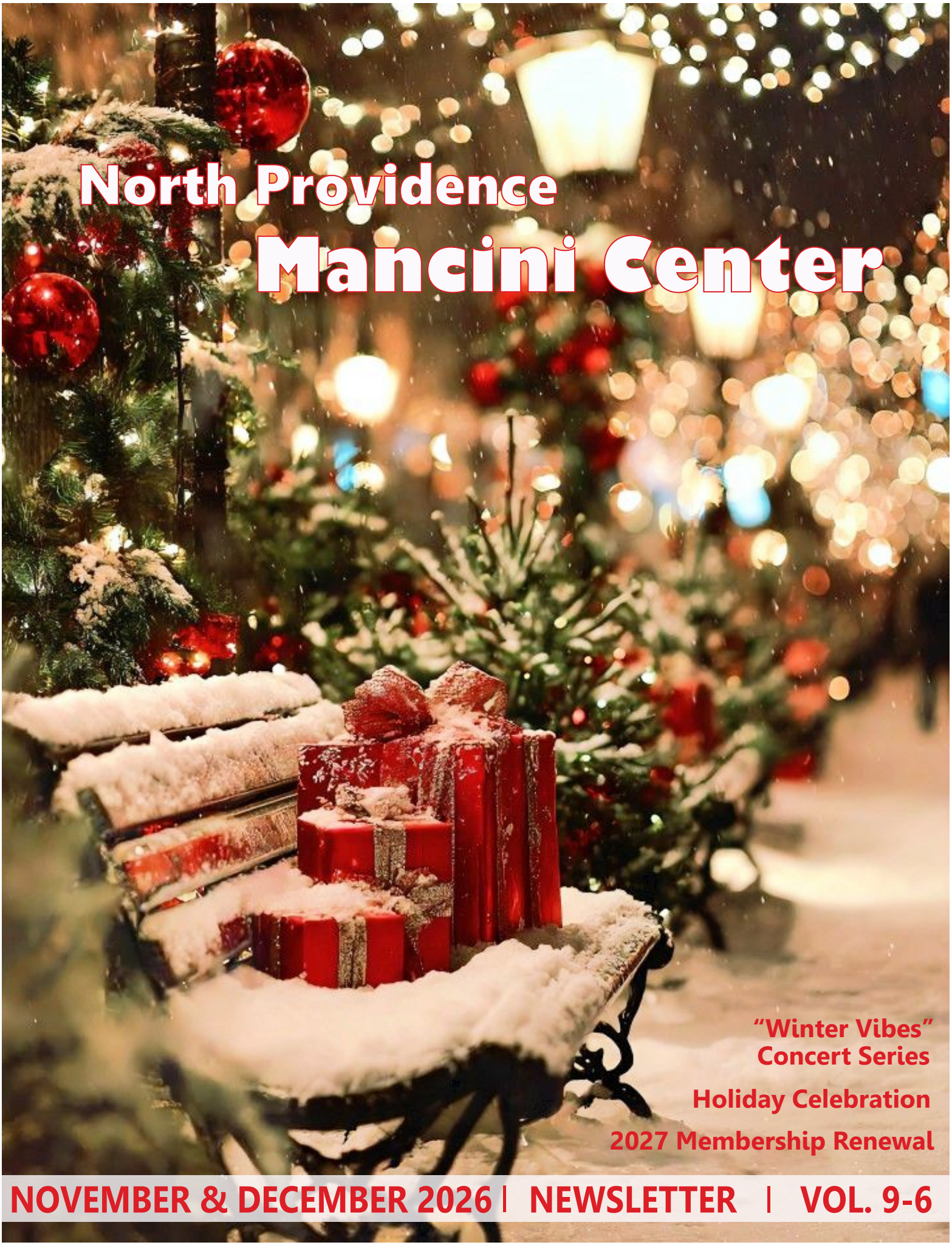


North Providence
Mancini Center

"Winter Vibes"
Concert Series

Holiday Celebration

2027 Membership Renewal

NOVEMBER & DECEMBER 2026 | NEWSLETTER | VOL. 9-6

Director's Message

Hello Everyone!

As we enter the holiday season, I would like to take a moment to reflect on what makes the Mancini Center such a special place. The friendships we share, the laughter we enjoy, and the memories we create together are what make our center feel like family. As we continue celebrating our *50th Anniversary*, we are especially grateful to everyone who has been part of our journey throughout the years.

We have some wonderful holiday events planned, and I hope you will join us for these special celebrations!

On Wednesday, December 2nd**,** as part of our *50 Year Celebration*, we invite you to enjoy our Christmas Spectacular Fancie Follies Show! It promises to be a festive afternoon filled with a delicious lunch, a spectacular show, and more music & dancing with DJ Jim! Come celebrate this exciting milestone with us and enjoy the holiday spirit with friends. Tickets are available for purchase at the front desk.

Our holiday festivities continue with our annual Holiday Celebration on Friday, December 11th! Get ready for an unforgettable afternoon featuring music by *DJ Jim of "Celebrations"* and a special guest appearance with "powerhouse" entertainer *Ron Giorgio*! It will be a wonderful opportunity to celebrate the season, enjoy great entertainment, and make more lasting memories together. Tickets are available for purchase.

As we look ahead to the new year, please keep in mind that your Mancini Center membership expires on December 31, 2026**.** For your convenience, we have enclosed your *2027 Membership Renewal Application*. Memberships must be renewed to continue participating in our programs, activities, and classes. We encourage you to complete your renewal application and return it to the center so you can continue enjoying all that the Mancini Center has to offer in the coming year.

The holiday season is a time for joy, gratitude, and togetherness. Thank you for making the Mancini Center such a vibrant and welcoming community. Your participation, friendship, and continued support mean so much, especially as we celebrate **"50 Years"** of serving our community.

From all of us at the Mancini Center, I wish you and your families a happy, healthy, and peaceful holiday season filled with love, laughter, and wonderful memories.

I look forward to celebrating with you!

Warmest wishes,

Linda M. Giorgio, Executive Director

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

Center Hours

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

2027 Membership:

Valid 1/1/2027 - 12/31/2027
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

Center Assistant
Cheryl McGurn

Health Education Coordinator
Mary Ann Lilla, RN

Maintenance
Alan Maguire

Kitchen Assistant
Angela Provost

Dining Room Assistant
Sandra Santomassimo

Bus Drivers
Pasquale Celeste

Notary Services

FREE To Members

Appointments Required

Celebrating 50 Years!

The Mancini Center

Presents

Christmas Spectacular Fancie Follies Show

Lunch, Show, Music & Dancing!

Wednesday, December 2nd

Tickets - $30.00 pp

11:30 AM Lunch Served 1:30 PM 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



Holiday Celebration

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

Doors Open at 10:30AM * Lunch Is Served at 12:00PM

$30.00 Per Person

Tickets Must Be Purchased By December 4th

Music with DJ Jim "Celebrations"!

Special Guest Appearance with *Ronnie Giorgio!*

Soup, Farfalle Aglio e Olio, Chicken Saltimbocca, Red Bliss Mashed Potato, String Beans, Sliced Italian Bread & Butter
Coffee/Tea, Dessert

Music! Dancing! Raffles!

Holiday Cookie Trays!

2027 NPMC MEMBERSHIP

Renew Your Membership by December 31st!

Checks payable to: Town of North Providence

North Providence Residents: $25.00 ($2.00 Per Month)

Non-Residents: $35.00 ($2.90 Per Month)

2027 Memberships are valid 1/1/2027 - 12/31/2027

Mingle & Jingle

Wheel of Fortune



Sponsored by Marquis Health Consulting Services

Thursday, November 12th
Thursday, December 10th
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 Required.

Comfort & Joy!

"Cooking Demonstration"

Provided by Smithfield Woods Senior Living

Thursday, November 5th 2:00PM

Get ready for the Holiday Season! Join Chef Ben of Smithfield Woods Senior Living for a delightful cooking demonstration featuring delicious inspirations to help us prepare for the holiday season. Come enjoy a tasting while getting into the holiday spirit with us!

Registration Required

Winter Vibes

Tuesday Afternoons - 2:00PM

November 10th
Ron Giorgio

November 24th
Michael Parrillo

December 8th
Joe Vono, Dave Carbone & LuAnn Dutra

December 15th
Robert Black

Free & Open To The Public!

Wrap Up the Joy!

Embrace the spirit of giving this holiday season! Browse the wide selection of unique, special gifts while supporting local artisans and small businesses.

Poppy G's Jewelry



Thursday, November 12th
Tuesday, December 1st
10:00AM – 2:00PM

MagPie's Designs

Tuesday, November 17th
Monday, December 7th
10:00AM – 3:00PM

Candy Cane Bingo!

BINGO with Berkshire Place!

Thursday, November 19th
Thursday, December 17th
1:00PM-2:00PM

Get ready for a fun-filled afternoon with a merry & bright holiday Bingo! Celebrate the season with Crystal!
All winners will receive prizes!
No Fee - Registration Required at the front desk.

BINGO with Accentcare!

Tuesday, November 24th
Tuesday, December 8th
1:00PM-2:00PM

Join Carmella for a Holly Jolly Good Time!
Play BINGO, have fun while engaging with friends!
All winners will receive prizes!
No Fee - Registration Required at the front desk.

Relax & Unwind

Breathe Meditation

Barbara Gilfillan, Spiritual Practitioner (CSL)

One Meditation Session per month!

Sessions 30 min.

Thursdays

November 19th & December 17th

12:30PM - 1:00PM

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

Ageless Glow

European Signature Facials

9:00AM-3:00PM

Cost: $30.00 - 45 Minute Facial

November:

Nov 5th • Nov 9th • Nov 13th • Nov 18th

December:

Dec 1st • Dec 7th • Dec 16th • Dec 21st

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 are required.

Chair Yoga with Paula

3 Yoga Sessions Per Month

11:00AM - 12:00PM

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

November:

Thurs. Nov. 5 - Grounding: Effort and Ease
Thurs. Nov. 12 - Surrender: Find Stillness
Thurs. Nov. 19 - Surrender: Accept what is

December:

Thurs., Dec. 3 - Mental Clarity: Move to Meditate
Thurs. Dec 10 - Mental Clarity: Turn Your Gaze Inward
Thurs. Dec. 17 - Mental Clarity: Quiet the Mind

Thai Stretching Massage

Provided by Michelle

Certified Thai Stretching Massage Therapist

9:00AM - 3:00PM

FREE 30 Minute Sessions are available

November: Nov 12th • Nov 23rd

December: Dec 4th • Dec 10th

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 are 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.

Appointments are required.

November 10 & 24 "Holiday Placemats"
December 1 & 15 "Afghans/Ornaments"

Captivating Canvases

Acrylic Painting Class

Thursdays

1:00PM-3:00PM

Tap into your inner artist!
Beginners to advanced students are welcomed.
Each painting is a 2 week project.
All materials are provided.

Appointments are required.

November 5 & 12 "Deep Forest"
December 3 & 10 "Snowy Night"

NOVEMBER ~ Give Thanks

Blood Pressure Screenings

9:30AM - 10:30AM

- Thursday, November 5th
- Tuesday, November 17th
- Monday, November 23rd



Sweet Holidays, Healthy Twists

Presented by Kathi Masi

Tuesday, November 17th

2:00PM

Love holiday desserts but want healthier options? Join us for a seasonal food demo class featuring a quick and easy holiday treat made with lighter ingredients and less added sugar. We will explore easy recipes, healthy ingredients swaps, and creative ideas for desserts. All who attend will receive a take-home tip sheet "Navigating Holiday Eating".

Registration is required.

CharterCARE Health Info Table

Tuesday, November 17th 9:00AM-12:00PM

Join CharterCARE for an upcoming Stroke and Heart Failure Community Awareness Info Table, featuring education on warning signs, risk factors, prevention, and when to seek medical attentions. Stop by to learn how to recognize symptoms early and taking action can make a difference in your health.

New Session
Mah Jongg For Beginners

Begins Wednesday, November 18th - 1:00PM

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

Registration is required.

Practicing Gratitude

Presented by BCBS of RI

Thursday, November 19th

11:00AM

Defining gratitude and what the effect of it can be in one's life is something we all can benefit from. With gratitude comes a sense of understanding about mindfulness and how the two connect to create a more positive attitude, mood and sense of wellbeing resulting in a healthier and happier life. **Registration is required.**

Oak Street Health Info Table

Thursday, November 19th

9:00AM-12:00PM

Oak street Health is specialized in Primary Care Services for older adults on Medicare. Stop by and visit their information table in our reception area to learn how they keep their patients Happy, Healthy, and out of Hospitals.

Book Club

Thursday, November 19th

1:00PM-3:00PM

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

Receive: "Skipping Christmas" by John Grisham

Spiritual Rockstars

Friday, November 20th 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 pray once a month. All spiritual denominations are welcome.

Beltone Hearing

Provided by Beltone

Tuesday, November 24th 9:30AM - 11:00AM

Appointments are required.

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

Tech Time

Provided by North Providence Union Free Library

Classes held at the Mancini Center

Fridays

10:00AM-11:30AM

3 Week Session Commitment Per Month

Topics Covered:

· Intro to the Internet

· Scams & Internet Safety

· Intro to Artificial Intelligence (AI)

Nov 6 • Nov 13 • Nov 20

Please register at the front desk.

DECEMBER ~ Making Spirits Bright

Blood Pressure Screenings

9:30AM - 10:30AM

- Thursday, December 3rd
- Tuesday, December 15th
- Tuesday, December 29th



Beltone Hearing

Provided by Beltone

Tuesday, December 15th 9:30AM-11:00AM

Appointments are required.

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

Put the Happy Back In Your Holidays

Presented by BCBS of RI

Thursday, December 10th

11:00AM

For most of us, the holidays come with their own "to do" lists, this presentation will enable us to discover ways to manage stress better during the holiday season and allow us to enjoy one of the happiest times of the year. **Registration is required.**

Book Club

Thursday, December 17th

1:00PM-3:00PM

Discuss: "Skipping Christmas" by John Grisham

Receive: "Mighty Red by Louise Erdrich

FREE Physical Therapy Assessments

Provided by Pappas OPT

Monday, December 14th 1:00PM- 3:00PM

Jillian Jordan, PT, DPT, a physical therapist with Pappas OPT will be providing FREE assessments. Appointments are 15 minutes.

Registration is required.

Spiritual Rockstars

Friday, December 18th 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 pray once a month. All spiritual denominations are welcome.

MANCINI CINEMA

1:00PM

Somethings Gotta Give(2003)

Starring Diane Keaton & Jack Nickolson

Wednesday, November 18th

Christmas on the Square(2020)

Starring Dolly Parton & Christine Baranski

Wednesday, December 16th

12 Days of Giving

Holiday Raffle 12 Lucky Winners!

$25.00 VISA Gift Cards

Tickets - 3/$5.00

Drawing - Holiday Celebration

Friday, December 11th

Tickets are sold at the Center

Winners Are NOT Required To Be Present

Prizes Sponsored by *Golden Crest*

Mancini Center Trips	Date	Time	Cost
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 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

Your Health, Your Choice

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 15th and ends December 7th,** 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. Compare your Medicare drug plans by December 7th.

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, November 19th

"Ask an Independent Medicare Agent"

No Fee - Private 45 Minute Appointments

Friday, November 13th	9:00AM - 4:00PM
Monday, November 23rd	9:00AM - 4:00PM
Wednesday, December 2nd	9:00AM - 4:00PM

Please Register at the Front Desk

SUPPORT GROUPS

Grief Support Group

Provided by Beacon Hospice

Thursday, November 19th 1:00PM
Thursday, December 17th 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.

Caregiver Support Group

Thursday, November 19th
Thursday, December 17th
12:30PM

Caregiving can be stressful. Whether it's 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.

The Vision Support Group will not be meeting in November and December.

STAY STRONG, LIVE LONG

Fitness Classes

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 w/Fran

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
12:30PM: Chair Zumba w/Linda

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: BoneBuilders
11:00AM: Chair Yoga w/Paula
12:30 PM: Beginners Line Dancing w/Fran
12:30 PM: Breathe Meditation (11/19)(12/17)
2:00 PM Chair Zumba w/Linda

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 — Friday

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

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

Daily Programs

Monday
9:00 AM: Facials (11/9)(12/7 & 12/21)
9:00 AM: Thai Massage(11/23)
1:00 PM: Cribbage League/Free Play
1:00 PM: Mah Jongg Advanced/Free Play
1:00 PM: Michigan Rummy
1:00 PM: Hi Lo Jack Free Play

Tuesday
9:00 AM: Facials (12/1)
10:00 AM: Hookers Delight
1:00 PM: Scrabble

Wednesday
9:00 AM: Facials (11/18)(12/16)
1:00 PM: Mah Jongg Instructional
1:00 PM: Mah Jongg Advanced/Free Flay
1:00 PM: Poker League

Thursday
9:00 AM: Facials (11/5)
9:00 AM: Thai Massage(11/12)(12/10)
1:00 PM: Book Club (11/19 & 12/17)
1:00 PM: Rummikub

Friday
9:00 AM: Facials (11/13)
9:00 AM: Thai Massage(12/4)
12:30 PM: Spiritual Rockstars (11/20 & 12/18)
1:00 PM: Mah Jongg Advanced/Free Play

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.

Meals Available
Reservations required 1 week in advance

Mon	Tue	Wed	Thu	Fri
2	**3** CENTER CLOSED  	**4**	**5** 9:00AM-3:00PM Facials 9:30AM-10:30AM Blood Pressures 11:00AM Grounding: Effort & Ease 2:00PM “Comfort & Joy” Cooking Demo	**6** 10:00AM-11:30AM Tech Time
9 9:00AM-3:00PM Facials	**10** 2:00PM Winter Vibes “Ron Giorgio”	**11** CENTER CLOSED  	**12** 9:00AM-3:00PM Thai Massage 10:00AM Poppy G’s Jewelry 11:00AM Surrender: Find Stillness 2:00PM Wheel of Fortune	**13** 9:00AM-3:00PM Facials 9:00AM-4:00PM Ask a Medicare Agent 10:00AM-11:30AM Tech Time
16	**17** 9:30AM-10:30AM Blood Pressures 9:00AM-12:00PM CharterCare Health Info Table 10:00AM MagPie’s Designs 2:00PM Sweet Holidays, Healthy Twists	**18** 9:00AM-3:00PM Facials 1:00PM New Session Mah Jongg for Beginners 1:00PM Mancini Cinema “Somethings Gotta Give”	**19** 9:00AM12:00PM Oak Street Health Info Table 11:00AM Surrender: Accept what is 11:00AM Practicing Gratitude 12:30PM Breathe Meditation 12:30PM Caregiver Support Group 1:00PM Bingo w/Berkshire 1:00 Book Club 1:00 Grief Support Group Trip: NP Playhouse ”Social Security”	**20** 10:00AM-11:30AM Tech Time 12:30PM Spiritual Rockstars
23 9:00AM-3:00PM Thai Massage 9:00AM-4:00PM Ask a Medicare Agent 9:30AM-10:30AM Blood Pressures	**24** 9:30AM-11:00AM Beltone Hearing 1:00PM Bingo w/Accentcare 2:00PM Winter Vibes “Michael Parrillo”	**25**	**26**  CENTER CLOSED	**27**  CENTER CLOSED
30				

Mon	Tue	Wed	Thu	Fri
	1 9:00AM-3:00PM Facials 10:00AM Poppy G's Jewelry	**2** **50 Years Celebration!!** **11:30AM-3:00PM** **Christmas Spectacular Fanci Follies Show** **All Classes Canceled** 9:00AM-4:00PM Ask a Medicare Agent Trip: NP Playhouse "Social Security"	**3** 9:30AM-10:30AM Blood Pressures 11:00AM Mental Clarity: Move to Meditate	**4** 9:00AM-3:00PM Thai Massage
7 9:00AM-3:00PM Facials 10:00AM MagPie's Designs	**8** 1:00PM Bingo w/Accentcare 2:00PM Winter Vibes "Joe Vono, Dave Carbone & LuAnn Dutra"	**9**	**10** 9:00AM-3:00PM Thai Massage 11:00AM Mental Clarity: Turn Your Gaze Inward 11:00AM Put the Happy Back In Your Holidays 2:00PM Wheel of Fortune	**11** **Holiday Celebration** **11:30AM-3:00PM**  **All Classes Canceled**
14 1:00PM-3:00PM Pappas Physical Therapy Assessments	**15** 9:30AM-10:30AM Blood Pressures 9:30AM-11:00AM Beltone Hearing 2:00PM Winter Vibes "Robert Black"	**16** 9:00AM-3:00PM Facials 1:00PM Mancini Cinema "Christmas On the Square"	**17** 11:00AM Mental Clarity: Quiet Your Mind 12:30PM Breathe Meditation 1:00PM Bingo w/Berkshire 1:00PM Book Club 1:00PM Grief Support Group 1:00PM Caregiver Support Group	**18** 12:30PM Spiritual Rockstars Trip: Christmas at the Mansions
21 9:00AM-3:00PM Facials	**22**	**23**	**24** **CENTER CLOSED** 	**25** **CENTER CLOSED** 
28	**29** 9:30AM-10:30AM Blood Pressures	**30**	**31**	**Jan-1** **CENTER CLOSED** 

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



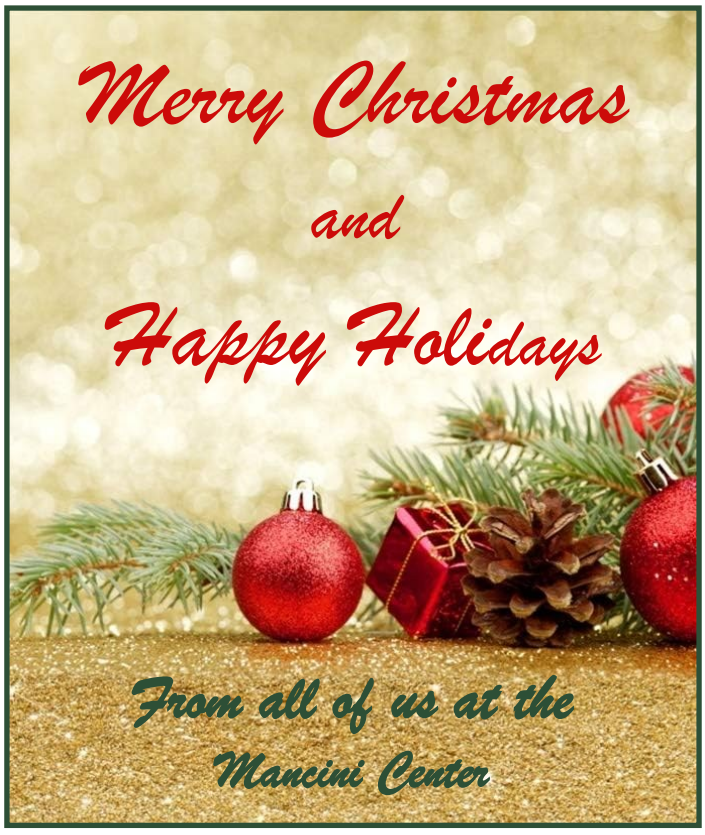
OPERATION SNOWBALL

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.

Follow Us On Facebook At:
Facebook.com/NPManciniCenter

Stay up to date on current and
upcoming programs!



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