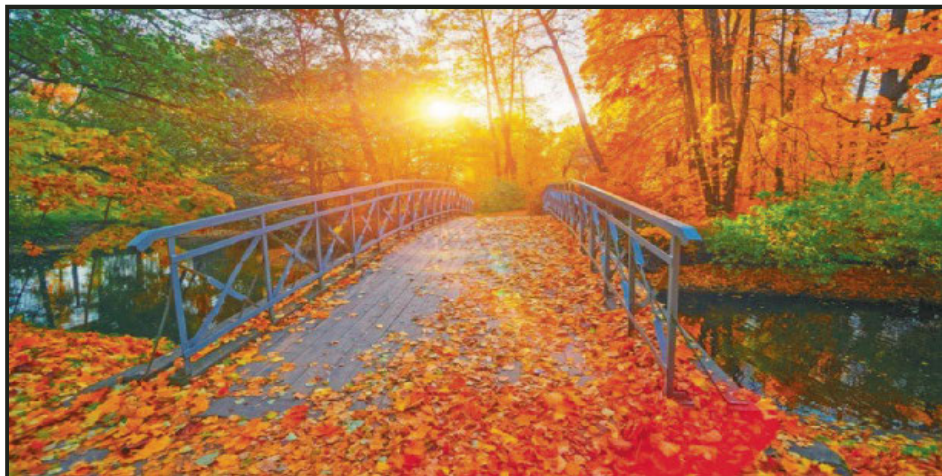


Robert E. Rock, East Providence Senior Center



October 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, Receptionist

M-F 9:00am-12:00pm to notarize documents for our seniors.

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



Follow us on Facebook!

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Cheryl Balasco

Admin. Assistant

cbalasco@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

Pat Thomas

Rhonda Marzetta

Carleen Ricci

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

ricci@eastprovidenceri.gov

Facilities:

Napoleon DeBarros

Transportation:

Joe Serodio

Christopher Januario

Dennis Price

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:

October is filled with many great events happening in the City of East Providence. This month, we have our Great Townie Pumpkin Festival scheduled for Saturday, October 4 11AM-4PM at the Crescent Park Carousel located at 700 Bullocks Point Ave, Riverside. There will be pumpkin decorating, vendors, trunk or treat, and food trucks. There will be something for the whole family. Hope to see you all there!

If you are not already signed up to receive the City's monthly newsletter, please sign up so you are aware of all the great upcoming events.

<https://eastprovidenceri.gov/city-east-providence-newsletters>

Hope you all have a great Autumn season!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Calling all artists! I am very excited for our fourth annual East Providence 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. We are planning a lovely show with refreshments and music. Prizes will be awarded for best in show, first prize and second prize. For more details, please see page 4 of this newsletter. I also want to thank Amanda LaPlante for organizing this year's Medicare Open Enrollment Informational Fair. It will be held on Oct. 9th from 10:00 am-12:00 pm. Come hear about what all the plans are offering for 2026.

Best,

Laura Jones
Director of Senior Services

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips	Jan Kinder	Jim Phillips
Ann Fagundes	Ken Goucher	Elaine Robinson
Donald Senna	Dick Wood	Christine Singleton



DAYS TO REMEMBER IN OCTOBER:

Thursday, October 9

Medicare Open Enrollment Informational Fair

Monday, October 13

Columbus Day/Indigenous Peoples Day
(Senior Center Closed)



We would love to see your Halloween costumes! We are encouraging everyone to wear their Halloween costumes on Friday, October 31!

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.

SHOPPING TRIPS SCHEDULE

OCTOBER 2025:

Thurs, Oct. 2: Stop & Shop

Fri, Oct. 3: Shaw's

Thurs, Oct. 9: Stop & Shop

Friday, Oct. 10: Shaw's

Thurs, Oct. 16: Shop & Shop

Fri, Oct. 17: Shaw's

Thurs, Oct. 23: Stop & Shop

Fri, Oct. 24: Shaw's

Thurs, Oct. 30: WALMART

Fri, Oct. 31: WALMART

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

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



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.*

WEDNESDAY, OCT. 15
10:00AM

Self-Guided Wisdom for Living Talks/ Adult Coloring

Thursday, October 9 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.



BOARD GAME CLUB

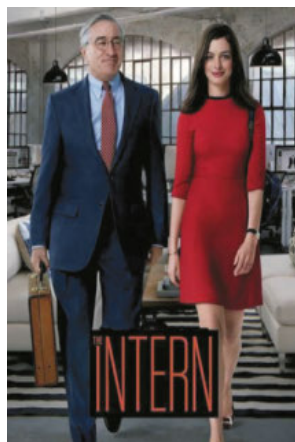
MONDAYS
10:30AM

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.

We will be showing:

THE INTERN

Monday, October 27
1:00PM



Starting a new job can be a
difficult challenge, especially if
you're already retired. Looking to
get back into the game, 70-year-
old widower Ben seizes the
opportunity to become a senior
intern at an online fashion site.

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.



THE GREAT TOWNIE PUMPKIN FESTIVAL

OCTOBER 4, 2025
11AM - 4PM



VENDORS



PUMPKIN DECORATING

While Supplies Last



CAROUSEL

11am-4pm

Last ride is at 3:45pm



TRUNK OR TREAT

*12-4pm

While Supplies Last



FOOD TRUCKS



Save the date for the 2025 New England Witches Guild Parade

SATURDAY, OCTOBER 18, 2025

11AM-4PM

Crescent Park, Riverside, R.I.

700 Bullocks Point Ave, Riverside, RI 02915

Food trucks, live music, vendors, and much more!

Fun for all ages.

Free Admission

HEALTH RELATED PROGRAMS:

ZUMBA STARTS OCTOBER 3RD!

**Every Friday starting October 3
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.

Class is free and will be held at Breed Hall.



NURSE HOURS: TUESDAY & THURSDAY 9AM-3PM

**GRIEF SUPPORT AND HEALING
WITH BEACON HOSPICE**

Thursday, Oct. 16 11AM-12PM



Blood Pressure Clinics in October:

Tuesday, October 7 at 10:30AM

Health Care Services in Providence

Tuesday, October 14 at 10:30AM

Hattie Ide Chafee



Living Well with Diabetes Series



Do you or a loved one struggle with managing your diabetes? Maybe you are newly diagnosed and need some extra time and attention to understanding what diabetes is and how to control your blood sugars.

The Robert Rock East Providence Senior Center is committed to helping you learn how to live a long, healthy life through diabetes education and support.

TOPICS INCLUDE:



Risk Factors of Diabetes



Signs and Symptoms of Diabetes



Foods to eat or avoid with a Diabetes Diagnosis



Insulin and other diabetic medication



Complications/ goals of care

TAKE THE STEP AND SIGN UP TODAY!

Our Nurse Shahnee, a Certified Diabetes Outreach Educator, along with other health care professionals are hosting this 4 week program on Diabetes Management.

SERIES TIMES AND PROGRAM INFORMATION:

Registration is Required.

Classes begin on Thursday, October 9 and the last class will be Thursday, October 30.

9:30AM-11:30AM



MEMORY SCREENING

TUESDAY, OCTOBER 14

Do you sometimes walk into a room and forget why you are there? Or has your family or friends shared concerns with you about repeating yourself or forgetting things they told you?

Sometimes we are all guilty of forgetting things but if it's starting to become a habit, something more serious could be going on.

On October 14, experts in brain function will be here from 9am-3pm conducting memory screening assessments.

These quick, 15 minutes sessions, are designed to give you a more in-depth look at whether or not you may be struggling with cognitive changes.
These appointments are private.

Anyone who is interested in having a screening done please call our Nurse Shahnee at 401-270-1792 to schedule an appointment.

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 IS 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**



RI Aging & Disability
Resource Center

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



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.

MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR

THURSDAY OCTOBER 9, 2025

10AM-12PM



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 2026 plans.

USE THIS INFORMATIONAL FAIR AS A ONE STOP SHOP TO GATHER INFORMATION ON MEDICARE OPEN ENROLLMENT 2026 PLANS!

Seek out new policy information, supplemental plans, information on first time enrollments.

Speak to Representatives on site!

We will also have Medicare Specialists, Heating Assistance Representatives, and the United Way RV bus available to assist you with resources.

EAST PROVIDENCE SENIOR CENTER

610 WATERMAN AVENUE

EAST PROVIDENCE, RI 02914

401-435-7800



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Navigating Medicare

UnitedHealthcare®



**east bay community
action program**



**Neighborhood
Health Plan**
OF RHODE ISLAND™



PACE
RHODE ISLAND



ADRC
RI Aging & Disability
Resource Center



**Healthcare
Solutions Team**
A Plan for Everyone™



Robert Rock Senior Center Activities Calendar

OCTOBER 2025

Mon	Tue	Wed	Thu	Fri
<p><i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i></p>		<p>1</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Acrylic Painting w/ Daisy 10:45A: PACE Chair 1P: Cribbage</p>	<p>2</p> <p>9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10A: East Gate Fall Prevention Presentation 10:30A: Bingocize 12:30P: Bridge 1: Knit & Crochet</p>	<p>3</p> <p>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</p>
<p>6</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming</p>	<p>7</p> <p>9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>8</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Acrylic Painting w/ Daisy 10:30A: Age Well, Get Connected 10:45A: PACE Chair 1P: Cribbage</p>	<p>9</p> <p>9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10:30A: Bingocize 12:30P: Bridge 1: Knit & Crochet 1P: Wisdom for Living Talks</p> <p>10AM-12PM MEDICARE OPEN ENROLLMENT INFO FAIR</p>	<p>10</p> <p>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</p>
<p>13</p> <p>Senior Center Closed</p>  <p>Columbus Day/ Indigenous Peoples Day</p>	<p>14</p> <p>9A: Bocce 9A: Memory Screenings 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Social Security Understanding Benefits AARP Presentation 10:30A: BP Clinic 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>15</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Acrylic Painting w/ Daisy 10A: Memory Cafe 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>16</p> <p>9:30A: Shopping 10A: AARP Safe Driving 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 1: Knit & Crochet</p>	<p>17</p> <p>8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:30A: Zumba 10:45A: PACE Chair Exercise 1P: Hi Lo Jack 1P: BCBS Balance 1P: Foot Doc Appts</p>
<p>20</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming</p>	<p>21</p> <p>9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 11A: AT&T 55+ Presentation 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>22</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Acrylic Painting 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>23</p> <p>9:30A: Shopping 10:30A: Bingocize 12:30P: Bridge 1P: Knit & Crochet</p>	<p>24</p> <p>8:30A: Scrabble 9:30A: Shopping 10A: Insight Support Group 10A: Mah Jongg 10:30A: Zumba 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack</p>
<p>27</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 1P: Movie Showing 2P: PODS Swimming</p>	<p>28</p> <p>9A: Bocce 10A: Smartphone Help 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>29</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Acrylic Painting 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>30</p> <p>9:30A: Shopping 10A: RIPTA Outreach 10:30A: Bingocize 12:30P: Bridge 1P: Knit & Crochet</p>	<p>31</p> <p>8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:30A: Zumba 10:45A: PACE Chair 11A: Meditation 11:45A: Ron Varone Musical Performance 1P: Hi Lo Jack</p>

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-4PM**

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.**

October 8- 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**

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.

Walking Club

Every Wednesday morning from 10A-11A. Please dress accordingly and wear appropriate shoes. Walks will be led by EPHEZ's Sarah Burde. Meet in the dining room.

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.

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.

2555 Pawtucket Ave., East Providence, RI 02914

434-3885

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PAUL J. MARTIN

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LEN WALKER

Senior Agent

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Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

www.sandlhealthcaresolutions.com

Medicare Solutions



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Lisa Janicki, MS

YOUR STORY INTERVIEWS

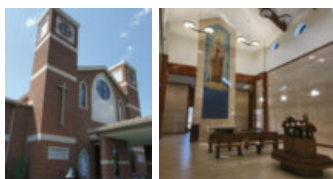


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Visit oha.ri.gov

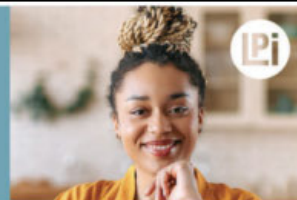
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SPECIAL PROGRAMMING IN OCTOBER 2025:



SOCIAL SECURITY: UNDERSTANDING YOUR BENEFITS

*Do you understand how Social Security Works?
Have you wondered who is eligible for Social Security benefits?*

Join AARP's free Social Security: Understanding Your Benefits workshop. This workshop focuses on building a basic understanding of Social Security claiming decisions and identifying resources that can help you along the way. It can help you build confidence in making the right decisions for your personal situation.

TUESDAY, OCTOBER 14
10:30AM-11:30AM

AARP[®]
Rhode Island

AARP
AARP SAFE DRIVING CLASS
THURSDAY, OCTOBER 16
10AM-3PM
Robert Rock East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914
Fees:
\$20.00 for AARP members
\$25.00 non-AARP members
*Cash or Checks are accepted.
Participants are encouraged to bring a bagged lunch
Registration is required and located at the front desk.

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.



**RIPTA
COMMUNITY
OUTREACH**

THURSDAY, OCTOBER 30
10AM-12PM

Join us at the East Providence Senior Center as RIPTA representatives will be coming out to discuss with seniors how to ride the RIPTA bus. After the presentation, representatives will be available to assist anyone who would like to apply for a bus pass.



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

ATEL COMPUTER ASSISTANCE

OCTOBER 16
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.

October 8, 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 MORNING 9AM-12PM 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.



Minestrone Stew

Prep time: 10 minutes

Cook time: 45 minutes

Servings per recipe: 11

Serving size: 1 cup

Ingredients

1 tablespoon olive oil
 1 large onion, chopped
 2 cloves garlic, minced
 2 carrots, diced
 2 celery stalks, diced
 ½ teaspoon salt
 ¼ teaspoon black pepper
 1 teaspoon Italian seasoning
 1 cup shredded kale or escarole
 1 (28 ounce) can crushed tomatoes
 4 cups low-sodium chicken broth
 1 (15.5 ounce) can cannellini beans, drained and rinsed
 1 cup small shell pasta

Directions

- 1) Heat olive oil in a large pot over medium-high heat. Add onion and cook until it is clear in color, about 4 minutes. Add garlic and cook 30 seconds.
- 2) Add carrots and celery and cook until they begin to soften, about 8 minutes.
- 3) Add salt, pepper, and Italian seasoning and cook 2 minutes.
- 4) Add kale, crushed tomatoes, chicken broth, and cannellini beans and bring to a boil. Reduce heat to medium-low and cook 15 minutes.
- 5) Add pasta and cook 15 minutes.

Bingocize is off to a great start this session!

Check out the new t-shirts the participants were styling during their first month of classes!



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.



AT&T 55+ PRESENTATION

*Come hear from AT&T about their
55+ plan.*

AT&T offers the AT&T 55+ plan nationwide for customers 55 and older, which provides unlimited talk, text, and data in the U.S., Canada, and Mexico.

Join us to learn more!

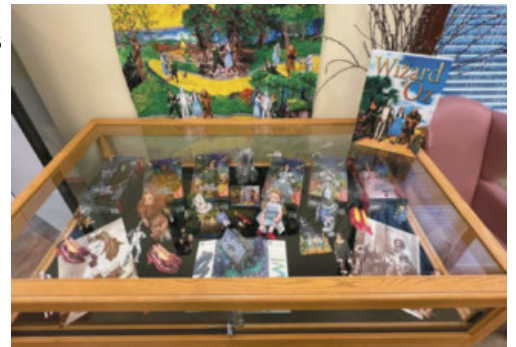


DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?

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 POINT 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*





EAST GATE FALL PREVENTION PRESENTATION

**THURSDAY OCTOBER 2
10AM.**

Don't let a fall drag you down. Hear tips from health care professionals on how to prevent a fall.

From body mechanics to home safety measures we'll discuss it all.

Registration is required.

**Coming Soon...Stay
Tuned!**

DRUMS ALIVE



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!



Acrylic Painting w/ Daisy
**WEDNESDAY
MORNINGS**

10AM-11:30AM

New Instructor led Painting class using acrylic paint.
Registration required. Space is limited.
Supply list will be provided to participants.



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\$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!



October 2025

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

Menu Items are subject to change due to
being unavailable to obtain.

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>	All meals are served with a dinner roll 	1 Irish Vegetable soup Beef Bourguignon Mashed potatoes Roasted vegetables Sliced peaches Tuna salad Plate	2 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake Turkey sandwich on rye	3 Vegetable barley soup Sloppy Joe sandwich Roasted potatoes Cucumber salad Lorna doone cookie Cobb salad
6 Vegetable soup Stuffed shell w/meat sauce Roasted zucchini, carrot & Potato Chocolate chip cookie Chicken salad on rye	7 Tomato soup Chicken cordon bleu Roasted sweet potatoes Mixed vegetables Tropical fruit Tossed salad w/ chicken	8 Cabbage roll soup Slow roasted pork & peppers Vegetable fried rice Sliced carrots Sliced pears Seafood salad sandwich	9 Chicken soup Meatloaf w/ gravy Cucumber salad Mashed potatoes Cake Ham & cheese on wheat	10 Mushroom barley soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples Chef salad
13 Senior Center Closed	14 Escarole & bean soup Meatball sandwich Broccoli florets Roasted sweet potatoes Mixed fruit Egg salad on rye	15 Cream of broccoli soup Chicken Parm Roasted potatoes Green beans Watermelon Tuna salad plate	16 Meatball soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake Greek salad w/chicken	17 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon Chicken salad on wheat
COLUMBUS/INDIGENOUS PEOPLES DAY CLOSED	21 Minestrone soup Sautéed beef w/mushroom gravy Roasted potato Zucchini w/ carrots Sliced pears Chef salad	22 Quinoa vegetable soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie Seafood salad sandwich	23 Tomato cauliflower soup Baked ham w/ raisin sauce Mashed potatoes Green beans Cake Turkey & cheese on wheat	24 Lentil vegetable soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches Cobb salad
20 Kale & bean soup Shepard's Pie (carrots corn Peas) Mashed potatoes Watermelon Roast beef on roll	28 Vegetable soup Coq au Vin Mashed potatoes Roasted vegetables Sliced peaches Chicken salad on wheat	29 Tomato soup Sausage & pepper sandwich 3-bean salad Chips Fruit cocktail Tuna salad plate	30 Navy bean soup Pot roast w/ gravy Mashed sweet potatoes Sweet corn Fig newton Chef salad	31 Vegetable lentil soup Grilled chicken Mediterranean chickpea salad Lemon herb rice pilaf Watermelon Ham salad on wheat
27 Chicken soup Lasagna roll up w/ meat sauce Roasted potatoes Zucchini salad Chocolate cake Turkey sandwich on wheat				