

North Providence Mancini Center



September
Fraud & Scams
Education

October
Breast Cancer Awareness
Month

**Medicare
Open Enrollment**

SEPTEMBER & OCTOBER 2026 | NEWSLETTER | VOL. 9-5



Director's Message

ello Everyone!

Welcome to September and October, one of the most beautiful and vibrant seasons of the year! As the crisp autumn air moves in and the leaves begin to turn, we are turning up the energy here at the center. I am absolutely thrilled to share what we have in store for you over the next two months.

This autumn is all about connection, celebration, and trying new things. We are launching new classes, leagues and games to keep us moving, laughing, and learning. From our highly anticipated Autumn Concert Series to creative crafting workshops and lively fitness classes, there is truly something for everyone. Whether you want to sharpen your computer skills, dive into a new book club, or simply catch up with friends over a warm cup of cider, our doors are wide open.

We are also bringing back some of your favorite seasonal traditions, complete with afternoon bingo, delicious fall treats, and a few special surprises we can't wait to reveal. This community thrives because of your energy, your stories, and your smiles, and we want to make this season unforgettable for each and every one of you.

Take a look through this newsletter to map out your autumn adventures, and be sure to sign up early for your favorite events. Bring a friend, bring your enthusiasm, and let's make these two months the most exciting chapter of the year yet.

Warmest regards,

Linda M. Giorgio, Executive Director



**North Providence
Mancini Center**

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

CENTER HOURS

Monday - Friday

9:00AM - 4:00PM

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

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 Drivers

Pasquale Celeste

Notary Services

FREE To Members

Appointments Required

No Walk-Ins Please

Celebrating 50 Years!

The Mancini Center

Presents

Christmas Spectacular Fancie Follies Show

Lunch, Show & Dancing!

Tickets go on sale October 1st

Catered by Ralph's Catering

Wednesday, December 2nd

Tickets \$30.00 Per Person

11:30AM Lunch Served 1:30PM Show Time

Soup, Pasta, Stuffed Chicken Breast w/ Apple Bread Stuffing, Red Bliss

Mashed Potatoes, Glazed Carrots, Sliced Italian Bread w/ Butter

Coffee/Tea & Dessert

NEW CLASS

Chair Yoga with Paula

Thursday, October 1st 11:00AM

3 Yoga Sessions per month

Each week we will explore a different theme to help bring focus and clarity to the practice.

October 1st Theme – Listen to Your Body

October 22nd Theme – Grounding: Ground Down

October 29th Theme – Grounding: Center Yourself



A Special Thank You!

We are thrilled to share some wonderful news to our senior community!

The Mancini Center has recently received a \$10,000 grant,
thanks to the incredible support and dedication of

Senator Tikorian and Senator Famiglietti.

This vital funding will go directly toward enhancing our programming, upgrading our services, and ensuring we can continue to provide a vibrant, welcoming space for all of our members. We extend our deepest gratitude to Senator Tikorian and Senator Famiglietti for advocating for our seniors and investing in the future of the Mancini Center. Their commitment to our community makes a meaningful difference in the lives of everyone who walks through our doors.

New & Next.....

Painting Class

Provided by Oak Street Health
Acrylic Painting On Canvas - "Sunflower"

Monday, September 28th
1:00PM



\$3.00 Per person
Payment Due Upon Registration



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.



Friday, October 2nd
2:00 PM

Provided By
The Mancini Center
Registration Required

Flavors of Fall

Apple Cider & Donuts

"Preparing for a Safe & Healthy Season"

Provided by Pawtucket Falls

Wednesday, October 28th | 2:00PM



Celebrate the season with a cozy afternoon of fresh apple cider, warm cider donuts, and wonderful conversation! We'll share simple tips for staying healthy, safe, and independent throughout the fall and winter months.

Registration Required.

October Is...

Breast Cancer Awareness Month

WEAR PINK DAY

Tuesday, October 6th

Join the Mancini Center Staff
& wear "Pink" to bring
awareness to this devastating
disease that affects 2.3 million
women worldwide. Take steps
to reduce your own risk by
maintaining a healthy lifestyle,
get regular breast cancer
screenings and discuss family
history with your doctor.



Relax & Unwind...

Thai Stretching Massage

Provided by Michelle L., Certified Thai Stretch Massage Therapist

9:00AM - 2:00PM

FREE 30 Minute Sessions are Available

Tuesday, September 8, Monday, September 21, Tuesday, October 6

Key Benefits:

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

Appointments Required.

NEW - Breathe Meditation

Barbara Gilfillan, Spiritual Practitioner (CSL)

One Meditation Session per month! Sessions 30 min.

Thursday, September 17 | Thursday, October 15
12:30PM - 1:00PM

Breathe Meditation can help control stress and fear. This practice will help us to relax our bodies and our minds. In group, we will practice breathe meditations and learn how to change our body's reaction to stressful situations.

Please consult with your physician before attending these sessions.

Guided Meditation

Provided by Mary Scannell

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

Monday, September 14 & Tuesday, September 29
Tuesday, October 13 & Tuesday, October 27

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.

September 15

"Shawls"

October 6 & 27

"Sweaters"

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.

September 3 & 10

"Seascape"

October 1 & 8

"Autumn in Central Park"

Spice It Up....

AUTUMN CONCERTS SERIES

Tuesday Afternoons
2:00PM

September 15 **Kenny Marrocco**

September 30 **Robert Black**

October 6 **Ron Giorgio**

October 27 **Steve Lyon**

Bring Your Own Chairs!

FREE and Open To The Public!

No Cancellations.

During inclement weather concerts are held indoors.



WHEEL OF FORTUNE

Sponsored by

Marquis Health Consulting Services

Thursday, October 15th

2:00PM

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

Rummikub

Thursday Afternoons

1:00PM



Easy to Learn! Beginners Welcome! Fun to Play!

Rummikub is a fast-paced tile-laying board game for two to four players. It mixes the card game Rummy with Mah Jongg. The main goal is to be the first person to empty your rack.

Registration is Required



BINGO with Pawtucket Falls
"Hospital Survival Bingo"

1:00PM

Friday, September 18th

BINGO with Home Care Advantage

2:00PM

Tuesday, September 8th

Tuesday, October 13th

BINGO with Berkshire Place

1:00PM

Thursday, September 24th

Thursday, October 29th

No Fee. 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 Friday, October 9

Orientation Meeting

Wednesday, October 14

10:00AM-11:00AM

All players are required to attend. Rules of play will be reviewed. Players are required to set up, Charleston and play a complete game in 16 minutes.

Please register at the front desk.

Tech Lab

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.

Sept 11 · Sept 18 · Sept 25

Oct 9 · Oct 16 · Oct 23

Topics included but not limited to:

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

Registration is Required

Advanced Smartphone Photography Classes!



**Thursdays
1:30PM-3:00PM**

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

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.

SUPPORT GROUPS

Grief Support Group

Provided by Beacon Hospice

Thursday, September 24th & Thursday, October 22nd | 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

Friday, October 23rd | 10:00AM -11:00AM

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 any answer questions you may have. Contact Lucille Gaboriault at 941-3322, ext. 121.

Email lgaboriault@in-sight.org for more details. **Walk-ins welcome.**

Caregiver Support Group

Thursday, September 17th & Thursday, October 15th | 12:30PM

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.

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

SEPTEMBER Vibes

Blood Pressure Screenings

9:30AM - 10:30AM

- Thursday, September 10th
- Tuesday, September 22nd
- Tuesday, September 29th



NEW SESSION Mah Jongg for Beginners

Begins Wednesday, September 16th
1:00PM

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

Registration is Required.

Book Club

Thursday, September 17th
1:00PM

Discuss: "I'll be Right Here" by Amy Bloom

Receive: "The Lies They Told" by Ellen Marie Wiseman

Registration is required

Balancing Your Wellbeing: How to Thrive Not Just Survive

Presented by BCBS of RI

Thursday, September 17th
11:00AM

Wellbeing is much more than having a healthy body. It is about thriving, not just surviving. It is about finding balance wherever you are. We will learn about wellbeing and energy management and how to develop a strategy and a plan for our own wellbeing.

Registration is required.



Smart Driver Course

Provided by AARP

Friday, September 18th
9:30AM-2:30PM

AARP Members \$20.00 | Non-Members \$25.00

Checks payable to AARP

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. Learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

Registration is required.

Fall Risks - PT Assessments

Provided by Pappas OPT

Monday, September 21st
1:00PM-3:00PM

September is Fall Prevention Awareness Month! Are you concerned about your balance or risk of falling? Jillian Jordan, Physical Therapist, of Pappas OPT, will be onsite to provide balance and fall risk assessments. This brief screening will evaluate your balance waking, strength, and mobility to help identify fall risk factors and provide personalized recommendations for improving your safety and independence. Each appointment is 10 minutes.

Registration is required.

Quickling: Easy Refrigerator Pickling

Provided by Kathi Masi

Tuesday, September 22nd
2:00PM

Discover how easy it is to preserve the fresh flavors of the season with quick refrigerator pickling! Learn the basics of vinegar brines, the best vegetables and fruits to pickle, and simple ways to add tangy flavor.

Tastings will be available.

Registration is required.

Spiritual Rockstars

Friday, September 25th
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.

NEW Cribbage League

Begins Monday, September 28th
1:00PM- 18 Week Session

Weekly dues is just \$3 per week, 100% of the collected money goes directly into the prize pool for our end-of-session winners. Space is limited.

Registration is Required.

Beltone Hearing

Provided by Beltone

Tuesday, September 29th
9:30AM-11:00AM

Appointments are required.

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

OCTOBER Vibes

Blood Pressure Screenings

9:30AM - 10:30AM

- Tuesday, October 6th
- Thursday, October 15th
- Tuesday, October 27th



Lifestyle Choices:

6 Tips to Address NOW for a Better Tomorrow

Presented by BCBS of RI

Thursday, October 1st

11:00AM

Join us to learn what chronic disease is and how it relates to the lifestyle choices we make. We will review 6 helpful tips to make healthier choices about food, mindfulness, physical activity and balance in our lives. Learn to adopt these useful tips NOW so you will live your best possible life TOMORROW

Registration is required.

Book Club

Thursday, October 15th

1:00PM

Discuss: "The Lies they Told" by Ellen Marie Wiseman

Receive: "The Girls Who Grew Big" by Leila Mottley

Registration is required

Harvest to Table: Mediterranean Flavors of Fall

Provided by Kathi Masi

Tuesday, October 20th

2:00PM

Savor the best of Autumn with this Mediterranean-inspired food demo class. Discover how to transform autumn's freshest produce into simple, flavorful, and heart-healthy dishes. Explore simple cooking techniques, nutrition tips, and easy recipes perfect for cozy fall meals.

Registration is required.

MANCINI CINEMA

1:00PM

Practical Magic (1998)

Wednesday, October 7th

Death Becomes Her (1992)

Wednesday, October 28th

Beltone Hearing

Provided by Beltone

Tuesday, October 27th

9:30AM-11:00AM

Appointments are required.

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

Spiritual Rockstars

Friday, October 30th

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.

Fabulous Fall Favorites!

Shop unique handcrafted gifts and seasonal favorites while supporting talented local artisans. Enjoy a festive shopping experience and discover one-of-a-kind treasures perfect for the season!

Poppy G's Jewelry

Tuesday, September 15th

Tuesday, October 27th

10:00AM – 2:00PM

MagPie's Designs

Wednesday, September 23rd

Wednesday, October 21st

10:00AM – 3:00PM

STAY STRONG, LIVE LONG

Fitness Classes

Daily Programs

Monday

9:00 AM: Strength Matters w/Sue
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

Tuesday

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: Chair Yin Yoga w/Mary
11:30 AM: Forever Fit w/Sue
12:30 PM: Chair Zumba

Wednesday

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
2:00 PM: Ballroom Swingers w/Fran
3:00 PM: Line Dance Country w/Fran

Thursday

9:00 AM: Strength Matters w/Sue
10:00 AM: Zumba w/Sue
11:00 AM: Chair Yoga w/Paula (10/1, 22 & 29)
11:00 AM: BoneBuilders
12:30 PM: Beginners Line Dancing w/Fran
12:30 PM: Breathe Meditation (9/17)(10/15)
1:30 PM Chair Zumba

Friday

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

Monday

9:00 AM: Facials (9/14)
9:00 AM: Thai Massage (9/21)
1:00 PM: Mah Jongg Advanced/Free Play
1:00 PM: Michigan Rummy
1:00 PM: Cribbage Instructional/Free Play

Tuesday

9:00 AM: Facials (9/29) & (10/13 & 10/27)
9:00 AM: Thai Massage (9/8) & (10/6)
10:00 AM: Hookers Delight (9/15)(10/6 & 27)
1:00 PM: Scrabble

Wednesday

1:00 PM: Mah Jongg Instructional
1:00 PM: Mah Jongg Advanced/Free Play
1:00 PM: Poker League

Thursday

1:00 PM: Book Club (9/17 & 10/15)
1:00 PM: Rummikub

Friday

12:30 PM: Spiritual Rockstars (9/25 & 10/30)
1:00 PM: Mah Jongg Advanced/Free Play

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 Thursday 11:00 AM
Instructor: Deb 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

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 Wednesday 11:00 AM
Instructor: Bob 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 Thursday 10:00 AM
Instructor: Fran 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.

Help With Medicare

Medicare Open Enrollment 2027

October 15 – December 7

Call the Mancini Center at 231-0742 to make a personal private appointment.

Rhode Island's Medicare Open Enrollment Period begins **October 15** and ends **December 7**, giving you the opportunity to review, compare, and change your coverage for 2027.

Why You Should Review Your Plan

Plans change: Costs, provider networks, and covered prescription drugs can shift from year to year.

FREE Medicare Counseling Appointments

Appointments are available at the Mancini Center – Call 231-0742

Rhode State Health Insurance Assistance Program (SHIP).

9:00AM – 3:00PM

Thursday, October 22 | Thursday, November 19

FREE Educational Presentation

Social Security – What are my Options?

Tuesday, October 6 2:00PM

Don't let Social Security confusion overwhelm you! Join us to help answer your questions, reducing your stress and giving you peace of mind.

Please register at the front desk.

Blue Cross Blue Shield of Rhode Island Medicare Open Enrollment

Wednesday, October 14 1:00PM – 4:00PM

OPEN TO THE PUBLIC

BCBSRI is hosting an Open Enrollment Event at the Mancini Center.

Blue Cross Blue Shield members may review and update their Health Care plans for 2027.

Please bring a photo ID, Medicare/Health Insurance Card, list of your current prescription medications and dosage, and a list of doctors and specialists you currently see.

Please register at the front desk.

Ask an Independent Medicare Agent – Joe Goddard, Universal Healthcare

Private 30 minute Appointments

9:00AM – 4:00PM

**Thursday, October 22 | Friday, November 13 | Monday, November 23
Wednesday, December 2**

Book A Trip

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.

Mancini Center Trips	Date	Time	Cost
Newport Playhouse - "Beau Jest" 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.	Wed. Oct. 21 Thurs. Oct. 29	10:30AM - 5:30PM	\$85 (Standard Buffet)
Newport Playhouse - "Social Security" 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. Nov. 19 Wed. Dec. 2	10:30AM - 5:30PM	\$85 (Standard Buffet)
Christmas at the Mansions Trip includes Round Trip Transportation; Admission to three Newport Mansions-The Elms, Marble House, and The Breakers. Enjoy lunch on your own at Brick Alley Pub and Christmas shopping in Old Town Newport.	Fri. Dec. 18	10:15AM - 6:45PM	\$130

Leave the Driving to Us!
(Lunch Is On Your Own -Transportation Only)

Top of The Bay, Warwick	Fri. Oct. 16	12:00PM	\$5
Chop House Grille, Wakefield	Thurs. Oct. 22	11:30AM	\$5
George's of Galilee, Narragansett	Wed. Nov. 4	11:30AM	\$5

SAVE THE DATE

Holiday Celebration

Friday, December 11th 11:30AM - 3:00PM

\$30.00 Per Person

Tickets Go On Sale October 26th * More Details To Follow

Full Course Lunch – Soup, Pasta, Entree, & Dessert

Catered by Ralph's Catering

Music! Dancing! Raffles!

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7 	8 2:00PM Bingo w/ HomeCare Advantage	9	10 9:30AM-10:30AM Blood Pressures	11 10:00AM-11:30AM Tech Lab
14 9:00AM-3:00PM Facials	15 10:00AM-2:00PM Poppy's G's Jewelry 2:00PM Autumn Concerts "Kenny Marrocco"	16 1:00PM New Session Mah Jongg for Beginners	17 11:00AM Balancing Your Wellbeing 12:30PM Breathe Meditation 12:30PM Caregiver Support Group 1:00PM Book Club 1:00PM Rummikub Begins	18 10:00AM-11:30AM Tech Lab 1:00PM Hospital Survival Bingo
21 9:00AM-2:00PM Thai Stretching Massage 1:00PM-3:00PM Fall Risk Assessment	22 9:30AM-10:30AM Blood Pressures 2:00PM Quickling: Easy Refrigerator Pickling	23 10:00AM-3:00PM MagPie's Designs	24 1:00PM Bingo w/Berkshire 1:00PM Grief Support	25 10:00AM-11:30AM Tech Lab 12:30PM Spiritual Rockstars
28 1:00PM Sunflower Painting 1:00PM <i>NEW</i> Cribbage League	29 9:00AM-3:00PM Facials 9:30AM-11:00AM Beltone Hearing 9:30AM-10:30AM Blood Pressures 1:30PM FRAUD & SCAMS Awareness	30 2:00PM Autumn Concerts "Robert Black"		

Mon	Tue	Wed	Thu	Fri
			NEW CHAIR YOGA ¹ 11:00AM “Listen to Your Body” 11:00AM Lifestyle Choices	² 2:00PM Ice Cream Social
⁵	WEAR PINK DAY! Gloria Gemma Informational Table 9:30AM-10:30AM Blood Pressures 9:00AM-2:00PM Thai Stretching Massage 2:00PM Social Security 2:00PM Autumn Concerts “Ron Giorgio”	⁷ 1:00PM Mancini Cinema Practical Magic	⁸	⁹ 10:00AM-11:30AM Tech Lab
CENTER ¹²  CLOSED	¹³ 9:00AM-3:00PM Facials 2:00PM Bingo w/ HomeCare Advantage	¹⁴ 10:00AM Mah Jongg Tournament Orientation Meeting 1:00PM-4:00PM BCBSRI Open Enrollment	9:30AM-10:30AM ¹⁵ Blood Pressures 12:30PM NEW Breathe Meditation 12:30PM Caregiver Support Group 1:00PM Book Club 2:00PM Wheel of Fortune	¹⁶ 10:00AM-11:30AM Tech Lab
¹⁹	²⁰ 2:00PM Harvest to Table: Mediterranean Flavors of Fall	²¹ 10:00AM-3:00PM MagPie's Designs 12:00PM-3:00PM Mah Jongg Tournament	9:00AM-4:00PM ²² Ask a Medicare Agent NEW CHAIR YOGA 11:00AM “Grounding: Ground Down” 1:00PM Grief Support Group	²³ 10:00AM-11:30AM Tech Lab 10:00AM-11:00AM Vision Support Group
²⁶	²⁷ 9:00AM-3:00PM Facials 10:00AM-2:00PM Poppy's G's Jewelry 9:30AM-10:30AM Blood Pressures 9:30AM-11:00AM Beltone Hearing 2:00PM Autumn Concerts “Steve Lyon”	²⁸ 1:00PM Mancini Cinema “Death Becomes Her” 2:00PM Flavors of Fall Apple Cider & Donuts	²⁹ NEW CHAIR YOGA 11:00AM “Grounding: Center Yourself” 1:00PM Bingo w/Berkshire	³⁰ 12:30PM Spiritual Rockstars

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



Our Mancini members recently shared a wonderful afternoon, starting with a delicious lunch at **Mew's Tavern in South Kingstown**. Everyone had a fantastic time catching up over great food and drinks.



After filling up on good eats, the group headed over to the historic **Theatre by the Sea** for a spectacular performance of **"You've Still Got A Friend"**. The music, energy, and company made for an unforgettable trip! Thank you to everyone who joined us for this memorable outing!

Mission Statement

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