

# Cumberland Senior Center NEWSLETTER

January 2026

*"Together we make every  
season brighter"*

The Senior Center Services  
Seniors 55+ Connecting  
Seniors to community services  
that can help them stay  
healthy & independent

## *Location*

1464 Diamond Hill Rd,  
Cumberland RI 02864  
p: 401-334-2555  
f: 401-335-4473  
[www.cumberlandri.org](http://www.cumberlandri.org)

## *Hours*

Open Daily Monday-Friday  
8:00am to 4:00pm

## *Leadership*

### Director

Mike Crawley  
[mcrawley@cumberlandri.org](mailto:mcrawley@cumberlandri.org)  
401-334-2555 ext. 101



### Social Director/Service Mgr.

Karen Kane  
[kkane@cumberlandri.org](mailto:kkane@cumberlandri.org)  
401-334-2555 ext. 101

### Clerk

Deb Coia  
[dcoia@cumberlandri.org](mailto:dcoia@cumberlandri.org)  
401-334-2555 ext. 102

### Senior Van Driver

Brian Hart  
401-334-2555 ext. 104

### Food Service

Skyla Vaillant  
401-334-2555 ext. 103



## *Message from the Director*

HAPPY NEW YEAR! A Toast to 2026! We welcome a brand new year with the goal to continue building this great community at the senior center where members feel valued, connected and inspired. **Here are my new year's tips for 2026:** Take the time to get to know your fellow members, it can lead to valuable friendships and a joyful experience. Stay informed on latest news & events in the community. Exercise classes and events provide valuable opportunities for learning, having fun & getting in top shape. Contribute, share your skills, knowledge and ideas. Have Fun! Enjoy your time as a member and embrace all of the opportunities that the senior center has to offer. I am grateful for our dedicated staff, volunteers and members who make this center a great and welcoming place. Wishing you a year filled with good health ~ Mike

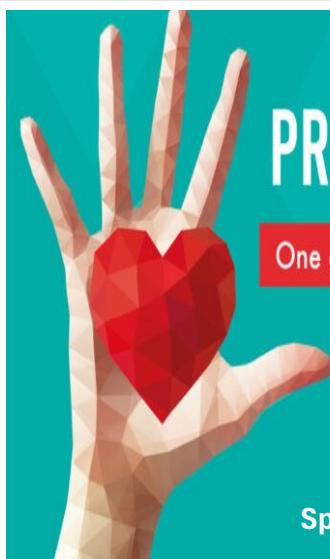
## January Closings

January 1—New Year's Day

January 19—Martin Luther King Day



# Take Note!



**FREE BLOOD PRESSURE CHECK**

One check a year could save your life

**10:30am-11:30am**  
[Friday, January 2nd](#)  
**Sponsor: Mount St. Rita**  
[Friday, January 16th](#)  
**Sponsor: Grandview Center**

## Health and Wellness

**Alzheimer's Awareness Month**: The Alzheimer's Society promotes this month by sharing stories from people affected by dementia and emphasizing the importance of community, knowledge, and early diagnosis.

**Age Friendly Public Health Systems (APHUS)**: This movement holds its first training of the year in January, focusing on ageism and improving communication about healthy aging. The goal is to make communities more age-friendly and address health disparities.

**Senior Self-Evaluation**: January serves as a time for seniors to evaluate their current lifestyle, routines, and living situations to make adjustments for a better quality of life, as encouraged by organizations like the National Health Care Association and the National Assisted Living Assoc.

**Mission Statement:** Our mission is to create a welcoming, supportive and caring environment where seniors can connect, learn and thrive. We are dedicated to providing an array of quality services to enrich & educate our senior citizens. We encourage all individuals to achieve a lifestyle in which they can remain an active and productive member of the community. We are dedicated to the Cumberland seniors by offering many opportunities for wellness, independence and social engagement.

We encourage all members to participate.



Get your taxes done for FREE beginning Mondays February 9 through April 13, 2026. AARP Foundation is providing tax assistance and preparation through its Tax-Aide program. In person: Tax-Aide's service, taxes are prepared and filed by IRS-certified tax counselors with strict physical measures in place. Appointments can be made in person at the senior center or by calling Debi Coia @ 401-334-2555

**NOTE: Appointment for this service can be made now.**



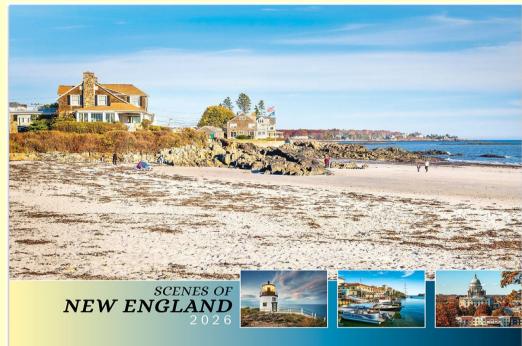
Come join us for the new & Improved Conversation Café!! Meets 1st and 3rd Wednesday of the month with a new start time of 10:30am.

Join us for engaging discussions at the new and improved Conversation Café. Whether you're passionate about current events, history, politics, or any topic under the sun, our café is the perfect place to meet up, share your thoughts, and enjoy great conversation with friends. This is a welcoming environment for people of all backgrounds and interests. Every session is an opportunity to learn, connect, and share your perspective. Plus, you'll have the chance to make new friends!

# Variety Vibes. Visuals

9

**THANK YOU** The Senior Center would like to extend our deepest gratitude to all the local businesses, sponsors, and generous individuals who donated to our Christmas Raffle. Your kindness and support helped make this holiday season brighter for our members and our community. We were able to have a festive and joyful event with lots of laughter and Christmas cheer. We are incredibly thankful for your continued support. From all of us at the Senior Center—thank you for making a difference!



We extend our sincere appreciation to Nancy Keyser for her generous donation of the *Scenes in New England* 2026 wall calendars.

# Health & Fitness

## Weekly Exercise Schedule

**\*Note:** All exercise classes are 50 minutes

### Monday

8:45am-9:45am— Mat Yoga w/Karen  
10-10:50am—Chair Yoga w/Karen  
11-11:50—AB/Core w/Margaret  
12:00pm—Indoor Pickleball (Boys and Girls Club)  
12:15pm –1:15pm Chair Volleyball

### Tuesday

9-9:50am— LaBlast Fitness  
10-10:50am—Body & Brain Fitness w/Margaret  
11-11:50am—Body & Brain Fitness w/Margaret  
3-3:50pm—Mat Yoga w/Denise Barry

### Wednesday

8:45am-9:45am— Mat Yoga w/Karen  
10-10:50—Chair Yoga /Karen  
11—11:50—20/20/20 w/ Lisa  
12-12:50—Strength Training w/Lisa

### Thursday

9-9:50—Easy Stretch w/Margaret  
10:15-11:05—Functional Fitness w/Lisa  
11:10-12:00—Cardio Core w/Lisa  
12:00pm—Indoor Pickleball (Boys and Girls Club)  
1-1:50pm—Mat Yoga w/Denise Sloan

### Friday

9-9:50—Body & Brain Fitness w/Margaret  
10-10:50—Body & Brain Fitness w/Margaret  
11-11:50am— LaBlast Fitness  
12-12:45pm—Line Dance  
12:50pm-1:50pm—Tai Chi w/Karl  
2pm-2:50pm—Beginner Tai Chi w/Karl

# Social Club

## Weekly Programs

### Monday

8:00am—Pool Room Open  
9:00am—Exercise Room Opens  
12:00pm—Pickleball (Boys & Girls Club)  
12:30pm—Hi Lo Jack League \$2.00 per week  
1:00pm—Grief Support (2nd & 4th of month)  
1:30pm—Party Helpers (1st Mon. of the month)

### Tuesday

8:00am—Pool Room Open  
8:30am—Busy Fingers (Knit & Crochet group)  
9:00am—Exercise Room Opens  
9:30pm—Watercolor Class \$3.00 per class  
12:15pm—Glee Club  
12:30pm—Hi Lo Jack League \$2.00 per week

### Wednesday

8:00am—Pool Room Open  
9:00am—Exercise Room Opens  
11:00am—Conversation Café (1st & 3rd of month)  
1:00pm—Movies and Popcorn (see bulletin board)

### Thursday

8:00am—Pool Room Open  
9:00am—Exercise Room Opens  
12pm—Pickleball (Boys & Girls Club)

### Friday

8:00am—Pool Room Open  
9:00am—Exercise Room Opens  
12:45pm—Bingo (3rd Fri. is Bingo Bonanaza)

## Health & Social Club—Notes

**Chair Exercise Class Participants**—For safety reasons, please hang your coats on the coat rack rather than on the back of your chair. Thank you for helping keep the area safe and clear!

**Footwear Policy**—For safety reasons, please make sure you are wearing proper footwear in the exercise room. (No Sandals, slip-ons, flip flops etc....)

## Exercise Program Details

**20/20/20**—Designed to give you a total body workout. 20 minutes of cardio, 20 minutes of strength training, 20 stretch

**AB/CORE STRENGTH**— Warmup, Stand up abs, Sit Down Abs.

**BODY & BRAIN FITNESS**— Overall body conditioning. Combo of warmups, strength, muscle moving. Work all muscle groups.

**CARDIO CORE GOLD** Gets the body moving & heart pumping. Offers a fun, challenge combining aerobic and body workout.

**LA BLAST FITNESS** LaBlast® Fitness is a partner-free dance fitness workout. For All levels. A mix of ballroom dances set to music.

**Chair Volleyball** is the seated format that still focuses on fitness and moving the whole body. Physically, mentally, and emotionally while sitting.

**EASY STRETCH w/Chair** Geared to improve flexibility for all muscle groups through various stretch techniques/movement/Overall body stretch.

**FUNCTIONAL FITNESS** Focuses on exercises that mimic everyday movements, such as lifting, pushing, bending and twisting.

**LINE DANCE** Choreographed dance with repeating sequence of steps while arranged in one or more lines or rows.

**MAT YOGA & CHAIR YOGA** This class will meet the needs of all level practitioners.

**PICKLEBALL** Pickleball is an indoor or outdoor racket/paddle sport

**STRENGTH TRAINING 101 W/CHAIR** Builds endurance and develops coordination.

**TAI CHI** Embraces mind, body and spirit. Movements & breaths

## The Village Common



Proud to support Cumberland Village a part of The Village Common of RI. The

Village Common of Rhode Island is inviting older town residents to join the Cumberland Village. Applications for membership are now being accepted to members in the Cumberland RI area. Established in 2015, the Village Common of RI has worked to “neighbors helping neighbors who are aging better together. "Services that may be provided by village volunteers include transportation to appointments, errands, friendly calls and social visits, caregiving support and help with electronic devices such as TVs, smartphones, and computers. To inquire about joining in Cumberland the website is [cumberland@villagecommonri.org](mailto:cumberland@villagecommonri.org), phone# is 401-594-2635

To inquire about various villages in the state call 401-441-5240. Membership dues are affordable. Find more about signing up at [222.villagecommonri.org](http://222.villagecommonri.org).

## Help Wanted

We are seeking volunteers to approach local businesses & request raffle item donations for our Christmas party and June picnic. We have senior center letterhead available, which includes a detailed description of how the donations will be used. See Karen or Debi for the letterhead.



# UPCOMING EVENTS

## Happy New Year Lunch and Mike's Birthday

Thursday January 8 @ 11:30am

Lunch: Lasagna \$6

Music: Gary from "Cool Change"

## Bingo Bonanza Lunch

Friday January 16 @ 11:30am

Lunch: Turkey Sandwich \$6

Music: Joey C.

**Dessert sponsor: MOUNT ST RITA**

## Frosty Fest

Thursday January 22 @ 11:30am

Lunch: Open Face Turkey \$6

Music: Joey C.

## Hoedown Lunch

Thursday January 29 @ 11:30am

Lunch: Pulled Pork \$6

Music: Joe Vono

**\*\*Tickets will be sold in front reception for all events \*\***

## EASY PIG'S IN A BLANKET APPETIZER - Ingredients:

**Cocktail-sized smoked sausages:** Also called "little smokies", these bite-sized sausages are already fully cooked. **Refrigerated crescent roll dough:** Crescent roll dough works best for pigs in a blanket because they're easy to wrap around the sausages. **Egg:** Make an egg wash to brush the tops and sides of the dough.

**Directions:** Make the egg wash. Whisk the egg and water in a small bowl.

**Cut the crescent roll dough.** Unroll a can of refrigerated crescent roll dough on a work surface. Separate the dough along the perforated seams into 8 triangles. Use a pizza cutter or sharp knife to cut each triangle lengthwise into 3 narrow triangles, 24 total. **Wrap the sausages.** Place on the baking sheet seam-side down. Repeat with the remaining sausages, spacing them evenly apart on the baking sheet.

**Bake.** Brush the tops and sides of the dough with a thin layer of the egg wash, sprinkle with flaky salt, then bake until the dough is puffed and golden brown.



## TheDailyLunch

We offer Hot/Cold lunches for dining in the main assembly Room—Suggested donation \$3.00 per Lunch. **Must be ordered 3 days in advance on the kiosk in main entrance hallway OR stop in the senior center to place your order. For questions call Skyla @401-334-2555 ext. 103** \*\*Menu can be picked up in the hallway bookcase

## BLACKSTONE HEALTH, INC.

Coordinator—Timothy Sandy

Nutrition Assistant—Susan Leal



## *"Upcoming February Events"\*\**

Thurs. February 12—Valentine's Lunch

Thurs. February 19—President's Day Lunch

Friday February 20—Bingo Bonanza

Thurs. February 26—Lunch & Museum of Work and Culture Presentation



# Trips and Travel



## Cumberland Transportation

The Senior Center provides transportation to and from the senior center as well as weekly Day Trips to local restaurants. We also provide weekly market trips and monthly trips to Walmart and Lincoln Mall. All trips on the senior center van are no charge.

### **MONTHLY WALMART SCHEDULE**

**RIVERSIDE VILLAGE**—1st Monday of the month  
**ONE MENDON RD**—2nd Monday of the month

### **MONTHLY LINCOLN MALL SCHEDULE**

**3rd Monday of the Month**

To Sign up for a ride or for more information, please call Van Driver Brian Hart 401-334-2555 In the event of a holiday, check your bulletin board for revised trip schedule or check w/Brian.

### **\*State Transportation Services\***

MTM is the State of Rhode Island's non-emergency medical transportation. MTM arranges rides for eligible RI Residents Call MTM At 1-855-330-9131 for Non-Emergency medical appointments. For 60+ or individuals with disabilities who meet certain requirements—This service is FREE  
(2 business days to secure ride) **Senior & Disabled Bus Pass**  
1 Kennedy Plaza Providence RI Call 401-784-9500

## Senior Center Trip Policy

- Please make sure to be at the Senior Center at least 15 minutes before scheduled Day trip departure time
- Please call Debi Coia at the Senior center at 334-2555 the evening before or early morning (8am) of scheduled trip if you cannot attend.
- Trip payments are nonrefundable unless you are able to find a replacement or we are able to fill your place from the waiting list
- If you are going on any Senior Center trips that will interfere with your lunch at the center, you must cancel your lunch ahead of time. It is your responsibility to notify Skyla, when there is a change in your lunch order.

## Restaurant Day Trips

**Weds. Jan. 7—FOXWOODS BINGO**

**8am Depart**



**Weds. Jan. 14—GiGi's Restaurant—11am depart**

**Weds. Jan. 21—LaFamilia Wrentham, - 11am**

**Weds. Jan. 28—Uncle Tony's—11am depart**

**\*\*Note all restaurant day trips leave at 11am unless otherwise stated**

## Bloom Bus



Just a friendly reminder that we have some exciting day trips on Bloom Bus coming in 2026. These trips are a great opportunity to see new places. A full day of fun and adventure. \*See hallway bulletin board for flyer & details.

**Reservations can be made with Clerk, Debi Coia @ 334-2555** - For more information and to make a reservation call Debi Coia @ 334-2555 Let's make some great memories on Bloom Bus! So far our scheduled trips in '26:

**April 14—ROCK N ROLL HEAVEN AQUA TURF CT.**

**July 23—"HELLO DOLLY" AT THE INTERLAKES THEATRE, MEREDITH, NH**

**August date TBD—FOSTER'S & ISLE OF SHOALS**

**October date TBD—PARKER'S MAPLE BARN**

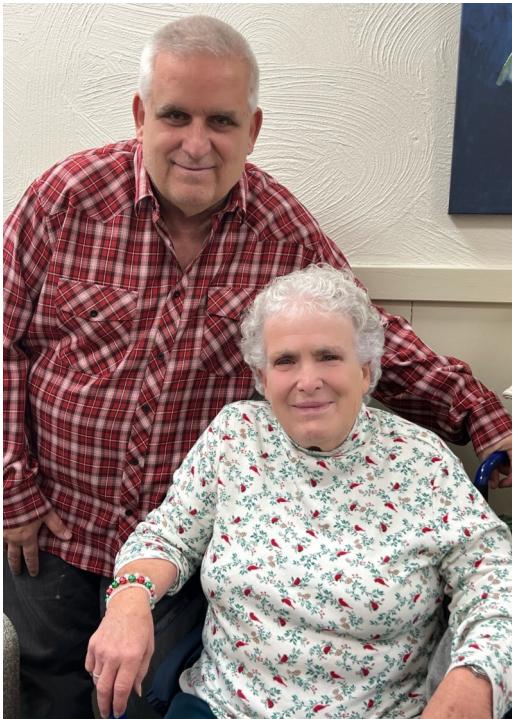
**December date TBD—HOLIDAY POPS**

## Foxwoods Bingo

**Wednesday January 7, 2026**

**(24) Spots available, sign up now with Clerk, Debi Coia (bus leaves @ 8am)**





## CAROLYN "LYNN" AND HARRY HOLLAND

Whale Rock Lighthouse, on the island of Jamestown, was built in 1882 to warn ships of a treacherous reef at the entrance of Narragansett Bay. Walter Eberle, Lynn's grandfather, after years as a Navy diver, was hired by the Lighthouse Service and assigned to the Whale Rock light.

On September 21, 1938, he was on duty when a catastrophic hurricane roared up Narragansett Bay and a massive tidal wave ripped the four story lighthouse off its foundation, sending it crashing into the sea. Days later, when the ocean subsided, rescue workers found the wreckage, but Walter's body was never found.

He was forty years old. His wife died two years later, of tuberculosis, leaving their six children orphans. One of those children, Lynn's mother, grew up in an orphanage.

Lynn and Harry grew up in Attleboro and met when both worked as machine operators at Augat Company, a manufacturer of computer chips. A year after their first date, at a Newport Creamery, they were married. Lynn is passionate and he is calm and always smiling; he likes to provoke her with tricks and teasing, and she responds by throwing things at him, and then they laugh together. At Christmas they stayed at a family rental in Fort Meyers, Florida, and she remembers opening gifts and then jumping in the community swimming pool. Seven years ago, in 2018, Lynn had a stroke. She wrote it off as a headache, but Harry insisted on taking her to the hospital, and thereby he saved her life. In the hospital she suffered three more strokes and months of physical therapy. She was left weak on her left side and her balance is off when she tries to walk, so she is mostly confined to a wheelchair. Harry retired to take care of her. During the crisis, he was afraid of losing her, and now they are both grateful for every day they have together. They share an orange tabby cat named Cody, and they all nap together. Lynn is creative and talented. She designs jewelry which she sells on consignment, does diamond art (her pieces cover her apartment walls), is an avid photographer, and writes poems. Her work has been featured in a poetry anthology and she won the Golden Poet Award in 1989 for her poem Colors of the World.

**Red, white, yellow, and black, We are the colors of the world  
Should one suffer in grief, So should all of mankind.....  
For we are all God's Creation and should be as equal.**

A year ago, they moved from Attleboro into Bear Hill Village Senior Living, and joined the Senior Center, to make new friends. They especially like the daily lunches and the parties. "We have never felt so welcome," she told me.

# Community Connections

## Tax Prep



AARP Foundation is providing tax assistance and preparation through its Tax-Aide program. In person: In Tax-Aide's service, taxes are prepared and filed by IRS-certified tax counselors with strict physical measures in place. Appointments can be made in person at the senior center or by calling Debi @ 401-334-2555

**NOTE: Appointments can be made NOW.**

## Blood Pressure Check

### 1st Friday of the month

(main assembly) 10:30am-11:30am



**Next Clinic: Friday, January 2**

**Sponsored by: Mount St. Rita Health Centre**

### 3rd Friday of the month

(main assembly) 10:30am-11:30am

**Next Clinic: Friday, January 16**

**Sponsored by: Grandview Center**

## Conversation Cafe



Hosted by: Meredith Gilbert

**This group meets the 1st & 3rd Wednesday**

**@ 11am** for CONVERSATION & CURRENT EVENTS An informal chat group that takes part in discussions and current events.

## Glee Club



**BIG NEWS! The Glee Club is BACK!!**

Meets **Tuesdays @ 12:15pm** in the exercise room. If you are interested in joining the Senior Glee Club, stop in the senior center.

**Starts**

**back Tuesday December 2.**

## Grief Support



Hosted by Joan Kelley

This **meets the 2nd & 4th Monday @ 1pm**. A grief support group is a gathering of individuals who have experienced the loss of a loved one & come together to share their experiences related to grief.

## Tech Corner



Do you need tech help? Support with your phone, tablet or laptop? We offer free tech help via email with volunteer Renee Harris (retired info tech professional). If you would like to contact Renee with tech questions you can email [techcornercsc@outlook.com](mailto:techcornercsc@outlook.com).

WE WANT  
TO HEAR  
from  
YOU

As we look ahead to 2026, we'd love to hear from you. What new programs, activities, or services would you like to see added at the Senior Center? Whether it's:

New classes, Discussion groups, Special events

Health, Wellness or a new exercise class

Tech help, Day trips, clubs or something new

Your ideas matter! Please share your suggestions with staff or leave a note at front reception. Let's make 2026 exciting, thank you for being part of our community!

# Resource Guide



## Heating Assistance

The Heating Assistance Program is run through Community Action Program—BVCAP (Blackstone Valley Community Action Program) Direct Line 401-723-0227 NOTE: If Applying for 1st time call BVCAP for appointment, HEATING ASSISTANCE NEWS: A single person can earn up to \$2,837/month and a married couple can earn up to \$3709/month to qualify for heating assistance (based on 2024 guidelines).

## Medicare Open Enrollment



starts on Oct. 15 & end on Dec. 7. All Medicare recipients can change their Medicare plans during open enrollment. Changes you make during open enrollment go into effect on January 1 the following year. Appointments to speak with Medicare Specialist, Guy Boulay will be on Thursday mornings. For appointment visit or call Debi Coia @ 334-2555. **Medicare Enrollees: If you have a Medicare Advantage plan (H-M-O or P-P-O), you have an additional open enrollment period from Jan. 1 to March 31. During this time you have the opportunity to switch to a different Medicare Advantage Plan, Return to original Medicare (with or without enrolling in a Part D prescription drug plan) change your plan to meet your health needs. If you are considering making a change, this is your window to explore your options & select the coverage that best meets your health & financial needs for 2026.**

## Snap Food Stamps Supplemental Nutrition

**Assistance Program** Nutrition assistance is provided to low-income individuals & families in the form of an EBT card which may be used to buy food at supermarkets, convenience stores & farmers markets. Call 1-855-697-4347 for info.

## Veterans Services

If you have served in the military, you may be entitled to receive benefits because of your status as a Veteran. In the United States, veterans' benefits honor those brave men and women who served our country by providing them with health care, housing, and even long-term care options. There are many resources available to vets, including some specific to elderly veterans and those in need of long-term care. Jacques Dextradeur II from the office of Veterans services can be available to meet with Veterans at the Senior Center on an as-needed basis. See below for Jacques's contact information. You may also call the senior center @ 401-334-2555 for more information. **Jacques Dextradeur II, RI Office of Veterans Services, 560 Jefferson Blvd, Warwick, RI 02886 Phone: 401.921.0951 email: [jacques.dextradeur@vets.ri.gov](mailto:jacques.dextradeur@vets.ri.gov)**

## Housing Downsizing?

## To Subsidized Housing

Can I keep the profits of my House? Call Legal Services FREE for seniors 401-274-2652

See below for Cumberland Residents (subsidized housing) contacts:

### CUMBERLAND HOUSING AUTHORITY

401-334-2678

Cumberland Manor (1 Mendon Road)

### VALLEY AFFORDABLE HOUSING

401-334-2802

Jenks Woods Apartments, Riverside Village Apartments, Waterfall Estates

CHIMNEY HILL APARTMENTS—401-333-0211

BEAR HILL VILLAGE APARTMENTS 333-0030



## Snapshots



## Game Corner

### NEW YEAR WORD SEARCH

B	H	E	J	A	A	I	N	Y	R	A	U	N	A	J
A	D	A	S	F	E	S	T	E	V	B	S	P	O	
L	O	I	T	A	C	E	O	L	I	W	K	L	A	R
L	M	N	U	M	F	T	V	D	C	N	I	M	R	A
D	Y	G	C	I	S	N	F	R	O	U	S	O	A	E
R	E	S	O	L	U	T	I	N	T	E	S	G	D	Y
O	E	V	E	Y	O	L	R	J	F	A	C	L	E	W
P	T	A	T	R	N	D	E	Y	E	T	N	N	I	E
U	H	J	A	H	S	N	W	T	T	L	O	K	T	N
L	G	D	R	K	I	A	O	L	T	C	A	T	O	Y
O	I	C	B	E	L	G	R	M	I	Y	U	T	A	P
R	N	B	E	V	E	H	K	S	N	F	T	W	Y	P
A	D	B	L	D	S	E	S	H	N	L	B	R	I	A
S	I	T	E	R	F	S	I	R	U	H	T	J	A	H
E	M	L	C	O	U	N	D	W	N	L	D	P		

Ball Drop  
Celebrate  
Confetti  
Countdown  
Eve

Family  
Festive  
Fireworks  
Happy New Year  
Hat  
January

Kiss  
Midnight  
Parade  
Party  
Resolution





## Thank you Sponsors

**AAA Northeast**  
**Blue Cross/ Blue Shield RI**  
**Chael Hill Cumberland**  
**Coremark**  
**Dave's Marketplace**  
**Grandview Center**  
**JJ Duffy Funeral Home**  
**Landmark Medical Center**  
**Mount St. Rita**  
**O'Neill Funeral Home**  
**Oak Street Health**  
**Pawtucket Falls**



### 01. When does the Monthly Newsletter come out?

The Last Thursday of the Month.

### 02. What age do I have to be to join the Senior Center? 55+

### 03. How do I join the Senior

**Center?** Stop in the office of the Senior Center & fill out membership form: Per Year: \$8.00 Town Residents | \$12.00 Non Residents

**04. If I leave my parent at the Senior Center will someone keep an eye on him/her? Are seniors supervised at all times?** No, we are not staffed to assist and stay with any one individual. We welcome aides or family members for seniors who are in need of assistance.

**05. Is the Cumberland Senior Center for Cumberland Residents only?** No. Seniors are welcome at any senior center (see above for member fees).

**06. Do you provide transportation to Medical appointments?** No, but we provide rides to and from the senior center & weekly market trips. Call Van Driver Brian Hart for more info. @ 401-334-2555 ext. 104.

**07. Is someone available to answer questions on Medicare?** Yes, We have a Senior Health Advisor, Guy Boulay at the Senior Center once per month by appointment. Guy can also be reached by phone for urgent questions. Call senior center clerk, Debi Coia for appointments and information @ 401-334-2555.

**08. Is Someone Available to answer questions on Veterans benefits?** Yes, Jacques Dextradeur II from the office of Veterans services can be available to meet with Veterans at the Senior Center on an as-needed basis. See below for Jacques's contact information. You may also call the senior center @ 401-334-2555 for more information.

**Jacques Dextradeur II, RI Office of Veterans Services**

**560 Jefferson Blvd, Warwick, RI 02886**

**Phone: 401.921.0951**

**email: [jacques.dextradeur@vets.ri.gov](mailto:jacques.dextradeur@vets.ri.gov)**

**09. What types of programs and classes are at the senior center?** We distribute a monthly newsletter where you can find everything that's going on at the Cumberland Senior Center — from upcoming events and daily activities to announcements as well as special programs. The newsletter can be found on the Town of Cumberland website under the senior center tab, online @ [www.mycommunityonline.com](http://www.mycommunityonline.com) (type in Cumberland RI), or you can stop by the senior center and grab a copy!



A huge thank you to Maggie Smith. Also a very special thank you to Tim LaBounty & Tracy Gagnon for the kind donations you have made to the Cumberland senior center which has made a significant difference in the lives of many seniors. Your efforts are truly appreciated. Core-Mark is the largest and most valued marketer of fresh and broad-line supply solutions to the convenience retail industry.



Thank you to Dave's Marketplace for your weekly donations to the senior center! And also for your very generous gift cards for the Cumberland Seniors!



# Town of Cumberland

## Taxes

You can pay your taxes: - In person at Town Hall 8:30am to 4:30pm Monday- Friday By mail: Town of Cumberland P.O. Box 7, Cumberland, RI 02864/Online at [www.riegov.com](http://www.riegov.com) with your account and pin number located at the top right hand corner of the bill.

**When are property taxes due?** Tax bills are due in quarterly installments. The due dates are May 31, August 31, November 30, and February 28th. Due dates have a 5 business day grace period.

**\*\*\*Cumberland provides exemptions to the elderly, disabled, qualified veterans, and others to reduce their property taxes.** For new Cumberland residents, applications for exemptions from taxation must be filed no later than December 31st to be eligible for the subsequent billing year.

## Yard Waste Schedule

In the Town of Cumberland, RI, fall yard waste collection is weekly from October 6, 2025, to December 5, 2025. Yard waste must be placed in biodegradable paper bags or in open, reusable containers and will be picked up on your regular collection day. Alternatively, you can drop off yard waste at the [Pascale Highway Facility](#) (17 Old Mendon Road) Monday through Friday from 9 AM to 2 PM.



## State of RI Legal Services

**RI LEGAL SERVICES**—56 Pine St, Prov RI 401-274-2652  
OR 1-800-662-5034

**RI BAR ASSOCIATION**—41 Sharpe Drive, Cranston RI—  
Offers FREE 20 Minute—Consultations for Senior  
Citizens/Call 521-5040—Lisa/Elisa

**ELDER LAW PROGRAM**—RI Div. of Elderly Affairs  
(Protective Services)—401-462-0555)

**RI DEPT. OF ATTORNEY GENERAL (ELDER DIV)**  
401-274-4400 EXT 2383

**ALLIANCE FOR BETTER LONG-TERM CARE** 401-785-  
3340

## Senior Center Notables

### Notary Services

Available to Members at no charge \*See Clerk Debi Coia or call for more info. @ 401-334-2555

### Membership

Yearly membership **\$8.00 Cumberland Residents & \$12.00 Non-Residents**—Renewals should be paid in person to Debi Coia, senior center clerk

### Newsletter

Will come out the last Thursday of the month

### Sunshine Club

If you know of anyone who is sick, in the hospital or at home, please call Debi Coia at 401-334-2555 so a card may be sent!



## Important Phone Numbers

Cumberland Senior Center—401-334-2555

Cumberland Police Station—401-333-2500

Cumberland Town Hall—401-728-2400

Cumberland Housing Authority—401-334-2786

### In R.I. Office of Healthy Aging

25 Howard Ave, Building 57  
Cranston RI 02920 401-462-3000

**The Point**— 401-462-4444

**Tri County Comm. Action Agency**—401-709-2635

**RI Attorney General**—Patient Abuse or Neglect,  
Medicaid Fraud & Drug Diversion Unit:  
401-222-2566 or 274-4400

**RI Long Term Care Ombudsman** - 401-785-3340

### In Massachusetts

Executive office of elder affairs—1-617-727-7750

# January 2026 Cumberland Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Attention:</b> Pool Room is open daily 8:00am-4:00pm</p>	<p><b>Attention:</b> *New Time for Conversation Café, will now start at 10:30am</p>		<p><b>1</b> <b>Closed New Year's Day</b></p>	<p><b>2</b> 9am Body &amp; Brain 10am Body &amp; Brain <b>10:30 Blood Pressure Clinic</b> <b>Sponsor: Mount St. Rita</b> 11am La Blast 12-12:45pm Line Dance 12:45 BINGO 12:50-1:50 pm—Tai Chi 1:50pm—Begin TAI CHI</p>
<p><b>5</b> 8:45am Mat Yoga 10am—Chair Yoga 11am AB/Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 12:15pm CHAIR VOLLEY-BALL 12:30 Hi Lo Jack <b>1:30 Party Helper</b></p>	<p><b>6</b> 8:30 Busy Fingers 9am La Blast 9:30am—Watercolor \$3 10am—Body &amp; Brain 11am—Body &amp; Brain 12:15 Glee Club 12:30 Hi Lo Jack 3-3:50 Mat Yoga</p>	<p><b>7</b> 8:45 am Mat Yoga 10am Chair Yoga <b>10:30 CONV CAFE</b> 11am 20/20/20 12pm Strength Training 1pm—MOVIE &amp; POP <b>DAY TRIP: FOXWOODS BINGO (Van leaves 8am)</b></p>	<p><b>8</b> 9am Easy Stretch 10:15am Function Fit 11:10 Cardio Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 1-1:50pm Mat Yoga <b>11:30 NEW YEAR'S LUNCH &amp; MIKE'S BIRTHDAY—LASAGNA \$6.00PP</b></p>	<p><b>9</b> 9am Body &amp; Brain 10am Body &amp; Brain 11am La Blast 12-12:45pm Line Dance 12:45 BINGO 12:50-1:50 pm—Tai Chi 1:50pm—Begin TAI CHI</p>
<p><b>12</b> 8:45am Mat Yoga 10am—Chair Yoga 11am AB/Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 12:15pm CHAIR VOLLEY-BALL 12:30 Hi Lo Jack <b>1pm—GRIEF SUPPORT</b></p>	<p><b>13</b> 8:30 Busy Fingers 9am La Blast 9:30am—Watercolor \$3 10am—Body &amp; Brain 11am—Body &amp; Brain 12:15 Glee Club 12:30 Hi Lo Jack 3-3:50 Mat Yoga</p>	<p><b>14</b> 8:45 am Mat Yoga 10am Chair Yoga 11am 20/20/20 12pm Strength Training 1pm—MOVIE &amp; POP <b>DAY TRIP: GIGI'S ATTLEBORO—(Van leaves at 11am)</b></p>	<p><b>15</b> 9am Easy Stretch 10:15am Function Fit 11:10 Cardio Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 1-1:50pm Mat Yoga</p>	<p><b>16</b> 9am Body &amp; Brain 10am Body &amp; Brain <b>10:30 Blood Pressure</b> <b>Sponsor: Grandview Ctr</b> 11am La Blast 12-12:45pm Line Dance 12:45 BINGO 12:50-1:50 pm—Tai Chi 1:50pm—Begin TAI CHI <b>11:30 BINGO BONANZA LUNCH TURKEY SANDWIC \$6 Desse Sponsor: Mount St. Rita</b></p>
<p><b>19</b> <b>Closed Martin Luther King Day</b></p>	<p><b>20</b> 8:30 Busy Fingers 9am La Blast 9:30am—Watercolor \$3 10am—Body &amp; Brain 11am—Body &amp; Brain 12:15 Glee Club 12:30 Hi Lo Jack 3-3:50 Mat Yoga</p>	<p><b>21</b> 8:45 am Mat Yoga 10am Chair Yoga <b>10:30 CONV CAFE</b> 11am 20/20/20 12pm Strength Training 1pm—MOVIE &amp; POP <b>DAY TRIP: LAFAMILIA WRENTHAM (Van leaves at 11am)</b></p>	<p><b>22</b> 9am Easy Stretch 10:15am Function Fit 11:10 Cardio Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 1-1:50pm Mat Yoga <b>11:30 FROSTY FEST LUNCH OPEN FACE TURKEY \$6.00PP</b></p>	<p><b>23</b> 9am Body &amp; Brain 10am Body &amp; Brain 11am La Blast 12-12:45pm Line Dance 12:45 BINGO 12:50-1:50 pm—Tai Chi 1:50pm—Begin TAI CHI</p>
<p><b>26</b> 8:45am Mat Yoga 10am Chair Yoga 11am AB/Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 12:15pm CHAIR VOLLEY-BALL 12:30 Hi Lo Jack <b>1pm—GRIEF SUPPORT</b></p>	<p><b>27</b> 8:30 Busy Fingers 9am La Blast 9:30am—Watercolor \$3 10am—Body &amp; Brain 11am—Body &amp; Brain 12:15 Glee Club 12:30 Hi Lo Jack 3-3:50 Mat Yoga</p>	<p><b>28</b> 8:45 am Mat Yoga 10am Chair Yoga 11am 20/20/20 12pm Strength Training 1pm—MOVIE &amp; POP <b>DAY TRIP: UNCLE TONY'S EP (Van leaves 11am)</b></p>	<p><b>29</b> 9am Easy Stretch 10:15am Function Fit 11:10 Cardio Core 12pm Indoor Pickleball (Boys &amp; Girls Club) 1-1:50pm Mat Yoga <b>11:30 HOEDOWN LUNCH PULLED PORK \$6.00PP</b></p>	<p><b>30</b> 9am Body &amp; Brain 10am Body &amp; Brain 11am La Blast 12-12:45pm Line Dance 12:45 BINGO 12:50-1:50 pm—Tai Chi 1:50pm—Begin TAI CHI</p>