

Continental May Breakfast

Sponsored by Golden Crest Nursing Centre
Friday, May 4th
9:00 AM - 11:00 PM

Meet our new staff and enjoy a tasty continental breakfast, featuring yogurt parfaits, assorted pastries & coffee!

Mother's Day Celebration

Tuesday, May 8th
11:00
Live Music w/ Tom Conte
Sponsored by Mariani Funeral Home

Sing-A-Long W/ Ken

Wednesday, May 9th
11:00

Ken Fraielli is back on the piano! Everyone is welcome to join and sing your favorite tunes!

Mother's Day Angel Craft

Sponsored by Golden Crest Nursing Centre
Thursday, May 10th
10:30 AM

Join Mary Lima for this fun and free craft! Sign-up with the receptionist. Space is limited.

"Preventing Shingles"

Sponsored by Shaw's Market
Tuesday, May 15th
10:30 AM

We will be discussing what the signs and symptoms of shingles are, who is at risk for the shingles, and what the complications are of the disease.

Spring Bingo

Sponsored by Golden Crest Nursing Centre
Wednesday, May 16th
10:30 AM

"Alternative Treatment for Chronic Pain"

Provided by URI Pharmacy
Thursday, May 17th
11:00 AM

Join URI Pharmacy as they discuss alternative options for chronic pain.

Happy Notes Concert

Monday, May 21st
11:00 AM

Memorial Day Celebration

Wednesday, May 23rd
11:00 AM
Color Guard Ceremony
Korean War Veterans of Northern RI
Entertainment with Ken Morracco
Sponsored by Mariani Funeral Home

Member Benefit Meeting

Sponsored by Blue Cross of RI
May 24th | 10:30 AM

Come learn about the benefits that come with your Blue Cross plan including gym memberships and preventative health screenings.

Craft Class w/ Lorraine

Sponsored by Cherry Hill
May 24th
1:00 PM

Join Lorraine for a fun and free spring craft! Sign-up with the receptionist. Space is limited.

Two Atlantic Blvd.,
North Providence, RI 02911
Phone: 401-231-0742
Fax: 401-xxx-xxxx
www.smrac.com
smracinfo@northprovidenceri.gov

2018 Membership:

Valid 1/1/18 - 12/31/18
North Providence Residents - \$10.00
Non-Residents - \$15.00

Hours:

Monday - Friday
8:30 AM - 4:30 PM

Meet the Team!

Director

Linda Giorgio

Assistant Director

Cheryl Lonardo

Project Manager

Joseph Riccitelli

Receptionist

Joe Nardella

Maintenance Technician

Rita Morrabel

Dinning Room Manager &

Transportation

(9:00 AM - 2:00 PM)

Ray D'Abate

Kitchen Assistant

Angela Provost

Social Services:

Suzanne Carson of Tri County North Providence will be at the center Wednesday May 2nd from 9:00 AM - 3:00 PM.

Appointments can be made by calling the center at 231-0742.

May 2018 Center News

New Classes

Salsa Dance Aerobics
Fridays – 1:00PM-2:00PM

Learn to Draw & Paint with Nick
Tuesdays – 10:00AM-12:00Noon

Quilting 101
Wednesdays – 9:30AM-11:30AM

Ceramics
Tuesdays - 9:00 AM - 11:00 AM
Beginning June 5th
(subject to number of participants)
Fee - \$20/4 classes due at registration
Registration Deadline – Friday, May 25th
Class includes paints, brushes, glazes & unlimited kiln usage.
Ceramic pieces are not included & must be purchased separately.



New Evening Class
Zumba with Fran
Thursdays – 5:30PM-6:30PM
Beginning May 10th


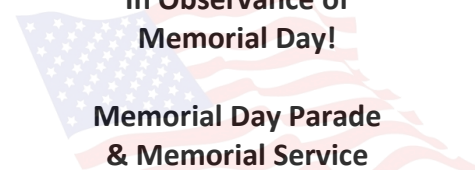
Dining & Transportation Services

- Lunch Reservations are required by Thursday 11AM for following week.
- Reservations are required 1 week in advance for special celebrations.
- 24 hour notice is appreciated for lunch cancellations.
- Transportation must be scheduled 48 hours in advance.
- Transportation cancellations must be made by 8:00AM.

M

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Mon	Tue
<p>Members who pick up their monthly newsletter at the center will be entered into a monthly drawing to win a \$25 Stop & Shop card. Winner will be drawn the second Friday of each month.</p> <p>Sponsored By <i>Golden Crest</i></p>	<p>1 9:00 AM - Tai Chi 9:30 AM - Aqua Zumba (At NP Pool) 10:00 AM - Learn To Draw & Paint 12:30 PM - Knitting Instruction 1:00 PM - Mah Jongg 1:00 PM - Hi Lo Jack League 1:00 PM - Scrabble 1:00 PM - Arthritis Exercise 1:00 PM - Women's Billiards</p>
<p>7 9:00 AM - Stretch & Tone 10:00 AM - Painting Class 10:00 AM - Happy Note (Chorus) 10:00 AM - Bone Building 1:00 PM - Hi Lo Jack League 1:00 PM - Mah Jongg 1:00 PM - Gin Rummy 1:00 PM - Zumba Gold</p>	<p>8 9:00 AM - Tai Chi 9:30 AM - Aqua Zumba (At NP Pool) 10:00 AM - Learn To Draw & Paint 11:00 AM - Mother's Day Celebration 12:30 PM - Knitting Instructor 1:00 PM - Mah Jongg 1:00 PM - Hi Lo Jack League 1:00 PM - Scrabble 1:00 PM - Arthritis Exercise 1:00 PM - Women's Billiards</p> 
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<p>28 Center Closed In Observance of Memorial Day!  Memorial Day Parade & Memorial Service Parade Begins at 1:00 PM at NPHS and ends at Gov. Notte Park</p>	<p>29 9:00 AM - Tai Chi 9:30 AM - Aqua Zumba (At NP Pool) 10:00 AM - Learn To Draw & Paint 12:30 PM - Knitting Instruction 1:00 PM - Mah Jongg 1:00 PM - Hi Lo Jack League 1:00 PM - Scrabble 1:00 PM - Arthritis Exercise 1:00 PM - Women's Billiards</p>

Wed	Thu	Fri
<p>2 8 AM - 4 PM Social Worker (By Appt.) 9:00 AM - Forever Fit 9:30 AM - Quilting 101 10:30 AM - Meditation 11:00 AM - Chair Yoga 1:00 PM - Wii Bowling 1:00 PM - Mah Jongg League 1:00 PM - Learn to Play Mah Jongg 1:00 PM - Poker League</p>	<p>3 10:00 AM - Learn to Sew 10:00 AM - BP w/ Cedar Crest 12:30 PM - Play Bridge 1:00 PM - Stamp Collecting Club</p> <p>Evening Program 4:00 PM - Hi Lo Jack League</p>	<p>4 9:00 AM - Bone Building 9:00 AM - Knitting Circle 9:00 AM - 11:00 AM Continental May Breakfast 10:05 AM - Mat Yoga 11:00 AM - Zumba Gold & Tone 12:30 PM - Mah Jongg 1:00 PM - Creative Writing Group 1:00 PM - Salsa Exercise Aerobics</p>
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Visit Our Wellness Gym

Open Monday - Friday

9:00 AM - 4:00 PM

Full equipped gym, with bikes, elliptical, recumbent stair climber, rowers and free weights.

Free with your Membership!