

Robert E. Rock, East Providence Senior Center



September 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:

Thank you to all who attended the Community Center Groundbreaking Ceremony last month. I am very excited about this project and am looking forward to see the building progress.

We have one final Concert in the Park that was rescheduled to Thursday, September 4, 2025. The concert will feature the classic soft rock of "Mixed Emotions". Show start is 6:00PM. Crescent Park is located at 701 Bullocks Point Avenue in Riverside. Bring chairs/blankets for seating.

I would like to thank everyone for your participation in our summer events this year. We work hard to hold these events, and we can see everyone enjoys them. It is nice to see residents come together to relax and unwind. We are looking forward to our fall events lined up.

To see other great events that we have planned for September and the fall season, you can go to: <https://eastprovidenceri.gov/calendar>. Our city website highlights all the wonderful programs and events we have going on throughout the city!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Many of you have listened to and read in the news about the recent fires at Gabrielle House, Assisted Living in Fall River, MA and Somerset Ridge Skilled Nursing Home in Somerset, MA. It is a tragedy when fires occur, and lives are lost! You are probably wondering if the Robert E. Rock, East Providence Senior Center has an evacuation plan. The answer is **yes!** We have a written plan and have conducted a recent drill with the staff. We will conduct drills throughout the year to make sure staff have practiced our plan and have it down pat in the event we all need to evacuate the building. We also plan to have a scheduled fire drill once a year with all of our members taking part. Fire exits are posted at exits throughout the building. Please take note of your nearest exit while in the building so you are prepared. If the alarm goes off please leave any bags or personal belongings behind. The great news is that the Senior Center has many exits. Please note that in the event of a fire, the elevator will not be in use. If you or a friend have mobility challenges, the staff will get you to the nearest exit and emergency personnel will assist you out of the building. I hope this brings you all relief knowing we are prepared in the event of an emergency here at the Center.

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 AUGUST:

Monday, Sept. 2: Labor Day
(Senior Center Closed)



Amanda, our Elder Resource Specialist will be on vacation starting Friday, Sept. 12 and returning to the office on Monday, Sept. 22.

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 SEPTEMBER 2025:

Thurs, Sept. 4: Stop & Shop
Fri, Sept. 5: Shaw's
Thurs, Sept. 11: Stop & Shop
Friday, Sept. 12: FARMER MARKET
Thurs, Sept 18: Shop & Shop
Fri, Sept 19: Shaw's
Thurs, Sept. 25: WALMART
Fri, Sept. 26: 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.

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

WEDNESDAY, SEPT. 17
10:00AM

Sponsored by:

WINGATE RESIDENCES
ON BLACKSTONE BOULEVARD

Call 401-273-6565 to RSVP



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 LAKE HOUSE
Monday,
September 29
1:00PM



Fantasy romance about a relationship that forms between an architect and the doctor who lived in his new lakeside house two years previously. Only able to communicate by passing letters into the house's mailbox, the pair begin to fall for each other, but will they ever be together?

Asthenis



FLU SHOT CLINIC

**THURSDAY SEPT. 25, 2025
10AM-11AM**

**ROBERT E. ROCK EAST PROVIDENCE
SENIOR CENTER**

**610 WATERMAN AVENUE
EAST PROVIDENCE, RI 02914**



**REGISTRATION REQUIRED.
PLEASE CALL OUR HEALTHY AGING NURSE
COORDINATOR TO REGISTER 401-270-1792**



HEALTH RELATED PROGRAMS:



UNIVERSITY OF RHODE ISLAND PHARMACY OUTREACH

Friday, September 19
10:30am-11:30am

Guide to Buying Medical Supplies

Find out where to shop for all of your medical supply needs in Rhode Island and learn what's covered by Medicare.

NURSE HOURS: TUESDAY & THURSDAY 9AM-3PM

GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE

Thursday, Sept. 18 11AM-12PM



Blood Pressure Clinics in September:



[Tuesday September 2 at 10:30AM](#)

Health Care Services in Providence

[Wednesday September 10 at 10:30AM](#)

Hattie Ide Chafee

IMPORTANCE OF BRAIN HEALTH

Monday September 22

10:30AM-11:30AM

Your brain acts like the engine to a car. It programs your body to do essential functions to survive and without good brain health, our mental and physical wellbeing suffers.

K2 Medical Research will be here to share tips on how to train your brain to stay strong and sharp. Plus, they'll host a trivia game with a prize!



*Registration is required.
Please sign up at front desk.*



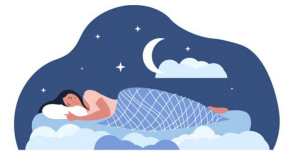
A GOOD NIGHT'S SLEEP IS JUST WHAT THE DOCTOR ORDERED!

Wednesday, September 24

10:00am-11:00am

Are you sleeping enough at night? Research shows many people are not. Our friends at Blue Cross Blue Shield will share tips on good sleep hygiene and ways you can catch more zzzz's.

Please register at the front desk.



COMING SOON..

Living Well with Diabetes, a 4 week program, aimed at helping people better understand diabetes and how to manage their care so that they can live healthy, longer lives.

We'll share tips on meals and snacks as well as hear from a pharmacist on the new medications on the market.

Stay tuned for program dates.

Self-Guided Wisdom for Living Talks/ Adult Coloring

Thursday, September 11 from 1PM-2PM

Wisdom of Living is a series of monthly gatherings to support socialization, challenge your thinking and allow you to engage in meaningful conversation. 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.



FOOT DOCTOR RETURNS FRIDAY, SEPTEMBER 19 FROM 1PM-4PM.



Services include nail clippings, callus removal and assessment. Must have an appointment to be seen. Please call our Nurse Shahnee to schedule an appointment, 401-270-1792.

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



EAST PROVIDENCE
HEZ
HEALTH EQUITY ZONE



**Blue Cross
Blue Shield**
of Rhode Island



**OAK
STREET
HEALTH**

aetna®



**UNITED
WAY**



Low-Income Home Energy Assistance Program



SHIP

State Health Insurance
Assistance Program



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™



CITY OF EAST PROVIDENCE
RHODE ISLAND
INCORPORATED 1882
2ND BOND PUBLISHED
DECEMBER 1, 1958

WORKSHOPS SCHEDULED FOR SEPTEMBER 2025:



Join me on
Sept 23
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**



CONTACT

Leonard Walker

Local Licensed Insurance Agent

(774) 210-2060

Sept 23

11AM

**East Providence Senior
Center**

610 Waterman Avenue
East Providence, RI 02914

Light refreshments will be served

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

ACCENT CARE HOSPICE 101 PRESENTATION

**TUESDAY, SEPTEMBER 30
11AM**

Accent Care will be at the Senior Center explaining the basics of hospice care- what it is, when it's appropriate, and how it supports individuals and families during one of life's most important transitions. Whether you're planning for yourself or supporting a loved one, this session offers valuable information. Presentation will be followed by a quick question and answer session.

accentCare.



VIGILANCE AGAINST CYBERCRIME AARP WORKSHOP

**TUESDAY, SEPTEMBER 16
10:30AM**


In today's fast-paced online environment, protecting your personal information is more crucial than ever. AARP's workshop: Vigilance Against Cybercrime is designed to empower you with the knowledge and tools to navigate the digital world safely.

We'll cover how to stay safe in public, at home, when using social media and when shopping and banking. We'll also look at common scams and how to avoid them.

Join us to learn more!

Robert Rock Senior Center Activities Calendar

SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri
1 Labor Day  Senior Center Closed	2 9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: BP Clinic 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	3 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (Self-guided) 10A: Acrylic Painting w/ Daisy 10:45A: PACE Chair 1P: Cribbage	4 9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10:30A: Bingocize 12:30P: Bridge 1: Knit & Crochet	5 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
8 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	9 9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	10 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (Self-guided) 10A: Acrylic Painting w/ Daisy 10:30A: BP Clinic 10:30A: Age Well, Get Connected 10:45A: PACE Chair 1P: Cribbage	11 9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10:30A: Bingocize 11A: Audobon Society Raptor Encounter 12:30P: Bridge 1: Knit & Crochet 1P: Wisdom for Living Talks	12 8:30A: Scrabble 9:30A: Farmers Market 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
15 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	16 9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Vigilance Against Cybercrime Presentation 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	17 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10A: Acrylic Painting w/ Daisy 10A: Memory Cafe 10:45A: PACE Chair Exercise 1P: Cribbage	18 9:30A: Shopping 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 1: Knit & Crochet	19 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:30A: URI Pharm Presentation 10:45A: PACE Chair Exercise 1P: Hi Lo Jack 1P: BCBS Balance 1P: Foot Doc Appts NO MEDITATION TODAY!
22 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 10:30A: Brain Health Presentation & Trivia 2P: PODS Swimming	23 9A: Bocce 10A: Smartphone Help 10A: Watercolor Paint 10:30A: Bingocize 10:45A: Chair Yoga 11A: Medicare 101 Presentation 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	24 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10A: Healthy Sleep 10A: Acrylic Painting 10:45A: PACE Chair Exercise 1P: Cribbage	25 9:30A: Shopping 10:30A: Bingocize 12:30P: Bridge 1P: Knit & Crochet FLU SHOT CLINIC TODAY AT 10AM!	26 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1p: BCBS Balance
29 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 1P: Movie Showing 2P: PODS Swimming	30 9A: Bocce 10A: Smartphone Help 10:30A: Bingocize 10:45A: Chair Yoga 11A: Hospice 101 Presentation 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!		**Calendar Items are subject to change based on cancellations and/or inclement weather**	

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.**

September 10- 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.

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.

SPECIAL PROGRAMMING IN SEPTEMBER AND OCTOBER 2025:



Audubon Society of Rhode Island Raptor Encounter

**THURSDAY, SEPTEMBER 11
11AM**

They are coming to the Senior Center!

Avian hunters with long sharp talons, hooked beaks, and highly developed eyesight and hearing are headed to East Providence Senior Center. They're raptors, the superior hunters of the avian world.



**Audubon Society
of Rhode Island**

An Owl, hawk, or falcon will be featured in this live presentation. Audubon Raptor Encounters presents a unique opportunity for individuals to get up-close with the species and learn about their adaptations and habitats in this engaging presentation.



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.



**Ron Varone
Acoustic Guitar Musical Performance
FRIDAY, OCTOBER 31
DURING LUNCH**

**Join us on Friday, October 31 during lunch for a live acoustic guitar musical performance. 60's, 70's, and 80's style music.
Open to musical requests.**



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

ATEL COMPUTER ASSISTANCE

SEPTEMBER 11
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.

SEPTEMBER 10, 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.

Farmers Market Trips

The East Providence Senior Center will provide transportation to those who need transportation to the Farmers Market!

- The East Providence Senior Center will be bringing members that need transportation to the **GODDARD MEMORIAL PARK FARMERS MARKET** located at 1095 Ives Street, Warwick RI.
- Farmers Market trips will happen **ONE FRIDAY** per month during the month of September 2025. Farmers Market trips will be rescheduled if it rains.
 - Shopping trips will be **LIMITED TO 10 PEOPLE.**
- It is the riders responsibility to be back at the bus at the time of leaving. The bus driver will let riders know when to report back to the bus to be transported home from the market.
- *Regular grocery shopping trips to Shaw's will be **cancelled** on the days we go to the Farmers Market.*

DAYS THE SENIOR CENTER WILL BE PROVIDING TRANSPORTATION TO FARMERS MARKET:

Friday, September 12
(Rain date September 19)

REGISTRATION IS REQUIRED AND SPACE IS LIMITED!



Pick ups for the Farmers Market will begin at 9am on the scheduled day for the farmers market. Front desk will call to give pick up times.

Transportation from the Senior Center to the Goddard Park Farmers Market is limited to East Providence residents only.

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.



CALLING ALL KNITTERS & CROCHETERS!

Do you enjoy knitting or crocheting? We're looking for talented and caring individuals to help bring comfort to others through your craft.

The Senior Center has partnered up with Hope Health Hospice and we are seeking handmade blankets to include in welcome bags for incoming hospice residents. These cozy creations offer warmth, beauty, and a personal touch that can make a big difference.

If you have experience with knitting or crochet and would like to donate a blanket, we would love to hear from you. Your handmade gift will be cherished by those who need it most.



To learn more or to get involved, please contact Patricia Thomas at 401-435-7800.

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*





ZUMBA
CLASSES

AT THE SENIOR CENTER

EVERY FRIDAY IN OCTOBER
10:30AM-11:30AM

Let's move together and have fun!

Easy steps ✓ Fun routine ✓
Inclusive space ✓ Confident moves ✓

REGISTRATION REQUIRED.
SPACE IS LIMITED

Blue Cross Blue Shield of Rhode Island

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

starting
September 3, 2025

10AM-11:30AM

New Instructor led Painting class using acrylic paint.

Registration required. Space is limited.

Supply list will be provided to participants.

\$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!

September 2025

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Senior Center Closed		2 Tomato cauliflower soup Beef tips w/ mushroom gravy Mashed potatoes Green beans Cookie Chicken salad on wheat		3 Vegetable soup Creamy Dijon chicken Rice pilaf Mixed vegetables Sliced peaches Tuna salad Plate		4 Chicken soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake Turkey sandwich on rye		5 Clam chowder Meatball & pepper sandwich Roasted vegetables Herb roasted potato salad Sliced watermelon Cobb salad	
Labor Day									
8 Mushroom barley soup Chicken marsala Roasted zucchini & carrot Lemon rice Chocolate chip cookie Chicken salad on rye		9 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches Tossed salad w/ chicken		10 Tuscan white bean soup Chicken & broccoli Vegetable fried rice Peas & onion Sliced pears Seafood salad sandwich		11 Tomato soup Open turkey sandwich Mashed potatoes Green beans Cake Ham & cheese on wheat		12 Mediterranean lentil soup Lasagna roll up w/meat sauce Cucumber salad Garlic roll Sliced apples Chef salad	
15 Vegetable soup Shepards pie (peas, carrots, corn Mashed potatoes Brownie Turkey sandwich		16 Vegetable barley soup Creamy garlic pork chop Broccoli florets Roasted sweet potatoes Mixed fruit Egg salad on rye		17 Carrot soup Chicken Parm Roasted potatoes Green beans Watermelon Tuna salad plate		18 Birthday Lunch Cream of broccoli soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake Greek salad w/chicken		19 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon Hot dog	
22 White bean soup Chicken cordon bleu Potato wedges Mixed vegetables Watermelon Roast beef on roll		23 Meatball soup Stuffed shell w/meat sauce Roasted potato Zucchini w/ carrots Sliced pears Chef salad		24 Tomato soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie Seafood salad sandwich		25 Creamy mushroom soup Pepper steak Mashed potatoes Green beans Cake Ham & cheese on wheat		26 Chicken escarole soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches Cobb salad	
29 Minestrone soup Sausage & pepper sandwich Roasted potatoes 3 – bean salad Chocolate chip cookie Turkey sandwich on wheat		30 Chicken soup Smothered pork w/ gravy Mashed potatoes Broccoli Sliced peaches Chicken salad on wheat		All meals are served with a dinner roll				All menu items may contain nuts, seeds, beans, wheat bran, and other allergens	
				Suggested Donation \$3				Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging	
						east bay community action program THE BRIDGE TO SELF-RELIANCE			

