

North Providence Mancini Center

TRIPS
Martha's Vineyard
Block Island

SUMMER CONCERTS
Live Music On The Patio

SUMMER PICNIC
At Meehan Overlook

JULY & AUGUST 2026 | NEWSLETTER | VOL. 9-4

Director's Message



ello Everyone!

Welcome to the heart of summer! This is an incredibly special season for us as we continue celebrating our *50th Anniversary* all summer long!

Your July/August Newsletter is jammed packed, so plan your calendars ahead to make this summer a spectacular one! Here are just a few of our Summer Event Highlights.

Summer Picnic... The Mancini Center will be hosting a *Summer Picnic* at the Overlook at Meehan on Thursday, August, 27th! We have a full menu planned consisting of red/white chowder, clam cakes, hotdogs, hamburgers, watermelon and dessert! Dance to your favorite summer tunes with DJ Jim of Celebrations and enjoy live music with Ron Giorgio's powerhouse voice of the Sinatra era!

Outdoor Concert Series... Join us on our beautiful shaded patio on Tuesday afternoons and take pleasure in the *Music of Summer*! All concerts are FREE and open to the public! Enjoy the music of Rhode Island's local entertainers while relaxing with friends! Bring your own chairs. In case of inclement weather, music is held indoors. There will be NO CANCELLATIONS.

Your Passport to fun and friendship!

Island Day Trips - Catch the ferry for unforgettable excursions to Block Island and Martha's Vineyard.

Lavender Farm Field Trip - Stroll through fragrant purple fields, take a guided tour, and clip your own fresh bundle during our upcoming trip to Lavender Waves Farm.

Rhode Island Winery Tours - Explore the scenic properties of local RI Vineyards and sample premium regional blends during an afternoon tour and tasting.

Wine & Art – Sip local flavors and paint a masterpiece at our PAINT & SIP hosted by a local Rhode Island vineyard.

Ice Cream Social – Beat the heat and cool off with your favorite flavors and sweet treats among friends!

Thank you for making the Mancini Center such a remarkable place. Here's to a spectacular summer of celebration!

With deepest gratitude,

Linda M. Giorgio, Executive Director



North Providence

Mancini Center

2 Atlantic Blvd.
North Providence, RI 02911
Phone - 401-231-0742
www.mancinicenter.com

SUMMER HOURS

Monday - Friday
9:00AM - 3:30PM

June 22 - August 31

2026 Membership:

Valid 1/1/2026 - 12/31/2026

North Providence Residents: \$25.00

Non-Residents: \$35.00

Meet the Team!

Executive Director

Linda M. Giorgio

Assistant Director

Flor Reyna

Program Coordinator

Kimberly Massaroco

Front Desk Coordinator

Jane Sheehan

Health Education Coordinator

Mary Ann Lilla, RN

Center Assistant

Cheryl McGurn

General Maintenance

Alan Maguire

Kitchen Assistant

Angela Provost

Dining Room Assistant

Sandra Santomassimo

Bus Driver

Pat Celeste

Notary Services

FREE To Members

Appointments Required

No Walk-Ins Please

SUMMER PICNIC

AT

MEEHAN OVERLOOK

THURSDAY, AUGUST 27TH | 11:30PM-3:00PM

\$20.00 PER PERSON

MUSIC & DANCING WITH DJ CELEBRATIONS
SPECIAL GUEST APPEARANCE BY "RONNIE GIORGIO"

MENU:

**CUP OF CHOWDER & 3 CALM CAKES,
1 HOT DOG, 1 HAMBURGER, PICKLE,
CHIPS, WATERMELON
COFFEE/DESSERT**

Dessert Sponsored By: A.A. MARIANI & SON

Transportation is available from the Mancini Center to Meehan Overlook
Please register for transportation at the front desk.

SUMMER CONCERTS

Outdoors On The Patio!

TUESDAYS 2:00PM

July 14

Robert Black

July 28

Tim Brooks "The Crooner at Large"

August 4

Ron Varone

August 18

Joe Vono

September 15

Tom Conte

Bring Your Own Chairs! Free and Open to the Public!
No Cancellations. During inclement weather concerts are held indoors.

Langworthy Farm & Winery

PAINT & SIP



Friday, August 14

10:30AM - 5:00PM

\$65.00 per person

Lunch at Haversham Tavern!

Price Includes: Transportation, Instructional Painting Class on the
Outdoor Patio, and 1 Glass of Wine. Additional Wine is available for purchase.
Lunch is on your own at Haversham Tavern prior to class.

Registration Is Required

NEW & NEXT WAVE...

BINGO GAMES

Provided by
HomeCare Advantage

Tuesday, July 14th
Tuesday, August 11th
12:30PM

Provided by
Berkshire Place

Thursday, July 23rd
Thursday, August 20th
2:00PM

Savor the Summer

Cooking Demonstration
Presented by Kathi Masi

Tuesday, August 11th
2:00PM

Refreshing Main Course Salad

Transform classic Italian pasta night into a cool, refreshing summer feast! This interactive food demo teaches you how to elevate fresh light tortellini into vibrant, satisfying main-course salads perfect for warm-weather dining. Discover how to pair delicate pasta with crisp seasonal produce, lean proteins, and bright herbs for a perfectly balanced meal.

Samples will be available!

Registration is Required



**RI UNCLAIMED
PROPERTY**

Office of the General Treasurer

Tuesday, July 14th
10:30AM-1:00PM

The RI General Treasurer's Unclaimed Property Team will be on site to check for any unclaimed funds you may have. Unclaimed property includes, forgotten bank accounts, safety deposit boxes, uncashed paychecks, utility deposits, and insurance refunds that businesses turn over to the state. Please have your Photo ID.

Walk-Ins Welcome.

Registration is Required



Ice Cream Social

"July is National Ice Cream Month!"

Tuesday, July 21
2:00 PM

Provided By
Pawtucket Falls

Registration Required



RELAX & UNWIND

Thai Stretching Massage

Provided by Michelle L., Certified Thai Stretch Massage Therapist

9:00AM-3:00PM

FREE 30 Minute Sessions are available

Wednesday, July 22nd & Tuesday, July 28th

Monday, August 24th & August 31st

Key Benefits:

Increase Flexibility, Reduce Muscle Tension and Pain, Improve Range of Motion and Enhance Circulation.
Also promotes deep relaxations, reduces stress and anxiety and can improve sleep quality.

Appointments Required.

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.



Ageless Glow

European Signature Facials

9:00AM-3:00PM

Cost: \$30.00 - 45 minute Facial

Thursday, July 16th & Monday, July 20th

Monday, August 3rd & Tuesday, August 11th

Indulge in the ultimate relaxation experience that will leave your skin feeling refreshed and glowing.
Not just a luxury, facials are a form of self-care that promotes our overall well-being.

Therapeutic benefits: Reduces stress, improves sleep and enhances our emotional well-being.

Make time for yourself and nurture your body and soul.

Appointments Required.

GET INSPIRED!

Hookers Delight Crochet Class

Tuesdays

10:00AM - 11:30AM

Learn the stitches, tools and techniques that you need to get started. Create items that are beautiful and functional. Members of any skill level are welcome to attend. Participants are asked to bring their own yarn and crochet needles to class.

Registration required.

July 7th & 21st "Star Stitch"

August 11th & 25th "Sweater Stitch"

Captivating Canvases

Acrylic Painting Class

Thursdays

1:00PM - 3:00PM

Tap into your inner artist!
Beginners to advanced students are welcome.

Each painting is a 2 week project.

All Materials are provided.

Registration required.

July 9th & 23rd: "Fireworks"

August 6th & 20th: "Summer Lake"

HOT TOPICS...

Silver Surfers

Provided by
North Providence Union Free Library
Classes are held at the Mancini Center

Fridays

10:00AM-11:30AM

Participants are committed to attend all 3 sessions.

Aug 7 · Aug 14 · Aug 21

Topics Covered:

- Into to the Internet
- Scams & Internet Safety
- Intro to Artificial Intelligence (AI)

Registration is Required

Travel Presentation

Discover Southern Italy & Sicily

Trip Date: April 8 - 21, 2027

Presented by
Collette Travel & Judy's Joyful Journeys

Thursday, August 6th

2:30PM

Highlights... Palermo, Montreal, Agrigento's Valley of the Temples, Piazza Armerina, Giardini Naxos, Taormina, Strait of Messina, Winery Tour & Tasting, Matera, Sorrento, Positano, and Pompeii.

Registration is Required.



NEW! WHEEL OF FORTUNE

Sponsored by
Marquis Health Consulting Services

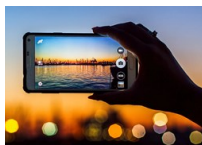
2:00PM

Thursday July 16th
Thursday, August 13th

Join Mackenzie from Marquis Health and take a spin on the wheel! Join friends, test your word skills, guess letters, and win Prizes! NO FEE.

Registration is Required

Advanced Smartphone Photography Classes!



Thursdays

Sept 3 · Sept 10 · Sept 17 · Sept 24 · Oct 1

1:30PM-3:00PM

5 - WEEK COURSE - NO FEE

Learn how to maximize your smartphone's camera!
Discover simple tips for better composition, lighting, and editing to capture beautiful, high-quality photographs.

Registration is required.

Walgreens

Fight the Flu! It Starts with YOU!

Presented by
Melanie Gaspar, PharmD., Walgreens, Johnston

Thursday, August 6th

11:30AM-12:00PM

Flu season is fast approaching. It is important to be well informed about the different types of vaccines available to us. When is the best time to get my flu shot? Do I need a Covid shot every year? What vaccines are recommended for seniors? Join Pharmacist Melanie Gaspar from Walgreens in Johnston to answer your questions and learn more about vaccines.

Registration is Required



Your Vaccine will be provided by

Walgreens

Thursday, October 8th at the Mancini Center
9:30AM-12:00PM

Please Bring Your Medical Insurance Card

Registration is Required.

SOCIAL SERVICES

RI Office of Healthy Aging
ADRC (Aging and Disability Resource Center)
Maria Sol Cuesta, Senior Options Counselor

Thursdays - July 23rd & August 13th
9:00AM - 1:00PM

To schedule an appointment please call our front desk at 231-0742. Appointments are available to North Providence residents 60 years of age and older who need assistance in making informed choices and decisions in the following areas: Health Insurance, Housing, Legal Referrals, Prescription Drugs, Medicaid, SNAP, Low Income Heating Assistance, RIPAE (RI Pharmaceutical Assistance for Elders), SHIP (State Health Insurance Assistance Program), and SMP (Senior Medicare Patrol). Application assistance is also available to those seeking assistance with long term services and supports, and home-based services.

SUPPORT GROUPS

Grief Support Group

Provided by Beacon Hospice

Thursday, July 23rd & Thursday, August 13th
1:00 PM

Grief is a natural, response to the loss of someone or something loved, characterized by waves of shock, sadness, anger, or numbness. 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.**

Caregiver Support Group

Thursdays, July 16th & August 6th
12:30 PM

Caregiving can be stressful. Whether its for a parent, spouse, child or friend, caregivers can experience isolation and burnout. Our support group is a place to share with others who “get it”. Our goal is to reduce isolation, share practical tips, and learn boundaries and self-care. **No registration required. Walk-ins welcome.**

MEDICARE & TURNING 65

Are you Turning 65?

When Can I Sign Up For Medicare?

Medicare Untangled 101 - Can Answer Your Questions

Thursday, July 23rd & Friday, August 21st
11:00AM

Turning 65 in Rhode Island is a major milestone, and for most, it marks the start of your 7-month Medicare Initial Enrollment Period (3months before, the month of, and 3 months after your birthday).

Join us for our seminar, “Medicare Untangled 101”, we will simplify the process and address all your concerns.

If you are not yet receiving Social Security, you must proactively sign up for Part A and Part B before turning 65 to avoid penalties. **Please Register at the Front Desk.**



Seniors Farmers Market Nutrition Program

Eligible older adults can receive a \$50 card to use on fresh produce and honey at local farmers markets and farm stands!

How Do I Know If I Am Eligible

To be eligible, you must be a resident of RI, who is at least 60 years old, and have a monthly household income at or below \$2,412.71 as an individual or \$3,336.17 per couple.

An application is required in exchange for a card.

Distribution Days

Tuesdays 10:00AM - 2:00PM & Fridays 12:00PM - 3:00PM

Applications are available at the Mancini Center. A valid RI ID Card or RI Drivers License is required.

JULY Vibes

Blood Pressure Screenings

9:30AM - 10:30AM

- Thursday, July 9th
- Tuesday, July 14th
- Tuesday, July 28th



NEW SESSION

Mah Jongg Advanced

Begins Wednesday, July 1st
10:00AM

Advanced play involves mastering risk management, strategically using the Charleston to build a hand, adapting to available tiles by switching potential hands, and recognizing patterns to maximize scoring potential. Players must commit to an 8 week instructional session. Space is limited.

Registration is Required.

Book Club

Thursday, July 16th
1:00PM

Discuss: "Sandwich"
by Catherine Newman

Receive: "All the Words We Know"
by Bruce Nash

Registration is required

Mah Jongg Tournament

Mancini Center vs Lincoln Senior Center
Tournament Held at the Mancini Center



Wednesday, October 21
12:00PM-3:00PM

Registrations are due by Wednesday, September 23

Orientation Meeting

Wednesday, October 14
10:00AM-12:00PM

Weight Loss

Presented by URI Pharmacy Outreach

Tuesday, July 21st
10:30AM-11:30AM

What are the strategies for successful weight loss? Find out now! We will also review over-the-counter weight loss products and the newest prescription medications approved for weight loss.

Registration is required.

NEW SESSION

Mah Jongg for Beginners

Begins Wednesday, July 22nd
1:00PM

Learn to play Mah Jongg! Players must commit to an 8 week instructional session. Space is limited.

Registration is Required.

Beltone Hearing

Provided by Beltone

Tuesday, July 28th
9:30AM-11:00AM

Appointments are required.

Please register at the front desk for consultation, screening, or cleaning.

Spiritual Rockstars

Friday, July 31st
12:30PM

So often, we mean to pray but the day just slips away, and we never get back 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.

MANCINI CINEMA

1:00PM

Wednesday, July 15th
Queen Bees (2021)

Wednesday, August 12th
Song Song Blue (2008)



AUGUST Vibes

Blood Pressure Screenings

9:30AM - 10:30AM

- Thursday, August 6th
- Tuesday, August 11th
- Tuesday, August 25th



Book Club

Thursday, August 13th
1:00PM

Discuss: "All the Words We Know"
by Bruce Nash

Receive: "I'll Be Right Here"
by Amy Bloom

Registration is required

Urinary Tract Infection

Presented by URI Pharmacy Outreach

Tuesday, August 18th
10:30AM-11:30AM

UTI's can occur in people of all ages, but are more common in those over 65. Signs and symptoms in older adults can be very different from younger patients, and may result in a misdiagnosis.

Learn about the causes, signs, symptoms, and treatment of this common ailment.

Registration is required.

Improving Relationships

Presented by BCBS of RI

Thursday, August 20th
11:00AM-12:00PM

Join us to learn effective communications skills so you can create conflict-free environments with minimal frustration and better problem-solving abilities. Conflict resolution techniques, boundaries, and creating and maintain healthy relationships will also be discussed.

Registration is required.

Beltone Hearing

Provided by Beltone

Tuesday, August 25th
9:30AM-11:00AM

Appointments are required.

Please register at the front desk for consultation, screening, or cleaning.

Social Security

Informational Presentation

Tuesday, August 25th
2:00PM

Are you starting to think about Social Security options? Don't let Social Security confusion overwhelm you. Attend our "Social Security Basics" meeting. We will help answer your questions, reducing your stress and giving you peace of mind.

Registration is required.

Spiritual Rockstars

Friday, August 28th
12:30PM

So often, we mean to pray but the day just slips away, and we never get back 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.

Shimmer & Shine This Summer!

Poppy G's Jewelry

July 21st & August 12th
10:00AM-2:00PM

Come Shop Poppy G's unique accessories! Every piece is handcrafted with sparkling Austrian crystals, authentic natural stones and sterling silver.



North Providence Police Department

Presents

FRAUD and SCAM AWARENESS PREVENTION EDUCATION

Tuesday, September 29th
1:30PM

PROTECT YOUR HARD EARNED ASSETS

Learn from the BEST how to protect your assets.

Protect yourself, your parents, and your grandparents from Scammers! There will be time allotted for questions and concerns.

Light Refreshments

Registration is required. Please call 231-0742.

STAY STRONG, LIVE LONG

Fitness Classes

Monday

9:00AM: Strength Matters w/ Sue
10:00AM: BoneBuilders
10:00AM: Mat Yoga w/Amy
1:00PM: Zumba w/Fran
2:00PM: Line Dancing w/Fran
3:00PM: Barre Fitness w/ Fran

Tuesday

9:00AM: Tai Chi w/Bob
10:00AM: Cardio Strength Training w/Lisa
10:00AM: Chair Yin Yoga w/Mary
11:30AM: Chair Yin Yoga w/Mary
11:30AM: Forever Fit w/Sue
12:30PM: Chair Zumba w/ Linda

Wednesday

9:00AM: Forever Fit w/Sue
10:00AM: Arthritis Exercise w/Sue
11:00AM: Meditation w/Mary
11:00AM: Tai Chi w/Karl
1:00PM: Sit Fit & Strong w/Fran
2:00PM: Ballroom Swingers w/Fran
3:00PM: Line Dance Country w/Fran

Thursday

9:00AM: Strength Matters w/ Sue
10:00AM: Zumba w/Sue
11:00AM: BoneBuilders
12:30PM: Beginners Line Dancing w/Fran
1:30PM: Chair Zumba w/Linda

Friday

10:00AM: Mat Yoga w/Amy
11:30PM: Now & Zen Chair Yoga w/Amy
12:30PM: ROC Steady w/Lisa

Daily Programs

Monday

9:00 AM: Facials (7/20 & 8/3)
9:00AM: Thai Massage(8/24 & 8/31)
1:00PM: Mah Jongg Advanced/Free Play
1:00PM: Michigan Rummy
1:00PM: Cribbage Instructional/Free Play

Tuesday

9:00 Facials (8/11)
9:00 AM: Thai Massage (7/28)
10:00AM: Hookers Delight
1:00PM: Scrabble

Wednesday

9:00 AM: Thai Massage (7/22)
1:00PM: Mah Jongg Instructional
1:00PM: Mah Jongg Advanced/Free Play
1:00PM: Poker League

Thursday

9:00AM: Facials (7/16)
1:00PM: Book Club (7/16 & 8/13)

Friday

12:30PM: Spiritual Rockstars (7/31, 8/28)

Monday — Friday

9:00 AM - 3:00 PM: Fitness Center
9:00 AM - 3:00 PM: Open Billiards

FOOTWEAR POLICY FOR WELLNESS CLASSES & FITNESS CENTER

Proper footwear is required while participating in Wellness Classes and utilizing the Fitness Center.

REQUIRED: Supportive Rubber Soled Sneakers are necessary for stability to prevent falls.

Orthopedic Shoes are acceptable.

NOT ALLOWED: Slip on Shoes, Sandals, Flip Flops, Heels, Wedges, Crocs, Slippers, and Bare Feet.

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.

Ballroom Swingers

Wednesday 2:00 PM

Instructor: Fran

Have some fun while learning how to dance in a friendly environment! All levels are welcome and no partner is needed. Learn to dance the Cha-Cha, Foxtrot, Swing, Mambo, Salsa and more!

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. We will engage muscles that other exercises don't reach. Barre class will improve balance and posture, increase strength coordination and sculpt a stronger, more defined core.

NON-SLIP SOCKS ARE REQUIRED FOR THIS CLASS.

Bone Builders

Monday 10:00 AM

Instructor: Jeanne

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 & 11:30 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!

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

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.

ROC Steady (Chair)

Friday 12:30 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

Monday & 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 thick 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.

BOOK A TRIP - Escape For The Day!

Mancini Center Trips are exclusive to members. All Trips are CASH ONLY.

Payment in full is required to reserve your trip. There are NO REFUNDS.

Please refer to the Mancini Center Trip Policy for details.

Visit our Trip Corner for full trip details.

Mancini Center Trips	Date	Time	Cost
Lavender Waves Farm-South County Trip includes transportation, a private tour & history of the farm, cut you own lavender or receive a bundle of lavender to take home. Lunch on your own at Mews Tavern, South Kingstown.	Mon. July 20 & Fri. July 31	9:30AM - 3:30PM	\$25
Cape Cod Canal Cruise & Lunch Trip includes transportation, and a 2-hour guided tour cruise. Lunch on your own at The Lobster Trap Restaurant.	Mon. July 27	10:15AM - 4:30PM	\$80
Newport Playhouse - "The 39 Steps" Trip includes transportation, a delicious Lobsterfest* buffet, a thrilling play and a fun-filled cabaret. Show details and buffet menus are available at the center's front desk. *Choice of Lobster or Prime Rib entrée.	Wed. Aug. 5	10:00AM - 5:30PM	\$125 (Lobsterfest)
Theatre by the Sea - "Titanic" Trip includes round-trip transportation from the Mancini Center, lunch at <i>Bistro by the Sea</i> , and a ticket to the show.	Wed. Aug. 12	10:30AM - 5:00PM	\$110
Newport Playhouse - "The 39 Steps" Trip includes transportation, a delicious buffet, a thrilling play and a fun-filled cabaret. Show details and buffet menus are available at the center's front desk.	Thur. Aug. 13	10:00AM - 5:30PM	\$85 (Standard Buffet)
Beautiful Block Island Trip includes round-trip transportation including ferry service, guided tour of the island and free hop on/hop off shuttle service throughout the day. Not recommended for those with mobility issues.	Mon. Aug. 17	7:30AM - 7:00PM	\$125
A Day on Martha's Vineyard Trip includes round-trip transportation, motorized tour, and hop on/hop off shuttle service. Lunch on your own.	Tue. Aug. 25	7:15AM - 7:00PM	\$150
Theatre by the Sea - "You've Still Got a Friend" Trip includes round-trip transportation from the Mancini Center, lunch at <i>Bistro by the Sea</i> , and a ticket to the show.	Wed. Sep. 9	10:30AM - 5:00PM	\$110
The Big E Trip includes round-trip transportation, Admission the the Big E. Lunch on your own. Not recommended for those with mobility issues.	Tue. Sep. 22	8:30AM - 8:30PM	\$135

Let's Do Lunch!
Leave The Driving To Us! Relax, and Savor the Flavors of Summer!
(Lunch Is On Your Own –Transportation Only)

Top of The Bay– Warwick	Wed. July 29	10:30AM-2:00PM	\$5
Mariner Grille - Narragansett	Mon. Aug. 3	11:00AM-3:00PM	\$5
Richard's Pub– East Greenwich	Mon. Aug. 17	11:15AM-3:00PM	\$5

It's Wine O'clock Somewhere!

Rhode Island has so many award-winning vineyards situated on beautiful and sometimes historic properties. Some sport gorgeous views and delicious varietals, from reds to roses, and whites to ice wines. The Mancini Center has selected a few of these wineries for us to visit, tour and taste! A restaurant has been selected near each winery for our group to dine prior to the tastings. Enjoy !

Newport Vineyards - Middletown Includes: Transportation, Tour, Tasting of 4 wines, and Souvenir Wine Glass. Lunch on your own at Farm & Barrel Bistro located on the Vineyards. (Lunch is cash only).	Wed. July 22	10:00AM - 4:30PM	\$40
Leyden Farm Vineyard & Winery - West Greenwich Includes: Transportation, Tasting of 5 wines of your choice, a guided tour of the Winery, and a Souvenir Logo Glass. Lunch is on your own at Dan's Place.	Thurs. July 30	10:30AM - 4:30PM	\$25
Langworthy Farm & Winery - Westerly: Paint & Sip Price Includes: Transportation, Instructional Painting Class on the Outdoor Patio, and 1 Glass of Wine. Additional Wine is available for purchase. Lunch is on your own at Haversham Tavern prior to class.	Fri. Aug. 14	10:30AM-5:00PM	\$65
Langworthy Farm & Winery - Westerly Includes: Transportation, tour, tasting of 4 wines. Lunch is on your own at 265 Tavern, Westerly.	Wed. Aug. 19	10:30AM-5:00PM	\$25

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

Mon	Tue	Wed	Thu	Fri
		1 10:00AM <i>NEW SESSION</i> Mah Jongg Advanced	2	3
 CENTER CLOSED In Observance of 4TH OF JULY	6 7 10:00AM-11:00AM Hookers Delight "Star Stitch"	8	9 9:30AM-10:30AM Blood Pressures 1:00PM-3:00PM Captivating Canvas "Fireworks"	10
13	14 9:30AM-10:30AM Blood Pressures 10:30AM-1:00PM Unclaimed Property 12:30PM Bingo w/ HomeCare Advantage 2:00PM Summer Concert "Robert Black"	15 1:00PM Movie "Queen Bees"	16 9:00AM-3:00PM Facials 12:30PM Caregiver Support Group 1:00PM Book Club 2:00PM Wheel of Fortune	17
20 9:00AM-3:00PM Facials TRIP Lavender Waves Farm	21 10:00AM-2:00PM Poppy G Jewelry 10:00AM-11:00AM Hookers Delight "Star Stitch" 10:30AM-11:30AM "Weight Loss" 2:00PM Ice Cream Social	22 9:00AM-3:00PM Thai Stretching Massage 1:00PM <i>NEW SESSION</i> Mah Jongg for Beginners TRIP Newport Vineyards	23 9:00AM-1:00PM Social Services by Appointment only 11:00AM Medicare & Turning 65 1:00PM Grief Support Group 1:00PM-3:00PM Captivating Canvas "Fireworks" 2:00PM Bingo w/Berkshire	24
27 TRIP Cape Cod Canal Cruise	28 9:00AM-3:00PM Thai Stretching Massage 9:30AM-10:30AM Blood Pressures 9:30AM-11:00PM Beltone Hearing 2:00PM Summer Concert "Tim Brooks - The Crooner at Large"	29 TRIP Top of the Bay	30 TRIP Leyden Farm Vineyard & Winery	31 12:30PM Spiritual Rockstars TRIP Lavender Waves Farm

Mon	Tue	Wed	Thu	Fri
3 9:00AM-3:00PM Facials TRIP Mariner Grille	4 2:00PM Summer Concert "TBA"	5 TRIP NP Playhouse "The 39 Steps" *Lobsterfest*	6 9:30AM-10:30AM Blood Pressures 11:30AM-12:00PM Walgreens "Fight the Flu" 12:30PM Caregiver Support Group 1:00PM-3:00PM Captivating Canvas "Summer Lake" 2:30PM Travel Presentation	7 10:00AM-11:30AM Silver Surfers
10  CENTER CLOSED In Observance of Victory Day	11 9:00AM-3:00PM Facials 9:30AM-10:30AM Blood Pressures 10:00AM-11:00AM Hookers Delight "Sweater Stitch" 12:30PM Bingo w/ HomeCare Advantage 2:00PM "Savor the Summer"	12 10:00AM-2:00PM Poppy G Jewelry 1:00PM Movie "Song Song Blue" TRIP Theatre by the Sea "Titanic"	13 9:00AM-1:00PM Social Services by Appointment only 1:00PM Grief Support Group 1:00PM Book Club 2:00PM Wheel of Fortune TRIP NP Playhouse "The 39 Steps"	14 10:00AM-11:30AM Silver Surfers TRIP Langworthy Farm & Winery "Paint & Sip"
17 TRIP Richard's Pub TRIP Beautiful Block Island	18 10:30AM-11:30AM "Urinary Tract Infection" 2:00PM Summer Concert "TBA"	19 TRIP Langworthy Farm & Winery	20 11:00AM –12:00PM "Improving Relationships" 1:00PM-3:00PM Captivating Canvas "Summer Lake" 2:00PM Bingo w/Berkshire	21 10:00AM-11:30AM Silver Surfers 11:00AM Medicare & Turning 65
24 9:00AM-3:00PM Thai Stretching Massage	25 9:30AM-10:30AM Blood Pressures 9:30AM-11:00AM Beltone Hearing 10:00AM-11:00AM Hookers Delight "Sweater Stitch" 2:00PM "Social Security " TRIP Martha's Vineyard	26	27 SUMMER PICNIC @ MEEHAN OVERLOOK 11:30AM - 3:00PM MANCINI CENTER CLOSED 	28 12:30PM Spiritual Rockstars
31 9:00AM-3:00PM Thai Stretching Massage				

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



A Big Thank You to our Monthly Program Sponsors!
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you!



Mission Statement

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