

# North Providence MANCINI CENTER



**WINTER VIBES  
ON THE BOULEVARD**

**HOLIDAY  
CELEBRATION**

**WINTER TIME  
CRAFTS**

**2024 MEMBERSHIP  
RENEWAL**

**NOVEMBER & DECEMBER**

**VOL. 6-6**

# Director's Message

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ello Everyone!

The holiday season is upon us and all is Shiny and Bright at the Mancini Center! Take joy in the beauty of our Christmas Trees that glisten throughout the senior center filling the atmosphere with lots of holiday cheer! As you read through your November/December Newsletter, we invite you to join us for the many upcoming festivities!

It's a wonderful time of year! Our "Winter Vibes" concerts return on November 28<sup>th</sup> with Robert Black. Let the good times roll as we enjoy the Rock n' Christmas tunes of Elvis and more. On December 12<sup>th</sup>, the lovely Christiana Caprarelli is back for another amazing show! She will delight us all with our favorite Christmas music. Both shows are free and are open to the public.

"A November To Remember" event will be held on Friday, November 17<sup>th</sup>. Entertainment and music with the fabulous Ronnie Giorgio! A scrumptious lunch is catered by Mickey G's. Everyone is welcome to join us as we celebrate the birthdays of our very own Mancini Centenarians! Madeline Colantino 101 years young and Jennie George 103 years young. It's sure to be the party of the century! Tickets are available for purchase at the front desk.

Celebrate the season! Our annual Christmas Celebration will be held on Friday, December 8<sup>th</sup>. This event is always a sell out! Enjoy a delicious lunch catered by Mickey G's, live entertainment and DJ Music by Celebrations! Of course, there will be music, dancing, raffles, holiday cookies and more! Tickets are available for purchase at the front desk.

Throughout November and December, experience the Holiday Magic at the Mancini Center. Join our Wintertime Craft Classes and enjoy our seasonal gift shopping while supporting our local artisans and small businesses. Details are inside your newsletter.

Please keep in mind, as the year winds down, your Mancini Center Membership will expire on December 31, 2023. For your convenience, we have enclosed your **2024 Membership Renewal Application**. Memberships will need to be renewed to continue to participate in our classes and programs.

This holiday season, embrace the spirit of joy, love and gratitude.

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

### **Center Hours**

Monday - Friday  
9:00AM - 4:00PM

### **2024 Membership:**

**Valid 1/1/24 - 12/31/24**

**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**

Rita Morrobel

Steven Richards

#### **Kitchen Assistant**

Angela Provost

#### **Dining Room Assistant**

Sandra Santomassimo

#### **Bus Driver**

Eileen Kirshenbaum

Marie Case

### **Notary Services**

**FREE To Members**

Appointments Required

No Walk-Ins Please.

## **2024 NPMC MEMBERSHIP**

**Renew Your Membership Today!**

*Checks payable to: Town of North Providence*

**North Providence Residents: \$10.00**

**Non-Residents: \$15.00**

**2024 Memberships are valid 1/1/2024 - 12/31/2024**

### **MEMBERSHIP INCLUDES:**

- **FREE** Wellness, Educational & Craft Classes
- **FREE** use of the Fitness Center
- **FREE** use of our Billiards, Theatre & Card/Game Rooms
- **Access** to Special Events & Travel Programs
- **Bi-Monthly** Newsletter
- **Legal** Consultations and Social Service Appointments

### **MARK YOUR CALENDARS**

Veterans Day (Center Closed)	November 10
November To Remember	November 17
Thanksgiving Break (Close at 12 Noon)	November 22
Thanksgiving Break (Center Closed)	November 23 & 24
Hanukkah Begins	December 7
Holiday Celebration	December 8
Christmas Break (Center Closed)	December 22, 25 & 26
New Year's Day (Center Closed)	January 1

### **HOLIDAY CLASS CANCELLATIONS**

Thursday, November 9	Beginners Line Dancing
Tuesday, November 14	Arthritis Exercise
Thursday, November 16	Beg. Line Dancing, Functionally Fit
Friday, November 17	ROC Steady, Mah Jongg Free Play
Thursday, November 30	Beginners Line Dancing
Thursday, December 7	Beg. Line Dancing, Functionally Fit
Friday, December 8	Mat Yoga, Now & Zen Chair Yoga, ROC Steady, Mah Jongg Free Play
Thursday, December 21	Beginners Line Dancing
Wednesday, December 27	Sit Fit & Strong



# MINGLE & JINGLE ...

## WINTER VIBES

### On The Boulevard

Live Music & Entertainment!

Mancini Center Dining Room

Music ! Fun! Dancing!

Tuesdays 2:30PM - 4:00PM

**FREE EVENT!**

November 28th

Christiana Caprarelli

December 12th

Robert Black

## Meet The Author

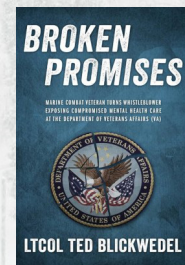
Thursday, December 14th 10:00AM

Registration Required

**Lt. Col. Ted Blickwedel**

**"Broken Promises"**

Marine Combat Veteran Turns  
Whistleblower Exposing Compromised  
Mental Health Care At The Department of  
Veterans Affairs (VA)



Author, Marine Corps Lt. Col. and Mancini Center member, Ted Blickwedel speaks about his journey of taking on the Department of Veterans Affairs in order to defend Veterans and those who serve them.

## A November To Remember

FRIENDS! FOOD! FUN!

Friday, November 17th

12:00PM - 2:30PM

\$14.00 Per Person

Tickets must be purchased by November 9th

**Entertainment with Ronnie Giorgio**

Join Us As We Celebrate Our Centenarians!

Madeline Colantino 101 Years Young & Jennie George 103 Years Young

Catered by Mickey G's

Soup, Baked Ham, Roasted Potatoes, Green Beans,  
Bread & Butter, Bread Pudding, Coffee/Tea



# SNOW MUCH FUN ! ...

## Wintertime Crafts

Registration is required for both classes

### The Magic of Bows

Thursday, November 9th 10:00AM-11:30AM

Learn how to make the easiest fluffy Christmas bows in minutes. A great way to add style to wreaths, gifts and other holiday home décor.

#### What to Bring to Class

2 Rolls of Wired Ribbon – 3 inches wide and a pair of scissors

### Holiday Wreath Making Class

Friday, December 1st 9:30AM-11:30AM

Learn how to make a fresh balsam fir Christmas Wreath in our easy to follow, step by step instructional class. Fresh evergreen boughs are provided.

#### What to Bring to Class

Wired Holiday Ribbon – Minimum of 8 yards in length & 3 inches wide, 1 Metal Coat hanger

## Holiday Gift & Craft Shopping

Deck the halls this holiday season with special gifts from some very unique vendors. Visit the Mancini Center to browse and support local artisans and small businesses.

### “Bead”itudes

Tuesday, November 14th  
9:00AM-2:00PM

### Designs By Kathie

Tuesday, November 21st  
9:00AM-2:00PM

### Radiant Wellness

Monday, December 4th  
10:00AM-2:00PM

## Tech Time

With Mike & Paul

Provided by North Providence Union Free Library

Classes are held at the Mancini Center

Registration is required

Beginners Level 9:30AM - 10:30AM  
Intermediate Level 11:00AM - 12:00PM

All Classes are held on Fridays

Participants are committed to attend all 5 sessions

December 1	January 12
December 15	January 26
December 29	

- Basic Computer Functions & Hardware
- Internet & Email Basics • Scams & Internet Safety
- Document Creation • Password Creation

Please take your laptop with you to class.  
If you do not own one, the NP Union Free Library will provide one to you to use during classes.

## Cyber-Seniors Tech Program

Provided By

The University of Rhode Island

Registration is required before November 15th

Space is limited.

The Cyber-Seniors Tech Program is designed to bridge the technological and generational gap by assisting older adults with using tech devices. Students from URI and volunteer peer mentors will be available for tutoring sessions as part of the digiAGE iPad Project. This program is part of an IRB-approved research project.

Members who register will be contacted by a URI student for pre-class and post-class surveys. Select members will receive an iPad, a binder of instructional materials and a technology mentor.





# LET'S CELEBRATE

## Holiday Celebration

**Friday, December 8<sup>th</sup>**

**11:30AM – 3:00PM**

**Tickets - \$15.00 Per Person**

Tickets Must Be Purchased by Wednesday, November 22nd

11:30AM - 3:00PM	Music and Dancing with <i>Celebrations!</i>
12:30PM	Lunch is Served
1:00PM - 2:00PM	Entertainment with <i>Ronnie Giorgio!</i>
2:30PM - 3:00PM	Prize Winners Announced

### Menu

Soup, Stuffed Boneless Chicken Breast, Roasted Potatoes,  
Mixed Vegetables, Bread & Butter, Coffee & Tea & Dessert

**Holiday Cookies • Raffles • Dancing & More!**

*Entertainment Sponsored by Golden Crest*



## 12 Days of Giving Holiday Raffle

***12 Lucky Winners!***

**12 \$25.00 VISA Gift Cards**  
**Tickets - 3/\$2.00**

**Drawing - Holiday Celebration**  
**Friday, December 8th**

**Tickets are sold at the Center**  
**Winners Are NOT Required To Be Present**

*Prizes Sponsored by*

*Anchor Bay at Pocasset, Anchor Bay at Greenwich  
& Anchor Bay at East Providence*





# RELAX & UNWIND

**Provided by Mary Lima, Reiki Master**

**Thursdays: November 16 and December 21**

**10:00AM - 12:00PM**

Reiki is an energy healing technique that promotes relaxation, reduces stress and calms anxiety through gentle touch. Private 15 minute Reiki appointments are available to senior members.

Call our front desk to schedule your appointment.



## Meditation

**Wednesdays 11:00AM**

Learning to simply relax and keep calm under pressure are huge mental and physical health benefits of Meditation. Meditation reduces stress, controls anxiety, promotes emotional health, increases self-awareness, improves concentration and slows aging.

Join us on Wednesdays to experience the benefits of Meditation.



## Chair Massage

**Provided by Mary Macro, LMT**

**Tuesdays: November 21 and December 19**

**12:00PM - 3:00PM**

**Cost: \$10.00 - 15 Minutes**

A Chair Massage focuses on the back, shoulders, neck, arms and head. It is designed to relax the muscles and improve flexibility and movement. Benefits include stress reduction, decreased anxiety, muscle tension relief, improved circulation, improved quality of sleep and increased immune function. Each private 15 minute chair massage is provided by a Licensed Massage Therapist.

Appointments are required and may be scheduled at the front desk.

## GET INSPIRED!

### Hookers Delight

#### Crochet Class

**Tuesdays**

**November 7 & 21, December 5 & 19**

**10:00AM - 11:00AM**

Crochet is a fun, relaxing hobby that anyone can do! Learn the stitches, tools and techniques that you need to get started. You'll create items that are beautiful and functional. Members of any skill level are welcome to attend. Please bring your size G crochet hook.

All other materials are provided.

**Registration required.**

#### **November & December Projects:**

Winter Hat, Mittens & Scarf Ensemble

### Captivating Canvases

#### Acrylic Painting Class

**Tuesdays & Thursdays**

**1:00PM - 3:00PM**

**Registration required. Class is Limited to 10.**

Tap into your inner artist! Beginners to advanced students are welcome. Each painting is a 2 week project.

All materials are provided.

#### **November Painting - "Winter Window"**

**Tuesdays: November 7 & 14    November 21 & 28**

***No Thursday Classes in November***

#### **December Painting - "Winter Window"**

***No Tuesday Classes in December***

**Thursdays: December 7 & 14    December 21 & 28**

# NOVEMBER Gatherings

## Blood Pressure Screenings

10:00AM to 11:00AM

- Thursday, November 9th
- Thursday, November 16th
- Monday, November 20th
- Tuesday, November 28th



## Healthy Holiday Eating

Presented by Wellness Resolutions  
Tuesday, November 7th 10:00AM

The best gift we can give ourselves this holiday is good health. Join us for a nutrition talk with Registered Dietitian & Nutritionist Rachel Roberts. Rachel will share nutrition tips and tricks to teach us to find the right balance between enjoying our holiday meals and maintaining good health. Remember, a healthy holiday is a happy holiday!

**Registration is required.**

## Pain Management

Presented by Cherry Hill Manor  
Tuesday, November 14th 10:00AM

Pain Management is an aspect of medicine and health care involving relief of pain in various dimensions from acute and simple to chronic and challenging. Join us to learn about living with chronic pain and the options available to treat it.

**Registration is required.**

## Hearing Screenings

Provided by Beltone  
Wednesday, November 15th  
9:30AM-11:00AM

Beltone will be visiting the Mancini Center to provide free Hearing Screenings to members.

**Appointments are required.**

Please register at the front desk.

## Smartphone Workshop

Provided by Verizon  
Friday, November 17th

10:00AM - iPhones | 1:00PM - Androids

Advancements in modern tech are supposed to add ease to our lives and help us stay connected to those who matter most. Navigating countless apps and screen displays on smartphones can be confusing and frustrating. Join representatives from **Verizon** for this **FREE** workshop and learn how to use your smartphone to its fullest! Space is limited.

**Registration is required.**

## Sleep Disorders

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

20-40% of adults suffer from insomnia over the course of a year. Join us to learn what can cause sleep disorders and how to successfully treat them. We'll also learn about the newest medications used to treat insomnia.

**Registration is required.**

## Spiritual Rockstars

Monday November 27th 12:30PM

So often, we mean to pray but the day just slips away, and we never get back to our "prayer closet". Our higher power does not care how we pray, he just wants us to pray. Please join our volunteer Brenda Pannone as she leads us in prayer once a month. All spiritual denominations are welcome.

## Book Club

Wednesday, November 29th 1:00PM

**Discuss:** "All The Broken Places"  
by John Boyce

**Receive:** "Bright Lights, Big Christmas"  
by Mary Kay Andrews

Space is limited. **Registration is required.**

## Craftastic

Thursday, November 30th  
10:00AM-11:30AM

November Project:  
Popsicle Stick Christmas Ornaments

Christmas is in the air! These festive popsicle stick ornaments are so easy and fun to make! Participants are required to bring in popsicle sticks. All other materials provided by the center. Space is limited. **Registration is required.**



## MANCINI CINEMA

Enjoy An Afternoon Matinée On Our 85" TV!

Monday, November 13th 12:30PM

*The Fabelmans*

2022 drama starring Michelle Williams,  
Paul Dano & Seth Rogan



# DECEMBER Gatherings

## Blood Pressure Screenings

10:00AM to 11:00AM

- Monday, December 4th
- Thursday, December 14th
- Tuesday, December 19th
- Thursday, December 28th



## Spiritual Rockstars

Friday, December 15th 12:30PM

So often, we mean to pray but the day just slips away, and we never get back to our “prayer closet”. Our higher power does not care how we pray, he just wants us to pray. Please join our volunteer Brenda Pannone as she leads us in prayer once a month. All spiritual denominations are welcome.

## Smartphone Workshop

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Friday, December 15th

10:00AM - Androids | 1:00PM - iPhones

Advancements in modern tech are supposed to add ease to our lives and help us stay connected to those who matter most. Navigating countless apps and screen displays on smartphones can be confusing and frustrating. Join representatives from **Verizon** for this **FREE** workshop and learn how to use your smartphone to its fullest! Space is limited. **Registration is required.**

## See Inside Your Ear

Provided by Beltone

Wednesday, December 20 9:30AM-11:00AM

Do you have trouble hearing? It may be as simple as ear wax buildup. A video otoscope screening could help identify common ear issues and determine what is causing your hearing loss. It's quick and painless! No appointment necessary.

## Mah Jongg for Beginners

Begins Wednesday, December 20 1:00PM

Learn to play Mah Jongg! Players must commit to an 8 week instructional session. This session begins Wednesday, December 20 and ends February 14th. No class January 3rd. Space is limited. **Registration is required.**

## Book Club

Wednesday, December 27th 1:00PM

**Discuss:** “Bright Lights, Big Christmas”  
by Mary Kay Andrews

**Receive:** “Coronation Year”  
by Jennifer Robson

Space is limited. **Registration is required.**

## Craftastic

Thursday, December 28th  
10:00AM-11:30AM

**December Project:**  
**Hand Painted Vintage Book**



Give an old book a new look and add a new décor element to your home! Participants are required to bring their own hardcover book. All other materials provided by the center. Space is limited. **Registration is required.**

## MANCINI CINEMA

Enjoy An Afternoon Matinée On Our 85” TV!

Monday, December 11th 12:30PM

*La La Land*

2016 musical starring Ryan Gosling,  
Emma Stone & John Legend

## OPERATION SNOWBALL

### Inclement Winter Weather Policy

Winter is just around the corner!  
The Mancini Center is part of the  
RI Broadcasters Association.  
Cancellations and closures will be posted on  
local television (channels 6, 10 & 12) and  
radio stations.

Follow Us On Facebook At:  
[Facebook.com/NPManciniCenter](https://www.facebook.com/NPManciniCenter)

Stay up to date on  
current & upcoming programs!

# STAY STRONG, LIVE LONG

## ***Fitness Classes***

### **Monday**

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

### **Tuesday**

9:00 AM - 3:00 PM: Fitness Center  
9:00 AM: Tai Chi w/Bob  
10:00 AM: Cardio Strength Training w/Lisa  
10:00 AM: Chair Yin Yoga w/Mary  
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: Functionally Fit w/Lisa

### **Friday**

9:00 AM - 3:00 PM: Fitness Center  
10:00 AM: Mat Yoga w/Amy  
11:30 AM: Now & Zen Chair 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 (11/21 & 12/19)  
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  
1:00 PM: Mah Jongg Beginners  
1:00 PM: Mah Jongg Free Play  
1:00 PM: Poker League  
1:00 PM: Book Club (11/29 & 12/27)

### **Thursday**

9:00 AM - 3:00 PM: Open Billiards  
10:00 AM: Craftastic (11/30 & 12/28)  
10:00 AM: Reiki (11/16 & 12/21)  
1:00 PM: Captivating Canvases  
1:00 PM: Stamp Club

### **Friday**

9:00 AM - 3:00 PM: Open Billiards  
12:30 PM: Spiritual Rockstars (11/27 & 12/15)  
1:00 PM: Mah Jongg Free Play



# BETTER CHOICES = A HEALTHY LIFESTYLE

## Arthritis Exercise

Tuesday 1:00 PM  
Instructor: Maria

Wednesday 10:00 AM  
Instructor: Sue

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.

## Barre Fitness

Monday 3:00 PM  
Instructor: Fran

This innovative exercise program combines slow movements using your own body-weight with the assistance of a ballet bar. Designed for older men and women. This class is for all levels of mobility and will engage muscles that other exercises don't reach. Barre challenges those of us who want to fine-tune our muscles, improve balance and posture, increase strength coordination and sculpt a stronger, more defined core. Non-slip socks are required for this class.

## 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  
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!

## Chair Yin Yoga

Tuesday 10:00 AM  
Instructor: Mary

Chair Yin Yoga is a meditative form of yoga in a chair. Each movement is done slowly while applying gentle, healthy stress to our joints and connective tissues, like our fascia, ligaments, joints, and bones. Yin Yoga is known to help relieve stiffness and enhance our body's flexibility. Excellent for those of us with arthritis.

## 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.

## Functionally Fit

Thursday 1:30 PM  
Instructor: Lisa

Class consists of a rhythmic warm-up with strength training that readies your body for daily activities, like bending, twisting, lifting, pushing, pulling, etc. Set to upbeat music.

## 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 & 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.

## Now & Zen Chair Yoga

Friday 11:30 AM  
Instructor: Amy

A gentle yoga class designed to cultivate awareness and strength through movement, breath work and guided meditation. Everyone will benefit from this class especially older adults with balance deficits or those who have limited mobility. Studies have shown, practicing yoga once a week will boost our overall health and mental well-being.

## 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. A yoga mat is required for this class.

## 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.

# SOCIAL SERVICES

Our Social Services Department assists and refers older adults in areas of Finance, Health Insurance, Housing, Legal, Social Security and Prescription Drugs.

**Thursday, November 16, Wednesday, November 29 & Monday, December 4**

**10:30AM - 1:00PM**



To schedule an appointment with Gwen Rush, Tri County SHIP Counselor, please call our Front Desk at 231-0742.

## Special Announcement

### **Medicare Open Enrollment is October 15 - December 7, 2023**

This is the time to review your current plan and compare it to the new plans for 2024. You may have received notices with information about changes to your coverage for the coming year. It is important to read and understand these notices, so that you may decide if your coverage will continue to meet your needs or if you should change it. Each year insurance companies are able to change their formularies and premium costs. Although a Prescription Drug Plan (PDP) may cover your medications in 2023, the same plan may not cover the same medications in 2024. It is beneficial to review your plan every year.

**Please refer to our Healthcare Informational Programs below:**

#### United Healthcare

**Thursdays: November 2nd and November 9th 10:00AM-11:00AM**

Representative Jacqueline Delgado will answer questions about Medicare and review how you may take advantage of the benefits available from your United Healthcare plan.

#### "Medicare Untangled"

**Presented by Universal Healthcare/Wealth Management**

**Wednesday, November 15th 1:00PM-2:30PM**

This seminar will explore your Medicare options and bring transparency and simplicity to the changing health insurance market. A comparison of plan coverage options will be discussed so that you may enroll in a plan that's right for you.

## Are you struggling to stay warm in your home?

The Low-Income Home Energy Assistance Program (LIHEAP) helps eligible low-income seniors pay their heating bills and offers weatherization services.

Household Size	12 Month	3 Month	1 Month
1	\$35,674	\$8,918.50	\$2,972.83
2	\$46,651	\$11,662.75	\$3,887.58
3	\$57,628	\$14,407	\$4,802.33

For more information on the LIHEAP program and other Emergency Services, contact Tri-County at 401-351-2750.

## SUPPORT GROUPS

### **Grief Support Group**

**Provided by Beacon Hospice**

**Thursdays: November 30 & December 28**

**1:00PM**

Grief is a normal response to loss during or after a traumatic event. People cope with losses in different ways. If you need help dealing with your loss, join us for our grief recovery support group.

**No registration required. Walk-ins welcome.**

### **VISION Support Group**

**Provided by IN-SIGHT**

**Coming Tuesday, February 20, 2024**

**10:00AM**

Are you living with a visual impairment or supporting someone who is? Staff members from IN-SIGHT will provide information about the available resources to help individuals adapt to vision loss and answer questions you may have. Contact Lucille Gaboriault at 941-3322, ext. 121. Email [lgaboriault@in-sight.org](mailto:lgaboriault@in-sight.org) for more details.



# BOOK A TRIP

Mancini Center Trips are exclusive to members. A separate check is required for each trip.  
Payment must be made in full to reserve your trip. There are no refunds.  
Please refer to the Mancini Center Trip Policy for details.

Mancini Center Trips	Date	Time	Cost
<b>Newport Playhouse - 2 Dates</b> <b>"Miracle on South Division Street"</b> Includes transportation, a delicious buffet, a hilarious play and a fun-filled cabaret. <b>SOLD OUT - WAITLIST ONLY</b>	Thurs., November 9 Mon., November 13	10:00AM-6:00PM	\$70
<b>The Edwards Twins Present</b> <b>"The Ultimate Christmas Variety Show"</b> Includes transportation, lunch and show. <b>SOLD OUT - WAITLIST ONLY</b>	Thurs., November 30	11:00AM-5:00PM	\$80
<b>Christmas by Candlelight at Old Sturbridge Village</b> Step back in time to a warm place filled with New England holiday traditions, live musical performances, barn dances, storytelling, horse-drawn wagon rides, roaring bonfires, and more! Set in the 19th century, this rural New England village recreates life as it was lived in the olden days. Considered one of the top places to experience the joy of Christmas in the United States, you will love this old-time Christmas celebration! After we visit the Village, we will go to dinner at the Cracker Barrel in Sturbridge. Dinner is purchased separately. Trip includes moderate walking. Not recommended for those with mobility issues.	Fri., December 15	2:00PM-9:00PM	\$75
<b>Trips by RDC Tours:</b> To book an RDC Tours trip, call Richard Cece at 401-529-7802 ~ <a href="http://rdctours.com">rdctours.com</a>	Date	Time	Cost
<b>Radio City Christmas Spectacular</b> Includes Motor Coach Transportation, Admission	Sat., November 25	7:00AM-10:00PM	\$199
<b>Pennsylvania Dutch</b> Includes Motor Coach Transportation, 2 Nights Accommodations, 2 Breakfasts, 2 Dinners, 2 Shows, A Day Of Shopping	Tues., November 28- Thurs., November 30	7:00AM Tues. 7:00PM Thurs.	\$489
<b>Christmas Prelude At Kennebunkport, ME</b> Includes Motor Coach Transportation, Admission	Sun., December 3	7:30AM-9:00PM	\$69
<b>Christmas Celebration With The Corvettes at The Log Cabin</b> Includes Motor Coach Transportation, Musical Performance, Lunch	Tues., December 12	8:30AM-5:30PM	\$135

## Mancini Center Dining

### Mondays and Fridays 11:30AM

For reservations, call our Front Desk – 231-0742

Enjoy a delicious hot lunch in our comfortable Dining Room! Lunch is provided by Blackstone Inc. and is offered on Mondays and Fridays. This program is for seniors age 60+ and adults who are disabled, with proper documentation.











This nutrition program for older Rhode Islanders is sponsored by the RI Office of Healthy Aging via the Older Americans Act.

- Lunch is a \$3.00 Suggested Donation - **Menus available at the center.**
- Lunch is served at 11:30AM – Dining Room Opens at 11:15AM (NO EARLIER)
- Reservations are required 1 week in advance
- Cancellations are appreciated 24 hours in advance

**Meals Available.**

Reservations required 1 week in advance

Mon	Tue	Wed	Thu	Fri
<div>November</div>			<div>1</div> <div>2</div> <div>10:00AM-11:00AM United Healthcare Medicare Meeting</div> <div>Cancelled Functionally Fit</div>	<div>3</div> <div>Tech Time 9:30AM - Beginners 11:00AM - Intermediates  9:00AM-2:00PM AARP Smart Driver Course</div>
<div>6</div>	<div>7</div> <div>10:00AM Hooker's Delight  10:00AM "Healthy Holiday Eating"  1:00PM-3:00PM Captivating Canvases "Winter Window"</div>	<div>8</div>	<div>9</div> <div>10:00AM-11:00AM Blood Pressure  10:00AM-11:30AM The Magic Of Bows  10:00AM-11:00AM United Healthcare Medicare Meeting  <b>TRIP</b> Newport Playhouse  Cancelled Beginners Line Dancing</div>	<div>10</div> <div><b>CENTER CLOSED</b></div> <div><b>VETERANS DAY</b> ***** THANK YOU FOR YOUR SERVICE</div>
<div>13</div> <div>12:30PM Mancini Cinema <i>The Fabelmans</i>  <b>TRIP</b> Newport Playhouse</div>	<div>14</div> <div>9:00AM-2:00PM "Bead"itudes  10:00AM "Pain Management"  1:00PM-3:00PM Captivating Canvases "Winter Window"  Cancelled Arthritis Exercise</div>	<div>15</div> <div>9:30AM-11:00AM Hearing Screenings  1:00PM Medicare Untangled</div>	<div>16</div> <div>10:00AM-11:00AM Blood Pressure  10:00AM-12:00PM Reiki  10:30AM-1:00PM Tri-County Appointments  Cancelled Beginners Line Dancing Functionally Fit</div>	<div>17</div> <div>Tech Time 9:30AM - Beginners 11:00AM - Intermediates  Smartphone Workshop 10:00AM - iPhones 1:00PM - Androids  <b>A November To Remember</b> 12:00PM-2:30PM  Cancelled ROC Steady Mah Jongg Free Play</div>
<div>20</div> <div>10:00AM-11:00AM Blood Pressure</div>	<div>21</div> <div>9:00AM-2:00PM Designs By Kathie  10:00AM Hooker's Delight  10:00AM "Sleep Disorders"  12:00PM-3:00PM Chair Massage  1:00PM-3:00PM Captivating Canvases "Winter Window"</div>	<div>22</div> <div><b>CENTER CLOSSES AT NOON</b>  Cancelled Sit Fit &amp; Strong Mah Jongg Free Play Mah Jongg Beginners Poker League</div>	<div>23</div> <div><b>CENTER CLOSED</b></div>	<div>24</div> <div><b>CENTER CLOSED</b></div>
<div>27</div> <div>12:30PM Spiritual Rockstars</div>	<div>28</div> <div>10:00AM-11:00AM Blood Pressure  1:00PM-3:00PM Captivating Canvases "Winter Window"  2:30PM-4:00PM Winter Vibes Concert Christiana Caprarelli</div>	<div>29</div> <div>10:30AM-1:00PM Tri-County Appointments  1:00PM Book Club</div>	<div>30</div> <div>10:00AM-11:30AM Craftastic  1:00PM Grief Support  <b>TRIP</b> Edwards Twins at Lake Pearl  Cancelled</div>	

Mon	Tue	Wed	Thu	Fri
 <h1>December</h1>				<b>1</b> 9:30AM-11:30AM Holiday Wreath Making Class  Tech Time 9:30AM - Beginners 11:00AM - Intermediates  
<b>4</b> 10:00AM-11:00AM Blood Pressure  10:00AM-2:00PM Radiant Wellness  10:30AM-1:00PM Tri-County Appointments  	<b>5</b> 10:00AM Hooker's Delight	<b>6</b>	<b>7</b> 1:00PM-3:00PM Captivating Canvases "Winter Window"  <b>Cancelled</b> <b>Beginners Line Dancing</b> <b>Functionally Fit</b>	<b>8</b>  <b>Holiday Celebration</b> <b>11:30AM-3:00PM</b>  <b>Cancelled</b> <b>Mat Yoga</b> <b>Now &amp; Zen Chair Yoga</b> <b>ROC Steady</b> <b>Mah Jongg Free Play</b>
<b>11</b> 12:30PM Mancini Cinema <i>La La Land</i>  	<b>12</b> 2:30PM-4:00PM Winter Vibes Concert Robert Black	<b>13</b>	<b>14</b> 10:00AM-11:00AM Blood Pressure  10:00AM Meet The Author Lt. Col. Ted Blickwedel  1:00PM-3:00PM Captivating Canvases "Winter Window"	<b>15</b> Tech Time 9:30AM - Beginners 11:00AM - Intermediates  Smartphone Workshop 10:00AM - Androids 1:00PM - iPhones  12:30PM Spiritual Rockstars   <b>TRIP</b> Christmas By Candlelight
<b>18</b>  	<b>19</b> 10:00AM-11:00AM Blood Pressure  10:00AM Hooker's Delight  12:00PM-3:00PM Chair Massage	<b>20</b> 9:30AM-11:00AM See Inside Your Ear	<b>21</b> 10:00AM-12:00PM Reiki  1:00PM-3:00PM Captivating Canvases "Winter Window"  <b>Cancelled</b> <b>Beginners Line Dancing</b>	<b>22</b> <b>CENTER CLOSED</b>  
<b>25</b> <b>CENTER CLOSED</b>  	<b>26</b> <b>CENTER CLOSED</b>  	<b>27</b> 1:00PM Book Club  <b>Cancelled</b> <b>Sit Fit &amp; Strong</b>	<b>28</b> 10:00AM-11:00AM Blood Pressure 10:00AM-11:30AM Craftastic  1:00PM-3:00PM Captivating Canvases "Winter Window"  1:00PM Grief Support  	<b>29</b> Tech Time 9:30AM - Beginners 11:00AM - Intermediates



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



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*Merry Christmas  
and  
Happy Holidays  
from the  
Mancini Center Staff!*

**Mission Statement**

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