North Providence
mancini center

Photo: Castle Hill Inn, Newport, RI

LET'S PLAY BOCCE

CHAIR MASSAGES

SMARTPHONE WORKSHOPS

WINE TASTING STONINGTON VINEYARDS, CT

MAY & JUNE 2022 | Newsletter | Vol. 5-3

Director's Message

Hello Everyone!

Let the sun shine! As we roll into the warmer months of May and June we begin to feel the positive impact that warm, sunny weather can have on our mental and physical health. We are more motivated to exercise or try something new! The Center is booming with new programs, new classes and lots of new members! Soon we will be playing Bocce and enjoying the outdoor patio!

May 25th is National Senior Health & Fitness Day! Mark your calendars everyone! Spend the day at the Mancini Center with Fitness classes accommodating every level from advanced to chair classes. Movement is the key to longevity!

On May 26th the Center is offering a "Mancini Express Drive n' Go" Hot Lunch available to members. The hot lunch is catered by BAR 101 and sponsored by Golden Crest. Reservations are limited. Please see details inside your newsletter.

Featured on our cover is a gorgeous view captured from the lawn at Castle Hill Inn, Newport, RI. This is just one of the many enjoyable day trips the center has planned and is offering to members. A complete listing of day trips is located on the last page of your newsletter. Please stop by our trip corner at the center to pick up flyers with full details. Keep in mind we add new trips frequently and update our listing accordingly.

Look for another NEW program beginning May 17th. We are excited to have a licensed massage therapist providing Chair Massages to our members. This program will be available once a month. Appointments are required and can be made at the Front Desk. Exercise in the morning and get a massage in the afternoon! What a great day at the Mancini Center!

In closing, I would like to thank several community sponsors for their outstanding generosity.
Golden Crest for sponsoring our "St. Patrick's Day" and "St. Joseph's Day" Grab & Go Luncheons in March. These two events are always quite popular with the Mancini Center and our senior members enjoyed the delicious lunch catered by BAR 101.
Elmhurst Rehabilitation Center for their donation of a beautiful "Easter Raffle Basket".
Plates With Purpose and **Mangiamo Restaurant** for the tasty Pizza and Doughboys!
THANK YOU ALL!

Let's remember no act of kindness, no matter how small, is ever wasted.

Warm Regards,

Linda M. Giorgio, Executive Director

North Providence Mancini Center
2 Atlantic Blvd.
North Providence, RI 02911
Phone - 401-231-0742
Fax - 401-232-3460
www.mancinicenter.com
facebook.com/NPManciniCenter

Center Hours:
Monday - Friday
9:00 AM to 4:00 PM

2022 Membership:
Valid 1/1/2022 - 12/31/2022

North Providence Residents - $10.00
Non-Residents - $15.00

Meet the Team!

Executive Director
Linda M. Giorgio

Program Coordinator
Joseph Nardella

Office Manager/ Elder Resource Assistant
Flor Reyna

Front Desk Coordinator
Jane Sheehan

Health Education Coordinator
Mary Ann Lilla, RN

Maintenance Technician
Rita Morrobel

Kitchen Assistant
Angela Provost

Dining Room Assistant
Sandra Santomassimo

Meal Delivery
Tom Moran

Notary Services
Free For Members
During Normal Business Hours
Please Call for an Appointment

SENIOR FARMERS MARKET PROGRAM
Distribution of Farm Fresh Produce
Wednesday, July 6th ~ 11:00 AM - 1:00 PM
Grab & Go Drive-thru

The Department of Environmental Management (DEM) has recently upgraded its Senior Farmers Market Nutrition Program. In previous years coupons were distributed to seniors that were exchanged for produce at farmers' markets. Now eligible seniors will receive a free food box filled with local farm fresh seasonal produce with a value of $20. Produce will be provided by local Rhode Island farms. Members may pick up their boxes using our convenient drive-thru at our front entrance. Available to adults 60+ who live in North Providence and/or are a member of the Mancini Center. Please have your identification ready and available at the time of pick-up.

Please DO NOT arrive before 11:00AM.

MANCINI EXPRESS
DRIVE n' GO HOT LUNCH

Sponsored By Golden Crest

Thursday, May 26th

$5.00 per person

MENU:

Grilled Balsamic Chicken, Roasted Potatoes, Rosemary Glazed Carrots, Bowtie Pasta Salad w/Italian Dressing, Corn Bread, Dessert & Beverage

Catered By BAR 101

Payment Made Upon Pickup
12:00PM - 12:30PM

Please call 231-0742
to make your reservation.
Deadline Monday, May 23rd

Reservations are limited. Available for Grab & Go only.

DAILY WELLNESS

Monday
9:00 AM - 3:00 PM: Fitness Center
10:00 AM: BoneBuilders w/Peter
11:00 AM: Mat Yoga w/Amy
1:00 PM: Zumba w/Fran
2:00 PM: Line Dancing w/Fran

Tuesday
9:00 AM - 3:00 PM: Fitness Center
9:00 AM: Tai Chi w/Bob (Returns in June)
10:00 AM: Cardio Strength Training w/Lisa
11:30 AM: Forever Fit w/Sue
1:00 PM: Arthritis Exercise w/Maria

Wednesday
9:00 AM - 3:00 PM: Fitness Center
9:00 AM: Forever Fit w/Sue
10:00 AM: Arthritis Exercise w/Sue
11:00 AM: Meditation w/Mary
11:00 AM: Tai Chi w/Karl
1:00 PM: Sit Fit & Strong w/Fran

Thursday
9:00 AM - 3:00 PM: Fitness Center
9:00 AM: Strength Matters w/Sue
10:00 AM: Zumba w/Sue
11:00 AM: BoneBuilders w/Peter
12:30 PM: Beginners Line Dancing w/Fran
1:30 PM: Cardio Strength Training w/Lisa

Friday
9:00 AM - 3:00 PM: Fitness Center
10:00 AM: Mat Yoga w/Amy
1:15 PM: ROC Steady w/Lisa

DAILY PROGRAMS

Monday
9:00 AM - 3:00 PM: Open Billiards
1:00 PM: Mah Jongg Free Play
1:00 PM: Michigan Rummy
1:00 PM: Hi Lo Jack Free Play

Tuesday
9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Hookers Delight
12:00 PM Chair Massage (5/17 & 6/28)
1:00 PM: Captivating Canvases
1:00 PM: Hi Lo Jack League
1:00 PM: Scrabble

Wednesday
9:00 AM - 3:00 PM: Open Billiards
9:30 AM: Quilting 101
1:00 PM: Mah Jongg Free Play
1:00 PM: Poker League
1:00 PM: Bocce (begins 5/25)

Thursday
9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Craftastic (5/19 & 6/16)
11:00 AM: Reflections (5/26 & 6/30)
1:00 PM: Stamp Club
1:00 PM: Reiki Sessions (5/12, & 6/9)

Friday
9:00 AM - 3:00 PM: Open Billiards
1:00 PM: Mah Jongg Free Play
1:00 PM: Mexican Train Dominoes
(Begins 6/3)

WELLNESS CLASSES

Arthritis Exercise

Tuesday 1:00 PM
Instructor: Maria

Wednesday 10:00 AM
Instructor: Sue Sgambato

This class focuses on maintaining range of motion and flexibility. Increasing muscle strength and cardiovascular endurance to benefit our heart and lungs. Class is mainly seated with some standing exercises.

BoneBuilders

Monday 10:00 AM
Thursday 11:00 AM
Instructor: Peter

A mainly seated light aerobic workout using light hand weights, with a focus on building core muscles and preventing osteoporosis.

Cardio Strength Training

Tuesday 10:00 AM
Thursday 1:30 PM
Instructor: Lisa

A class focusing on cardiovascular and strength fitness set to fun music using dance and a few sports moves. Bring your light weights, a 2-3 inch stress ball and be prepared to have a fun workout!

Forever Fit

Tuesday 11:30 AM
Wednesday 9:00 AM
Instructor: Sue

This beginner/intermediate class combines seated stretching, flexibility and range of motion exercises, strength training, standing dance fitness and balance exercises.

Line Dancing

Monday 2:00 PM
Beginners: Thursday 12:30 PM
Instructor: Fran

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great!

Mat Yoga

Monday 11:00 AM
Friday 10:00 AM
Instructor: Amy

The benefits of yoga are greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with an easy flow of moving with awareness and breath to quiet the mind and then ending with a guided meditation. Modifications are demonstrated.

Meditation

Wednesday 11:00 AM
Instructor: Mary

Learn techniques intended to encourage a heightened state of awareness and focused attention. The benefits of meditation include improved memory, lowered blood pressure, a calmer attitude, stress relief and improved coordination.

ROC Steady **Chair**

Friday 1:15 PM
Instructor: Lisa

ROC Steady is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. Senior members with balance deficits, injuries and disabilities will benefit from this class. Instructor Lisa Cruz will accommodate various fitness levels and adjust exercises based on abilities.

Sit Fit & Strong **Chair**

Wednesday 1:00 PM
Instructor: Fran

A seated, whole body workout. We stretch, tone and work on upper body strength using optional hand weights. Dance movements are also incorporated.

Strength Matters

Thursday 9:00 AM
Instructor: Sue

Learn a series of stretches and strengthening exercises performed seated and lying on a mat as well as the proper way to get up from the floor. These exercises are designed to help strengthen upper and lower body and core muscles.

Tai Chi

Tuesday 9:00 AM
Instructor: Bob

Wednesday 11:00 AM
Instructor: Karl

This class has been described as "moving meditation". It is a gentle, easy form of exercise. The benefits of Tai Chi include improved cardiovascular fitness, posture, muscular strength, balance, flexibility. It also boosts cognitive function and reduces stress.

Zumba

Monday 1:00 PM
Instructor: Fran

Thursday 10:00 AM
Instructor: Sue

Zumba is a Latin-inspired dance fitness class that is low-impact and easy to learn. Using lightweight maraca-like toning sticks, we increase our cardio-respiratory. A total workout combining cardio, muscle conditioning, balance and flexibility.

Mancini Fitness Center

Monday - Friday ~ 9:00 AM - 3:00 PM
RESERVATION ONLY

The Fitness Center is fully equipped with Exercise Bikes, Treadmills, Standing and Recumbent Ellipticals and Rowers.
Call 231-0742 to make your reservation.

NEW & NEXT…

LET'S PLAY BOCCE!

Wednesday, May 25th
1:00PM

Bocce season is almost here! The Mancini Center is excited to bring back our popular outdoor sport that encourages us all to have some fun and socialize!
If you are interested in playing, please sign up at our front desk or call Joe Nardella, Program Coordinator.

Team Captains and teams will be announced the first day the league begins.
Rules of games will be reviewed with all players.

Games will be held on Wednesdays and will begin May 25th at 1:00PM.

The center is also seeking volunteer referees. Anyone interested, please let us know!
The more senior members involved, the more fun we will all have!

CHAIR MASSAGE

Provided by Mary Macro, LMT
Tuesday, May 17th
Tuesday, June 28th
12:00 PM - 3:00 PM

The many benefits of chair massage include stress reduction, decreased anxiety, muscle tension relief, improved circulation, improved quality of sleep and increased immune function which all supplement our healthy lifestyle. Private 15 minute chair massage appointments with Mary are available to senior members. Call our front desk to schedule your appointment.

MEXICAN TRAIN DOMINOES

Fridays
1:00 PM - 3:00 PM

Begins Friday, June 3rd

Mexican Train is a fun and lively game played with dominoes. Because of its simplicity, anyone can play! Just one game and you'll be hooked, I guarantee! Come join the latest dominoes craze!
Registration required.

AARP SMART DRIVER COURSE

Friday, May 27th
9:30 AM - 2:00 PM

AARP Driver Safety

This Smart Driver course will teach us the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

Cost: AARP Members $20.00 Non-members $25.00
Participants who have United Healthcare as Medicare Supplement – FREE
Checks payable to AARP. Payments are accepted the day of class.

SPOTLIGHT

Meet Elaine Vota, Instructor

Elaine Vota, a longtime resident of North Providence, has been teaching our Quilting Class for over 40 years. When you arrive to her class you are immediately welcomed by her warm smile! She teaches beginners to advance and creates treasures such as table runners, memory pillows, baby quilts, theme quilts and the list goes on. Elaine is a hands on instructor, her students learn many different sewing techniques which make each piece unique. Her students learn various hand and machine stitches to add variety to their design.

In 1984, Elaine secured grant funding for her Quilting Class through the RI State Council of the Arts. Her talented North Providence students created two quilts that were later displayed at the National Council on Aging Capital Gallery in Washington, DC. One of the two quilts was designed as a historical representation of the landmarks in Centredale, RI. BRAVO!

Elaine invites you to stop by her class to see the beautiful quilting projects her students are working on.

Quilting with Elaine
Wednesdays ~ 9:30 AM - 11:30 AM

Meet Peter DeMasi, Instructor

Having some spare time in his weekly routine, and desiring to give back to his community while helping others, Peter DeMasi joined the BoneBuilders program and was certified at The Village at Waterman Lake to become a leader/instructor in 2015. He immediately realized how passionate The Village was about this program and how it helped older individuals beyond just building bones. Peter quickly moved to the top of the leaderboards and had a zest for instructing classes.

Originally from North Providence, Peter is a perfect fit for the Mancini Center and has been teaching here since 2015 when BoneBuilders was first introduced. Once the program was established at the center, it was evident that this was the beginning of a great partnership.

Peter gets gratification from the many positive comments he receives from his senior participants expressing the multiple benefits they receive from Bone Builders which include better mobility, improved posture, weight loss, reduction in medications, and overall improved well-being.

BoneBuilders
Mondays ~ 10:00 AM & Thursdays ~ 11:00 AM

GET INSPIRED!

Hookers Delight

Crochet Class

Tuesdays ~ 10:00 AM - 11:00 AM

Crochet is a fun, relaxing hobby that anyone can learn! We'll cover everything you need to know to get started, from the basics of how to hold your hook, to the most common crochet stitches. Learn a new crochet design each month! Members of any skill level are welcome to attend. All materials are provided. **Registration required.**

May Project
Personal Koozie Cup Holder

June Project
Farmhouse Potholder

Captivating Canvases

Acrylic Painting Class

Tuesdays ~ 1:00 PM - 3:00 PM

Tap into your inner artist! No experience needed. Beginners to advanced students are welcome. Each painting is a 2 week project. All materials are provided. **Registration required.**

May Paintings
May 3rd & 10th: Tulips
May 17th & 24th: Van Gogh Inspired Sailboat
May 31st: Sunset On The Pier (Week 1)

June Paintings
June 7th: Sunset On The Pier (Week 2)
June 14th & 21st: Goldfish In A Bottle
June 28th: Luminous Lighthouse (Week 1)

MAY HIGHLIGHTS

Blood Pressure Screenings

10:00 AM - 11:00 AM

- Wednesday, May 4th
- Tuesday, May 10th
- Wednesday, May 18th
- Thursday, May 26th

Reiki Sessions

Provided by Reiki Master Mary Lima
Thursday, May 12th ~ 1:00 PM - 3:00 PM

NO FEE

A private 15 minute Reiki session is available to members. Appointments may be scheduled at our front desk.

Parkinson's Disease

Presented by Butler Hospital
Tuesday, May 17th ~ 10:00 AM

Parkinson's Disease is a chronic and progressive neurological movement disorder that affects more than one million people in the US. Laurie Ann Oliveira, MSW, LICSW, a clinical therapist and APDA Coordinator at the Movement Disorders Program at Butler Hospital, will be here to provide an introduction to Parkinson's Disease and the resources available through the American Parkinson Disease Association.
Registration required.

ATEL Program

Presented by RI Office of Rehabilitation Services
Thursday, May 19th ~ 10:00 AM

The Adaptive Telephone Equipment Loan Program (ATEL) provides free landline or wireless telephone devices to Rhode Islanders who meet certain criteria. Learn about the new FCC Affordable Connectivity Program, The ATEL loaner Library and smartphone apps.
Registration required.

Craftastic

Thursday, May 19th ~ 10:00 AM - 11:30 AM

Time to get your artistic flair in gear! If you enjoy craft making this class is for you. Participants are required to take in a 5x7 or 4x6 wood picture frame. Space is limited.
Registration is required.

May Project:
Picture Frame By Design

Smartphone Workshop

Provided by Verizon
Friday, May 20th

10:00 AM - iPhones | 1:00 PM - Android Phones

Today's smartphones are powerful tools that go far beyond simply placing phone calls. In order to take advantage of their features and capabilities, we need to know how to navigate them. Join representatives from **Verizon** for this **FREE** workshop and learn how to use your smartphone to its fullest!
Registration is required.

Eat Smart, Live Strong

Presented by URI SNAP-Ed
Tuesday, May 24th ~ 10:00 AM

"Colorful & Classic Favorites"

Learn how to update classic recipes by adding fruits and vegetables. Create healthier meals by making simple adaptations to familiar dishes.
Easy-to-make recipes are provided to help us make classic dishes at home.
Registration required.

Reflections

Thursday, May 26th ~ 11:00 AM

This program is an opportunity to pause, quiet ourselves and review what is before us and what is inside us. Join volunteer Brenda Pannone, for a time to be fully present and open to our own divine power. All are welcome to attend.

Legal Clinic

Provided by Rhode Island Bar Association
Thursday, May 26th ~ 1:00 PM - 3:00 PM

Attorney Jack Pitts, Esq. will be available to senior members for a FREE consultation. All appointments are limited to 15 minutes and are designed to provide you with information concerning relatively simple matters. Space is limited. **Please call 231-0742.**

Wealth Management

Presented by Universal Wealth Management
Tuesday, May 31st ~ 1:00 PM - 2:30 PM

"Personal Finance"

Topics for discussion in this presentation include:

- Budgeting & Cash Reserves
- Establishing & Maintaining Credit
- Credit Cards
- Homeownership
- Buying or Leasing a Car

Registration required.

JUNE HIGHLIGHTS

Blood Pressure Screenings

10:00 AM - 11:00 AM

- Tuesday, June 7th
- Wednesday, June 15th
- Thursday, June 23rd

Reiki Sessions

Provided by Reiki Master Mary Lima
Thursday, June 9th ~ 1:00 PM - 3:00 PM

NO FEE

A private 15 minute Reiki session is available to members. Appointments may be scheduled at our front desk.

Craftastic

Thursday, June 16th ~ 10:00 AM - 11:30 AM

Time to get your artistic flair in gear! If you enjoy craft making this class is for you. Participants are required to take in their own Mason Jar.
Space is limited.
Registration is required.

June Project:
Spring Butterfly Art

Fraud, Scams & Identity Theft

Presented by RI Attorney General's Office
Thursday, June 16th ~ 1:00 PM

One of the most effective defenses against fraud and abuse is a well-informed consumer. A representative of RI Attorney General's Elder Abuse Outreach Program will provide us with the latest information in regards to abuse, fraud schemes and identity theft. Learn about the resources available and practical tips to protect you from becoming a victim.
Registration required.

Smartphone Workshop

Provided by Verizon
Friday, June 17th

10:00 AM - Android Phones| 1:00 PM - iPhones

Join representatives from **Verizon** for this **FREE** workshop and learn how to use your smartphone to its fullest! Space is limited.
Registration required.

Stroke

Presented by URI Pharmacy Outreach
Tuesday, June 21st ~ 10:00 AM

Stroke is a disease that affects the arteries leading to and within the brain. It is the number 5 cause of death and a leading cause of disability in the US. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. Understand and recognize the signs that a stroke is occurring and learn what can be done to prevent and treat one from happening.
Registration required.

Eat Smart, Live Strong

Presented by URI SNAP-Ed
Tuesday, June 28th ~ 10:00 AM

"Eat Smart, Spend Less"

Increase our awareness about the variety of nutrition assistance programs available to us. Take home strategies to help identify resources in our community to obtain fruits and vegetables on a budget.
Registration required.

Wealth Management

Presented by Universal Wealth Management
Tuesday, June 28th ~ 1:00 PM - 2:30 PM

"Estate Planning"

Get financially fit!
Topics for discussion in this presentation include:

- Living Wills & Trusts
- Planning for Incapacity
- Using Life Insurance in Estate Planning
- Strategies to Minimize Estate Taxes
- Charitable Gifting Strategies

Registration required.

Reflections

Thursday, June 30th ~ 11:00 AM

This program is an opportunity to pause, quiet ourselves and review what is before us and what is inside us. Join volunteer Brenda Pannone, for a time to be fully present and open to our own divine power. All are welcome to attend.

SUPPORT GROUPS

Dementia Support Group

Thursday, May 12th ~ 1:00 PM
Thursday, June 9th ~ 1:00 PM

Join Jodi DiRaimo, our support group leader, as we shoulder the path of Dementia together through sharing, building relationships and acquiring educational tips. She comes to us with over 40 years' experience in Geriatrics specializing in Memory Impairment and Psychology. Jodi has facilitated support groups for the RI Chapter Alzheimer's Association and local RI and MA assisted living facilities. This support group will meet the second Thursday of each month.

INSIGHT Support Group

Tuesday, May 17th ~10:30 AM
Tuesday, June 21st ~ 10:30 AM

The INSIGHT group brings together people who are living with vision loss to help them find ways to overcome the isolation, loneliness, and frustration that they may be feeling. To register, please contact Rick Andrade at 941-3322 or randrade@in-sight.org

Grief Support Group

Provided By Beacon Hospice
Thursday, May 26th ~ 1:00 PM
Thursday, June 30th ~ 1:00 PM

Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability. People cope with losses in different ways. If you need help dealing with your loss, join us here for our grief recovery support group.

SOCIAL SERVICES

Gwen Rush, our SHIP Counselor from Tri-County, is available for in person appointments the last Wednesday of the month at the Mancini Center. To schedule your appointment please call our front desk at 231-0742. NO WALK-INS WILL BE ACCEPTED.

- **Wednesday, May 25th 10:30AM – 1:00PM**
- **Wednesday, June 29th 10:30AM – 1:00PM**

Our Social Services Department assists and refers older adults in the areas of:

Finance	Housing	Prescription Drugs	
Health Insurance	Legal	Social Security	SHIP Counseling

Meet Gwen on Tuesday, May 17th from 9:30AM – 12:00PM. She will have a table located in our reception area full of information on services provided through Tri-County.

Services Include:

- The State Health Insurance Program (SHIP); assistance in understanding Medicare/Medicaid benefits and eligibility
- Senior Medicare Patrol (SMP); tips for preventing Medicare fraud
- Programs that assist with Medicare costs (Medicaid, MPP, etc.)
- Medicare Preventative Services
- Home and Community Services offered through the Tri-County Senior and Adults with Disabilities Department

BOOK A TRIP

Mancini Center Trips are exclusive to members. Payment must be made in full to reserve your trip. Make checks payable to Town of North Providence. A separate check is required for each trip. Please refer to the Mancini Center Trip Policy for details.

Mancini Center Trips	Date	Time	Cost
Journey Through The Arts Trip includes a visit to the world-class art museum of the RI School of Design, the Award Winning Steel Yard, the WaterFire Arts Center & lunch at CAV in Providence.	Wednesday June 8	10AM - 4PM	$75
Wine Tasting at Stonington Vineyards & Lunch Lunch on your own at the scenic Breakwater restaurant followed by a wine tasting which includes 5 wines and a souvenir glass.	Wednesday June 22	10AM - 4PM	$22
Lighthouse Cruise Trip includes lunch at Quonset 'O' Club before boarding a tour boat to set sail for a narrated cruise past ten beautiful lighthouses and other famous sights of RI.	Tuesday July 12	10:30AM - 3:30PM	$80
Theatre By The Sea **"Footloose"** Get ready to kick off your Sunday shoes and cut loose as Footloose, one of the most explosive movie musicals of all time, bursts onto the live stage! Lunch at Cap'n Jack's before the show is included.	Wednesday July 13	10AM - 6PM	$85
A Day in Matunuck with Lunch Lunch on your own at the picturesque Matunuck Oyster bar. We'll visit Carpenter's Farm Stand and stop for ice cream at the Vanilla Bean. Price includes transportation only.	Monday July 18	10AM - 4PM	$5
Newport Sail & Lunch at Castle Hill Trip includes lunch at the Castle Hill Inn. Then, relax aboard a classic schooner as you take a sail around Newport harbor and the east passage of Narragansett Bay.	Wednesday July 27	11:30AM - 5:30PM	$115
Newport Playhouse Lobsterfest **"Murder at the Howard Johnsons"** Enjoy this light and funny suspense comedy about a love triangle in a Howard Johnson Motor Inn. Included is the amazingly popular Lobsterfest buffet and a fun-filled cabaret.	Tuesday August 2	10AM - 6PM	$80
Lunch at George's of Galilee Lunch on your own. Dine overlooking beautiful Block Island Sound and the picturesque fishing Port of Galilee. Stroll and explore the shops at the Narragansett Pier Marketplace. Price includes transportation only.	Wednesday August 10	10AM - 4PM	$5
Beautiful Block Island Enjoy a delightful day on Block Island. Trip includes a round-trip ferry, island tour and hop on/off shuttle service throughout the day.	Tuesday August 16	8AM - 6PM	$95
Newport Playhouse Lobsterfest **"Social Security"** This hilarious Broadway comedy surrounds a married couple who are art dealers. Included is the amazingly popular Lobsterfest buffet and a fun-filled cabaret.	Tuesday September 20	10AM - 6PM	$80

North Providence Mancini Center
2 Atlantic Boulevard
North Providence, RI 02911

MANCINI CENTER COVID POLICIES

For the health, safety and well-being of all, the following policies are in order:

- **If you are sick, please stay home. If you have a fever, cough and/or shortness of breath, contact your health care provider.**
- **If state guidelines require that a mask or cloth face covering must be worn by individuals who are not fully vaccinated for COVID-19 while indoors in a public space, participants who are not fully vaccinated must adhere to those guidelines while inside the Mancini Center.**
- **Hand sanitizer is provided in all areas of the center.**
- **Water bottles are allowed. A water bottle filling station is located outside our dining room.**
- **Programs listed in this newsletter are subject to change.**
- **We reserve the right to screen members who are in the center and are showing symptoms of COVID-19.**
- **We reserve the right to decline services to anyone who does not adhere to the policies.**

Mission Statement

"To promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural and recreational programs and services."