

# North Providence MANCINI CENTER

**NEW CLASS  
S.A.I.L.**

**TAX PREPARATION  
SERVICES**

**MINDFUL  
EATING**

**TECHNOLOGY  
CLASSES**

*Embrace Winter*

**JANUARY & FEBRUARY 2024 | NEWSLETTER | VOL. 7-1**

# ***Director's Message***

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ello Everyone!

As we step in to the New Year, let's raise a toast to make 2024 a year of new experiences and growth! Kickoff the new year with a variety of enjoyable and socially healthy programs along with exciting events at the Mancini Center!

***NEW and NEXT...S.A.I.L.*** – "Stay Active And Independent For Life" is a new program offered to members beginning February 5<sup>th</sup>. This is a Fall Prevention Program designed especially for adults 70 years of age and older to reduce the number of falls and fall-related injuries. As we know, falls are one of the leading causes of injury for all age groups. Class size is limited and participants are asked to commit to the six-month program. Please see details inside your newsletter.

***Tech Time with Mike and Paul...*** is beginning a new five-week session in February! Thank you to the North Providence Union Free Library for providing this class to us! The ever-changing technological landscape is clearly ongoing. There have been advances in devices like smartphones, tablets, and wearable technology. Mike and Paul have been assisting us in expanding our knowledge to computers. If you are new to computers or want to improve your skills, this workshop is for you. Registration is required.

A special thanks to our Town Council Members, Town Administration, Staff, Volunteers, Instructors, and Community Businesses for their outstanding commitment and support throughout 2023! **THANK YOU!**

Also, **THANK YOU** to RI Senate President Dominick Ruggerio and State Representative William O'Brien for their continued support in providing grant opportunities that allow us to enrich our programs and services to the seniors of the Mancini Center!

*Embrace Winter ....* Break out those cozy sweaters and browse through your January/February Newsletter. Stay connected, stay active, and enjoy!

Cheers to a healthy, successful and rewarding 2024!

*Linda M. Giorgio, Executive Director*

**North Providence Mancini  
Center**

2 Atlantic Blvd.  
North Providence, RI 02911  
Phone - 401-231-0742  
Fax - 401-232-3460

**Center Hours**

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

**2024 Membership:**

**Valid 1/1/2024 - 12/31/2024**

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 Drivers**

Eileen Kirshenbaum  
Marie Case

**Notary Services**

**FREE To Members**

Appointments Required

No Walk-Ins Please

**2024 NPMC MEMBERSHIP**

Memberships are valid 1/1/24 - 12/31/24

**A new application is required annually**

*Checks payable to: Town of North Providence*

**North Providence Residents: \$10.00**

**Non-Residents: \$15.00**

Membership applications are available at the front desk or  
you may download it at [mancinicenter.com](http://mancinicenter.com)

*Thank You To Our 2023 Sponsors!*

A.A. Mariani & Son Funeral Home

Anchor Bay at East Providence

Anchor Bay at Greenwich

Anchor Bay at Pocasset

Blue Cross & Blue Shield of RI

Capitol Ridge at Providence

Chapel Hill Senior Living

Cherry Hill Manor

Golden Crest Nursing Centre

Halcyon at West Bay

Lincolnwood Rehab & Healthcare Center

One Solution Home Care

Radiant Wellness Healing Center

RDC Tours

Smithfield Woods

Washington Trust Bank

Wine & Cheese Restaurant

**AARP Tax Preparation Services**

**For Members Only - Appointments Required**

**Tuesdays, February 6th - April 11th**

**Open to Non- Members March 1st**

Tax Aid Representatives from the AARP Tax Aid Program will be at the center to assist seniors with preparation and filing of federal and state tax returns. All returns will be electronically prepared and transmitted. If you are filing jointly, both individuals must be at the appointment.

Services are free of charge.

Please bring the following documents:

- Your 2022 Tax Return and Valid Identification
- W-2, 1099-INT, 1099-DIV, 1099-R (Pensions), 1099-R (IRA's),
- SSA-1099 (Social Security), 1099-MISC, 1095-A (Mrkt Health)

**For appointments please call 231-0742  
or stop by the reception desk.**

## RELAX & UNWIND



### Chair Massage

**Provided by Mary Macro, LMT**

**Tuesdays: January 16th and February 20th  
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.

### 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.

## NEW AND NEXT...

### S.A.I.L.

#### STAY ACTIVE AND INDEPENDENT FOR LIFE

Provided by CareLink Wellness Services

**S.A.I.L. is a Fall Prevention Program**

**Mondays & Thursdays 12PM – 1PM  
Classes begin February 5<sup>th</sup>**

**Registration Required – Class Size is limited  
Program requires a 6 month commitment**

- Classes are one-hour, 2X per week for 6 months.
- Focuses on Flexibility, Strength and Balance
- Light hand and ankle weights
- Individuals with a mild level of mobility difficulty are encouraged to participate
- Class is instructed to Music

#### BALANCE SCREENS

**Friday, January 26<sup>th</sup> 12PM – 3PM**

All participants are required to complete a Balance Screen prior to participating in the S.A.I.L. program.

Register for your 15-minute screening.

Call 231-0742

### St. Patrick's Day Celebration

**Thursday, March 14th  
12:00PM - 3:00PM**

**\$15.00 Per Person**

**Tickets Go On Sale February 1st**

Catered by Mickey G's

**Soup, Corned Beef & Cabbage Dinner,  
Irish Soda Bread, Coffee/Tea & Dessert**

**DJ Entertainment**

### St. Joseph's Day Celebration

**Tuesday, March 19th  
12:00PM - 3:00PM**

**\$15.00 Per Person**

**Tickets Go On Sale February 1st**

Catered by Mickey G's

**Soup, Chicken Parmigiana, Roasted Potatoes,  
Vegetable, Coffee/Tea & Zeppoles!**

**DJ Entertainment & Special Guest  
Ronnie Giorgio**

## SOCIAL SERVICES

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

**Wednesdays: January 31st & February 28th**

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



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

## SUPPORT GROUPS

### Grief Support Group

Provided by Beacon Hospice

**Thursdays: January 25th & February 29th**

**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

**Tuesday, February 20th**

**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.

## 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

## 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>"The Ladies Foursome"</b> The day after their friend Cathy's funeral, Margot, Tate, and Connie gather for a round of golf in honour of their recently departed fourth. There, they are joined by another woman, an old friend of Cathy's they'd never met. Over the course of eighteen holes, secrets and confessions unravel as the women discuss love, sex, children, and everything in between. A funny, fast-paced, heartwarming story of friendship. Includes transportation, a delicious buffet, a hilarious play and a fun-filled cabaret.	Thurs., March 21 Wed., April 3	10:00AM- 6:00PM	\$70

# JANUARY Vibes

## Blood Pressure Screenings

10:00AM to 11:00AM

- Thursday, January 4th
- Thursday, January 11th
- Tuesday, January 16th



## Hearing Screenings

Provided by Beltone

Wednesday, January 17th

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, January 26th

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.**

## Spiritual Rockstars

Friday, January 26th 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.

## Mindful Eating

Presented by Wellness Resolutions

Tuesday, January 30th 10:00AM

Do you struggle with overeating? Eat to manage stress or emotion? Join Rachel Robert, Registered Dietician to learn about the basic principles of mindful eating. When practiced regularly, mindful eating can transform our relationship with food to improve our overall wellbeing. Learn strategies that will allow us to eat less and enjoy our food more.

**Registration is required.**

## Book Club

Wednesday, January 31st 1:00PM

**Discuss:** "Coronation Year"

by Jennifer Robson

**Receive:** "Go As A River"

by Shelley Read

**Registration is required**

## MANCINI CINEMA

Enjoy An Afternoon Matinée On Our 85" TV!

Monday, January 22nd 1:00PM

*The Fabelmans*

2022 drama starring Michelle Williams, Paul Dano and Seth Rogan

Monday, February 12th 1:00PM

*NYAD*

2023 biography/drama starring Annette Bening and Jodie Foster.



## 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**

February 9

March 22

February 23

April 5

March 8

- 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.

# ***FEBRUARY Vibes***

## **Blood Pressure Screenings**

**10:00AM to 11:00AM**

- Monday, February 5th
- Thursday, February 22nd
- Thursday, February 29th



## **Aging & Memory Loss**

**Presented by Butler Hospital  
Thursday, February 1st 10:00AM**

Join Athena Lavoie and Gregory Brunson from Butler Hospital's Memory and Aging Program as we learn what can be normal in memory loss as we age, what you can do to maintain brain health at any age and exciting breakthroughs in Alzheimer's prevention research.

**Registration is required.**

## **Dark Chocolate**

**Presented by Kathi Masi  
Thursday, February 15th 10:00AM**

Dark Chocolate, slightly sweet, slightly bitter, is often touted as having lots of health benefits, but is there any truth to these claims! Please join us to learn more about dark chocolate...the good and the bad!

**Registration is required.**

## **Smartphone Workshop**

**Provided by Verizon  
Friday, February 16th**

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

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

**Registration is required.**

## **Healthy Heart**

**Presented by URI Pharmacy Outreach  
Tuesday, February 20th 10:00AM**

February is American Heart Month. Heart disease is the leading killer of Americans, taking the lives of 2,200 people each day. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80% of cardiovascular diseases may be preventable with education and action. Simple lifestyle changes can make a big impact when it comes to heart health.

We will review the best practices currently recommended by doctors.

**Registration is required.**

## **See Inside Your Ear**

**Provided by Beltone**

**Wednesday, February 21st 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.

## **Elder Law**

**Presented by Rhode Island Legal Services  
Friday, February 23rd 10:30AM**

Join visiting attorney, Steven J. Bagian, Esq. to learn about the services offered to seniors by Rhode Island Legal Services. Topics of discussion include elder abuse, scams, identity theft and end-of-life decisions. There will be a period for questions and answers.

**Registration is required.**

## **Spiritual Rockstars**

**Friday, February 23rd 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, February 28th 1:00PM**

**Discuss:** "Go As A River"

by Shelley Read

**Receive:** "Dictionary Of Lost Words"

by Pip Williams

**Registration is required**

## **Travel Presentation**

### **Shades of Ireland**

**Presented by Collette Travel &  
Judy's Joyful Journeys  
Monday, February 26th 2:00PM**

From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle.

### **SHADES OF IRELAND**

Trip Date: September 19-28, 2024  
10 Days, 13 Meals: 8 Breakfasts, 5 Dinners  
Book Early and Save \$250  
**Registration is required.**

# STAY STRONG, LIVE LONG

## Fitness Classes

### Monday

9:00 AM - 3:00 PM: Fitness Center  
 10:00 AM: BoneBuilders  
 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

### 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  
 12:30 PM: Beginners Line Dancing w/Fran

### 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 (1/16 & 2/20)  
 1:00 PM: Captivating Canvases (Pause Jan & Feb)  
 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 (1/31 & 2/28)

### Thursday

9:00 AM - 3:00 PM: Open Billiards  
 10:00 AM: Craftastic (Pause Jan & Feb)  
 10:00 AM: Reiki (Pause Jan & Feb)  
 1:00 PM: Captivating Canvases (Pause Jan & Feb)  
 1:00 PM: Stamp Club

### Friday

9:00 AM - 3:00 PM: Open Billiards  
 12:30 PM: Spiritual Rockstars (1/26 & 2/23)  
 1:00 PM: Mah Jongg Free Play

# BETTER CHOICES = A HEALTHY LIFESTYLE

## Arthritis Exercise

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

Instructor: Deb

Thursday 11:00 AM

Instructor: Michele

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.

## 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!

## Mancini Fitness Center

Monday - Friday 9:00 AM - 3:00 PM

The Fitness Center is fully equipped with Exercise Bikes, Treadmills, Standing and Recumbent Ellipticals and Rowers.

## 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.

**Meals Available.**

Reservations required 1 week in advance

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>CENTER CLOSED</b> 	<b>2</b>	<b>3</b>	<b>4</b> 10:00AM-11:00AM Blood Pressure	<b>5</b> 
<b>8</b> 	<b>9</b>	<b>10</b>	<b>11</b> 10:00AM-11:00AM Blood Pressure	<b>12</b> Tech Time 9:30AM - Beginners 11:00AM - Intermediates 
<b>15</b> <b>CENTER CLOSED</b> 	<b>16</b> 10:00AM-11:00AM Blood Pressure 12:00PM-3:00PM Chair Massage	<b>17</b> 9:30AM-11:00AM Hearing Screenings	<b>18</b>	<b>19</b> 
<b>22</b> 1:00PM Mancini Cinema <i>The Fabelmans</i> 	<b>23</b>	<b>24</b>	<b>25</b> 1:00PM Grief Support	<b>26</b> Tech Time 9:30AM - Beginners 11:00AM - Intermediates Smartphone Workshop 10:00AM - iPhones 1:00PM - Androids 12:00PM-3:00PM S.A.I.L. Balance Screens 12:30PM Spiritual Rockstars 
<b>29</b> 	<b>30</b> 10:00AM-11:00AM "Mindful Eating"	<b>31</b> 10:30AM-1:00PM Tri-County Appointments 1:00PM Book Club		

Mon	Tue	Wed	Thu	Fri
			<p><b>1</b></p> <p>10:00AM-11:00AM "Aging &amp; Memory Loss"</p> <p>Tickets Go On Sale For St. Patrick's Day &amp; St. Joseph's Day Celebrations</p> 	<p><b>2</b></p>
<p><b>5</b></p> <p>10:00AM-11:00AM Blood Pressure</p> <p>S.A.I.L. Program Begins Mondays &amp; Thursdays 1:00PM-2:00PM Registration Required</p> 	<p><b>6</b></p> <p>10:00AM-2:30PM AARP Tax Prep By Appointment Only</p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p> <p>New Session Begins Tech Time 9:30AM - Beginners 11:00AM - Intermediates</p> 
<p><b>12</b></p> <p>1:00PM Mancini Cinema NYAD</p> 	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p> <p>10:00AM-11:00AM "Dark Chocolate"</p>	<p><b>16</b></p> <p>Smartphone Workshop 10:00AM - Androids 1:00PM - iPhones</p> 
<p><b>19</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>20</b></p> <p>10:00AM-2:30PM AARP Tax Prep By Appointment Only</p> <p>10:00AM-11:00AM "Healthy Heart"</p> <p>10:00AM-11:30AM VISION Support Group</p> <p>12:00PM-3:00PM Chair Massage</p>	<p><b>21</b></p> <p>9:30AM-11:00AM See Inside Your Ear</p>	<p><b>22</b></p> <p>10:00AM-11:00AM Blood Pressure</p>	<p><b>23</b></p> <p>Tech Time 9:30AM - Beginners 11:00AM - Intermediates</p> <p>10:30AM-11:30AM "Elder Law"</p> <p>12:30PM Spiritual Rockstars</p> 
<p><b>26</b></p> <p>2:00PM-3:00PM Travel Presentation "Shades of Ireland"</p> 	<p><b>27</b></p>	<p><b>28</b></p> <p>10:30AM-1:00PM Tri-County Appointments</p> <p>1:00PM Book Club</p>	<p><b>29</b></p> <p>10:00AM-11:00AM Blood Pressure</p> <p>1:00PM Grief Support</p>	

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



## **OPERATION SNOWBALL**

### **Inclement Winter Weather Policy**

Winter is here!

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!

## **SAVE THE DATE**

### **Smart Driver Course**

Provided by AARP  
**Thursday, March 28th**  
**9:00AM-2:00PM**

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. Space is limited.

**Registration is required.**  
**AARP Members \$20.00 | Non-Members \$25.00**

Checks payable to AARP  
Payments are accepted the day of class.

## **Mission Statement**

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