



ROBERT E. ROCK EAST PROVIDENCE SENIOR CENTER

SEPTEMBER 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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From the Mayor:

I hope you all had a nice, relaxing summer! We are now coming up on the fall months and looking forward to some great fall events. Keep an eye on our city calendar for updated information on all City events: <https://eastprovidenceri.gov/calendar>. Our city website highlights all the wonderful events we have going on throughout the city!

I would like to thank everyone who participated in our summer events this year. We can see everyone enjoyed themselves by the large number of residents who attended. It is nice to see everyone come together to relax and unwind.

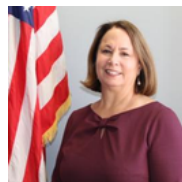


From the Director:

Happy Fall! It's hard to believe our summer has come and gone already. I would like to thank everyone for their cooperation and patience while our parking lot was repaved last month. This was a big project that was needed to create a safer, more accessible parking lot for all to use. Our new parking lot has added additional parking spots, and there will be plentiful parking for all. We have a lot of great activities and events happening at the Senior Center this month. Take a look at our newsletter to learn more!

Turn to page 12 of this newsletter to see some of the Gala Event photos taken. Everyone had a great time, and it was nice to see everyone dressed up and having a nice afternoon out with lunch and dancing.

I am happy to announce our monthly Townie Cafe lunch outings at the East Providence High School will be returning in October. We will be posting the monthly menu in our newsletters. Forms to sign up are located at the front desk. Cost is still \$11.00.



Our Staff



Laura Jones
Director of Senior
Services
401-431-4608



Amanda LaPlante
Elder Resource
Specialist
401-270-1788



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



Cindy DeMedeiros
Dining Room
Manager
401-270-1814

Member Services Representatives:



**Patricia
Thomas**



**Rhonda
Marzetta**



**Carleen
Ricci**



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
	01	02	03	04
	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10A: Fall Prevention 10:45A: Chair Yoga 11:30A: Visit by Gov. McKee 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 10A: Art w/ Daisy 10:45A: PACE Chair 1P: Cribbage 1p: Walk in Computer Assistance	9A: Shopping 10:30A: Drums Alive 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
07	08	09	10	11
Senior Center Closed  Labor Day	9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:45A: Chair Yoga 11A: Fraud Prevention Seminar 1P: Creative Art Studio 1P: Beginners Mah Jongg 1P: BINGO!	9A: SHIP Counseling 9A: 20/20/20 Fitness- MOVED TO BREED HALL 10A: Art w/ Daisy 10:30A: Age Well, Get Connected 10:45A: PACE Chair- MOVED TO BREED HALL 1p: Walk in Computer Assistance	9A: Shopping 10:30A: Drums Alive 10:30A: Guided Painting with Neighborhood Healthcare 12:30P: Bridge 1P: Adult Coloring/ Word Searches 1P: Knit & Crochet	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
14	15	16	17	18
8A: Ping Pong/Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Board Games 10:30A: Mind Over Pain Presentation 10:30A: Chair Yoga 10:30A: 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 10A: Memory Cafe 10:45A: PACE Chair 1P: Cribbage 1p: Walk in Computer Assistance	9A: Shopping 10:30A: Drums Alive 10:30A: AARP Safe Driving Course 11A: Grief Support & Healing 12:30P: Bridge 1P: Knit & Crochet	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
21	22	23	24	25
8A: Ping Pong & Corn Hole 9A: Tai Chi 10A: Drums Alive 10:30A: Chair Yoga 10:30A: Board Games 10:30A: 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 10:45A: PACE Chair 1P: Cribbage 1p: Walk in Computer Assistance	9A: ATEL Computer Help 9A: Shopping 10:30A: Drums Alive 12:30P: Bridge	8A: Ping Pong 8:30A: Scrabble 9A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
28	29	30		
8A: Ping Pong & Corn Hole 9A: Tai Chi 10:30A: Chair Yoga 10:30A: Board Games 1P: Movie Showing 10:30A: 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 10:45A: PACE Chair 1P: Cribbage 1p: Walk in Computer Assistance	Drop in Gym Orientations are offered every Tuesday Morning from 8AM-12PM!	

**10A-1P SENIOR HEALTH
FAIR**

ACTIVITIES

05

East Providence Senior Center



20/20/20 FITNESS

Wednesdays | 09:00AM

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

\$3.00 per class



PAINTING/ART CLASSES

Tuesday & Wednesdays | 10:00AM

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



BILLIARDS

Weekdays | 08:00AM

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



CHAIR YOGA

Check Calendar for dates/times

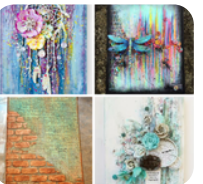
Chair yoga is wonderful for both your mind and body. Seated exercise. Multiple Chair Yoga classes available **(Tuesday Class is \$3.00).**



COMPUTER LAB

Monday-Friday | 8AM-4PM

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



CREATIVE ART STUDIO

Tuesday | 1:00PM

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



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

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

\$6.00 BINGO, \$3.00 CRIBBAGE



DRUMS ALIVE

Mondays 10AM, Thursdays 10:30AM

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



GRIEF SUPPORT & HEALING

Thursday 9/17 | 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, 9/16 | 10:00AM

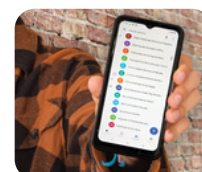
RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Promotes social engagement and education.



PACE CHAIR EXERCISE

Wednesday & Friday | 10:45AM

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



SMARTPHONE ASSISTANCE

Tuesdays | 10:00AM-11:00AM

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

MIND OVER PAIN

Monday, Sept. 14
10:30AM

Aches and pains are common amongst older adults. 25.3 million American adults suffer from daily pain. Pain can be a symptom of a health problem or diseases. While it's common, it isn't necessary part of the aging process. We will discuss the definition of pain, explain the differences between acute pain and chronic pain as well as the common causes of pain. We will also leave you with tips to help ease and manage pain.

Registration is required for this class.



Health Fair sponsored by Blue Cross and Blue Shield of Rhode Island!

Tuesday, September 29th from 10a-1p

We will have several community organizations here to provide education on health-related services such as dental care, blood pressure screenings, White Cross Pharmacy, legal services as well as flu vaccinations.

This event is open to all senior center members.

No appointments necessary.



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.

Tuesday, September 1- Fall Prevention

Tuesday, September 29-Health Fair

Tuesday, October 20-Infection Prevention

Tuesday, November 10-Managing Grief
Throughout the Holidays

REGISTRATION IS REQUIRED FOR THE CLASSES.



HEALTH & WELLNESS SERIES

SENIOR HEALTH FAIR

07

East Providence Senior Center

Sponsored By:



**Blue Cross
Blue Shield**
of Rhode Island



**TUESDAY, SEPTEMBER 29
10AM-1PM**



**ROBERT ROCK EAST PROVIDENCE SENIOR CENTER
610 WATERMAN AVE, EAST PROVIDENCE RI 02914**



SENIOR HEALTH FAIR



At our health fair, we will have:

- Free Blood Pressure Testing
- Flu Shot Clinic provided by Asthenis Healthcare (registration required)
- Learn about good lifestyle habits.
- Light Refreshments
- Raffles & Giveaways!

PLEASE JOIN US!



To register for the Flu Shot Clinic, please call Nurse Shahnee at 401-270-1792.



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, Hearing Assistance Representatives, and the United Way RV bus will be at this fair available to assist with additional resources.

DETAILS:



October 8, 2026



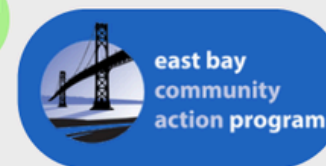
10:00AM- 12:00PM



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



401-435-7800



...MORE TO COME!



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, SEPTEMBER 9 | 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, SEPTEMBER 24 | 9:00AM - 11:00AM

ATEL is a state program that assists older adults with technology. Drop in for a one-to-one tech session with an ATEL representative to answer your questions or learn how to use your Apple or Android device.

By appointment only. Call 401-435-7800 to schedule an appointment.



2555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/
McStay
FUNERAL HOME

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

LEN WALKER

Senior Agent

Medicare Solutions

PO Box 121, Seekonk, MA 02771

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

www.sandlhealthcaresolutions.com



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The Cathy Sousa Team

Jordan Ross

Licensed RE Salesperson in RI & MA
401.714.8567
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Cathy Sousa

Licensed RE Salesperson
in RI & MA
401.474.8306
Cathysousa@serhant.com



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SERHANT.

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Lisa Janicki, MS

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jthivierge@4LPi.com

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uhcdualplans.com



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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

hello September Word Search

Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



How to Play SUDOKU

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

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

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



BRAIN GAMES

East Providence Senior Center

11

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

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

ON THOUGHT THOUGHT	SUM + R	WHAT GOES ↑ MUST COME ↓
EA ^{WIN} SE	RALIT	HEAD COVER COVER COVER COVER



SPECIAL PROGRAMMING

East Providence Senior Center

13



AARP SAFE DRIVING CLASS

THURSDAY, SEPTEMBER 17
10:30AM-3:30PM

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

Fees:

\$20.00 for AARP members

\$25.00 non-AARP members

*Cash or Checks are accepted.

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

Bringing a bagged lunch is encouraged.

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.

SEPTEMBER 17 AT 11AM

PICKLEBALL PLAYERS WANTED



Looking to play pickleball? We have some members here at the senior center that are looking for more players to join them!

Call 401-435-7800 to inquire.

Free Fraud Prevention Seminar

September 8, 2026
11AM



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S. Benjamin Headley
AVP, Investigations Manager
Washington Trust



Rodrigo DaSilva
Officer, Branch Manager
NMLS# 1525218
Washington Trust,
East Providence

Presented by
Washington Trust
in partnership with
Robert Rock Senior Center

Guided Painting Class Thursday, Sept. 10 10:30AM

Guided painting sponsored by Neighborhood Health Plan of RI is coming to the Senior Center! Come learn some tips and tricks. This instructor led class will guide participants to paint a masterpiece you can take home at the end of the class!



MOVIE SHOWING

MONDAY, SEPTEMBER 28

1PM

Gotta Dance

"The New Jersey NETSationals are definitely not ordinary professional basketball hip-hop dancers. Composed of one man and 12 women (all senior citizens), the NETSationals team is, in fact, the first of its kind in sports history."



Popcorn will be served.

Grocery Shopping Schedule:

Thurs, Sept. 3: Stop & Shop

Fri, Sept. 4: Shaw's

Thurs, Sept. 10: Stop & Shop

Fri, Sept. 11: Shaw's

Thurs, Sept. 17: Stop & Shop

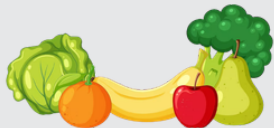
Fri, Sept. 18: Shaw's

Thurs, Sept. 24: WALMART

Fri, Sept. 25: 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

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

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

ON THOUGHT THOUGHT	SUM + R	WHAT GOES ↑ MUST COME ↓
On second thought	Summer	What goes up must come down
EA WIN SE	RALIT	HEAD COVER COVER COVER COVER
Win with ease	Trail mix	Head for cover

The East Providence Senior Center has run out of Farmer's Market cards for the 2026 season.

There are multiple Farmer's Markets running throughout the fall in Rhode Island.

A list of all the Farmer's Market locations can be found by the front desk.

Still need a Farmer's Market Card?

Stop by the front desk to get a copy of locations that may still have Farmer's Market cards available.

For any additional questions, please call customer service for more information at (866) 237-4814



ADVISORY GROUP/ART SHOW

East Providence Senior Center

15

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.



EAST PROVIDENCE SENIOR ART SHOW
MONDAY, NOVEMBER 15, 2026
10AM-12PM

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. 14, 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



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

September 2026 Menu

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

Enjoy your meal!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fresh fruit cup Classic Texas chili Riced cauliflower Corn bread Cookies Seafood salad plate	2 Chicken noodle soup Roasted chicken w/ gravy Green beans Mashed potatoes Fresh melon Ham & Swiss cheese on rye	3 Tuscan lentil soup Creamy garlic pork chop Rice pilaf Sweet peas & carrots Cake Greek salad w/ chicken	4 Tomato basil soup Baked fish Italian vegetables Roasted sweet potatoes Sliced pears Cobb salad
7 Senior Center Closed  Labor Day	8 Minestrone soup Mediterranean chicken Sautéed Greek vegetables Lemon potatoes Lorna Dune Cookies Seafood salad sandwich	9 Mushroom barley soup Swedish meatballs Buttered corn Mashed potatoes Mixed fruit Spinach salad w/ chicken	10 Creamy vegetable soup Roasted pork loin w/ gravy Cauliflower mashed potatoes Green beans Brownie Egg salad sandwich	11 Navy bean soup Sausage & pepper sandwich 3 bean salad Potato wedges Sliced peaches Greek salad w/ chicken
14 Chicken soup Shepards pie Mashed potatoes Fresh melon Corned beef on rye	15 Lentil soup Spanish chicken Rice n beans Sliced carrots Chocolate cake Tuna salad plate	16 Vegetable soup Baked pasta w/ sausage & Mini meatballs Summer vegetables Sliced pears Chicken salad sandwich	17 Tomato spinach & basil soup Beef tips w/ gravy Italian style zucchini Sweet potatoes Jello Turkey on rye	18 Clam chowder Roasted chicken thighs w/gravy Rice pilaf Mixed vegetables Watermelon Italian grinder
21 Three bean soup Honey Dijon chicken Sweet potatoes Prince Edward vegetables Tropical fruit Roast beef sandwich	22 Carrot soup Pepper steak Broccoli cauliflower mix Mashed potato Sliced peaches Egg salad on rye	23 Creamy vegetable soup Hawaiian pineapple pork White rice Baby carrots Cookie Cobb salad	24 Chicken soup Roasted turkey w/ gravy Stuffing Buttered corn Cake Greek salad w/ chicken	25 Tuscan soup w/ vegetables Pub burger w/ cheese Greek cucumber salad Chips Fresh fruit Turkey & cheese sandwich
28 Escarole & bean soup Sloppy joe Roasted potato Italian green beans Fresh fruit Ham & cheese on rye	29 Lentil And bean soup w/ kale Lemon chicken w/artichokes Mixed vegetables Rice pilaf Cookie Roast beef sandwich	30 Chicken soup Apple cider pork roast Sweet potatoes Stewed tomatoes Fruit Cocktail Tuna salad sandwich	 Suggested Donation \$3.00 All meals are served with a roll	
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				