser Salad
House Salad
Portugese Kale Soup

Choice of 1 Entree:

Chicken Parm over Pasta
Autumn Pasta Primavera w/ Fall Vegetables

Choice of 1 Dessert:

Warm Cookie Plate
Strawberry Shortcake

CRESCENT PARK CAROUSEL TOUR

FRIDAY, OCTOBER 9 @ 10AM



The Senior Center is providing transportation from the Senior Center to the Carousel to have a tour and a carousel ride. Hear about the history and evolution of the carousel.

Space is limited, registration required.



The Dancing Witches of RI will be at the Senior Center on Wednesday, October 21st at 10:30am-11:30am in the Dining Room.

MONTHLY GRIEF SUPPORT AND HEALING AT THE SENIOR CENTER

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.

LOOKING FOR MORE PARTICIPANTS.

OCTOBER 15 AT 11AM

MOVIE SHOWING

MONDAY, OCTOBER 26

1PM

Beetlejuice

"After Barbara and Adam Maitland die in a car accident, they find themselves stuck haunting their country residence, unable to leave the house. When the unbearable Deetzes and teen daughter Lydia buy the home, the Maitlands attempt to scare them away without success. Their efforts attract Beetlejuice, a rambunctious spirit whose help quickly becomes dangerous for the Maitlands and innocent Lydia."



Popcorn will be served.

RIPTA PRESENTATION

THURSDAY, OCTOBER 29 AT 10AM

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 in the Resource Center to get a handout of what documents are needed to apply for a bus pass.



Grocery Shopping Schedule:

Thurs, October 1: Stop & Shop
Fri, October 2: Shaw's
Thurs, October 8: Stop & Shop
Fri, October 9: Shaw's
Thurs, October 15: Stop & Shop
Fri, October 16: Shaw's
Thurs, October 22: Stop & Shop
Fri, October 23: Shaw's
Thurs, October 29: WALMART
Fri, October 30: WALMART



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

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

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

FOOT

Big Foot

— it

Blanket

million

One in a Million

chair

High Chair

BE

Belong

Job

Inside Job

CREATIVE CONNECTIONS IS BACK!

THURSDAY, OCTOBER 29
10:30AM-11:30AM

Brown University students will be here hosting a painting class! Come in to free paint something spooky, fun, or anything you can imagine!

Supplies Provided
Registration Required



BROWN

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



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Meals are ordered by reservation only,
Reservations are made **TWO** days in advance.
No walk-ins.

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Room at 401-270-1814.

LOOKING FOR DINING ROOM VOLUNTEERS!

October 2026 Menu

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

Enjoy your meal!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>		 Suggested Donation \$3.00	1 Creamy red lentil soup Meatloaf w/ gravy Mashed potatoes Honey glazed carrots Marble cake Greek salad w/ chicken	2 Navy bean soup Chicken Cacciatore Italian vegetables Cauliflower rice Sliced pears Corned beef & Swiss
5 Chicken soup Shepard's pie Mashed potatoes CC cookie Ham & cheese on wheat	6 Creamy vegetable soup Mediterranean chicken Sautéed Greek vegetables Lemon potatoes Tropical fruit Seafood salad -plate	7 Mushroom barley soup Italian pork chop w/ peppers & Green & Yellow squash Brown rice pilaf Sliced cantaloupe Spinach salad w/ chicken	8 Cream of broccoli soup Beef Bourguignon (stewed beef) Cauliflower mashed potatoes Green beans Cake Egg salad sandwich	9 Lentil soup Creamy Tuscan chicken Brussels sprouts Roasted sweet potatoes Sliced pears Greek salad w/ chicken
12 Senior Center Closed  Columbus Day	13 Corn chowder Sausage & pepper sandwich 3 bean salad Cauliflower "potato" salad Pudding Turkey & cheese on wheat	14 Vegetable soup Marry me chicken Mashed potatoes Roasted green vegetables Sliced pears Chicken salad sandwich	15 Tomato spinach & basil soup Salisbury steak w/ gravy Italian style zucchini Sweet potatoes Cake Spinach salad w/ chicken	16 Chicken soup Fish tacos Rice pilaf Cole slaw Watermelon Italian grinder
19 Tuscan vegetable soup Sloppy joe Sweet potatoes Prince Edward vegetables Tropical fruit Ham & Swiss sandwich	20 Vegetable barley soup Lemon chicken w/artichokes Broccoli cauliflower mix Rice pilaf Sliced peaches Egg salad on rye	21 Chicken escarole soup Pork chops Bok choy Baby carrots Cookie Cobb salad	22 Minestrone soup Pot roast w/ gravy Mashed potatoes Buttered corn Cake Greek salad w/ chicken	23 Cabbage soup Pub burger w/ cheese Greek cucumber salad Chips Fresh fruit Seafood sandwich
26 Wild rice soup Roasted chicken w/ gravy Roasted potato Italian green beans Fresh fruit Ham & cheese on rye	27 Navy bean soup Meatball sandwich Carrot sticks w/ green beans Chips Cookie Tossed salad w/chicken	28 Split pea soup Baked pasta w/ mini meatballs & sausage Roasted vegetables Fruit cocktail Tuna salad sandwich	29 Kale & sausage soup Pork tenderloin w/ honey garlic Rice pilaf Mashed cauliflower Yellow cake Seafood salad plate	30 Chicken noodle soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail Roast beef sandwich