

East Providence Senior Activity Center



APRIL 2021

Message from the Mayor:

Spring is in the air and soon flowers will be blooming and the sun will be shining bright on all of us! It has been a very productive few months as we have been able to provide vaccinations to thousands of our City's seniors. While the Senior Center, your home away from home, has become the city's vaccination clinic, my administration is working diligently with our Senior Center Director, Laura Jones and EMA Director, Chief Glenn Quick and his team to open a regional vaccination clinic in a different location in the city. Once that is complete, we will then be able to begin a phased plan for opening up the Senior Center to all of you so that you may once again enjoy all the wonderful programs and resources that our Senior Center has to offer. Thank you for all of your patience, feedback and kind notes during the last few months. It is appreciated.

Sincerely,

Roberto L. DaSilva, Mayor of East Providence



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.435.7803
www.eastprovidence.ri.gov

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Center

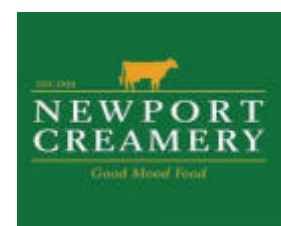
Must be 60/+ years of age
Suggested Donation
\$6.00

valid for
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Participating Restaurant
Locations

296 County Rd, Barrington, RI
208 West Main Rd.,
Middletown, RI

Mon-Fri

Breakfast and Dinner
Limited menu choices



East Providence Senior Center

Now Offering Virtual Programing

Q. Do I need to own a computer to participate in the program?

A. No, the East Providence Senior Center will loan you a device if you do not have a computer.

Q. Will I be provided technical assistance to participate virtually?

A. Yes, you will be provided with instruction prior to the start of the class on how to log on and how to participate virtually.

Technical assistance will also be available during the sessions.

Need a Mask ?



If you are in need of a free face mask or you want to volunteer to sew, please contact Pat Thomas at the East Providence Senior Center at 401-270-1863.

Thank you to all of the volunteers who continue to share their time and talent sewing cloth face masks for our community.

Staff

Laura Jones

Director 401-431-4608
ljones@eastprovidenceri.gov

Shontell Gomes

Admin. Assistant 401-270-1729
sgomes@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse 401-270-1792
slagor@eastprovidenceri.gov

Ellen Frazier

Elder Resource Specialist
401-270-1788
efrazier@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814
cdemedeiros@eastprovidenceri.gov

Pat Thomas

Member Services Representative
401-270-1863
pthomas@eastprovidenceri.gov

Facilities

Richard DiCecco Kenny Atkinson

Transportation

Richard Wood Tina Johnson Joe Serodio
Lee Wilber Christopher Januario

Advisory Board

Maryann Leonardo Eleanor Monteiro
Angela Caldarone-Byrd Judy Phillips
Jim Phillips George Furtado
Jan Kinder Ann Fagundes
Ken Goucher Elaine Robinson
Donald Senna



Living a Healthy Life

Chronic Pain Self-Management Program

Coffee hour and information session:

Learn more about the workshop at an info session on April 27th at noon!

Workshop details:

Where: **Virtual Via Zoom**
 When: **Tuesdays, beginning on May 4th**
 Time: **9am - 11:30am, weekly**
 Cost: **No cost to you**

For more information and registration contact:

Shahnee Lagor (slagor@eastprovidence.ri.gov) or call the Community Health Network 401-432-7217

Own Your Health

Empowering **YOU** to take
charge of your own health
by joining a program
proven to work.

- Manage pain.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.

Earn a gift card* for
completing the program.

*Subject to availability and funding



This document was supported in part by a cooperative agreement (No90C55G0001-01-01) from the Administration on Aging (AoA), Administration for Community Living (ACL), and US Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.

File Your Taxes for Free



General Information

Welcome to Free File. You may qualify to prepare and file your federal and Rhode Island resident personal income tax returns online at no charge.

The free service is made possible from Free File, which is a partnership between the Internal Revenue Service, the Rhode Island Division of Taxation, a number of other states, and the Free File Alliance.

The Free File Alliance is a group of industry-leading private-sector tax preparation companies that have agreed to provide free commercial online tax preparation and electronic filing.

Please read the information on their websites carefully before you begin the filing process. You may be charged a fee for filing your taxes electronically if you do not meet the qualifications for Free File.

Be aware of two points going to these sites:

1. You must file both your federal and state return for the system to work. If you have already filed your federal return using another electronic filing service, you will not be able to file your state return electronically.
2. There may be a charge to file your taxes electronically if you do not meet the qualifications

Please visit the Rhode Island Division of Taxation Website to click on links for more information and to access Free File program links.

www.tax.ri.gov/misc/efile.php

The offers below are listed in alphabetical order, by company. To take advantage, read the descriptions, choose one of the offers, and click on the link. Read qualification criteria for each. When you click, you will leave the Division of Taxation's web site.

IRS Free File Program delivered by TurboTax

Online Taxes at OLT.com

TaxAct Free File

TaxSlayer

1040Now

All offers listed are part of the Free File Alliance. To take advantage of one of the above offers, click on the link embedded in the description. Otherwise. Fees and charges will apply.



Age-Friendly
RHODE ISLAND

**The Virtual Community Center:
Where Rhode Islanders Can Connect, Learn & Play**

Check out the Age-Friendly Virtual Community Center
April Calendar of Events

<https://agefriendlyri.org/events/month/2021-01/>

If you haven't checked out the Virtual Community Center,
you don't know what you're missing !
Programs now available in Spanish

INTERESTED IN VOLUNTEERING DURING THE COVID-19 PANDEMIC?

Simply go to the City of East Providence's website and fill out the
volunteer survey at: <https://eastprovidenceri.gov/COVID-19>

**You will be contacted to volunteer for a number of different
services.**



HEALTH & WELLNESS

DON'T DELAY THE TALK: AN EARLY ALZHEIMER'S DIAGNOSIS CAN MAKE A BIG DIFFERENCE

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.



TAKE ACTION THROUGH CONVERSATION:

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before."

The couple's difficult conversation led Mario to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals

that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's

Association. "Initiating conversations sooner can enable early diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

The "Our Stories" website, <https://ourstories.alz.org>, offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's — now is the time to talk.

(Courtesy of BPT)

APRIL | 2021

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Understanding Alzheimer's and Dementia

Two Part Series

Hosted by East Bay Community Action and sponsored by RIGEC

Come and spend two sessions with the Alzheimer's Association RI Chapter.

Tuesday, April, 20th

11a.m.-12p.m.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Tuesday, April 27th

11a.m.-12p.m.

Understanding Dementia Related Behaviors and Effectively Communicating with the person in your care who has Dementia

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Please register with Robin Covington at rcovington@ebcap.org.
Once you register, the Alzheimer's Association will send you the link to participate in the program the day before each session.



alzheimer's  association®



RECIPE OF THE MONTH



WAFFLE IRON ADULT GRILLED CHEESE

- 2 slices whole wheat bread
- 1 Tbsp olive oil or low-fat mayonnaise
- ¾ cup reduced fat shredded Mexican cheese blend
- 1 large tomato slice
- salt and pepper

Go beyond the griddle: A quick glance around your kitchen might reveal a small appliance that doesn't get as much use as it should. If you've got a waffle iron, then you have a panini press that's perfect for making gooey grilled cheese sandwiches! Best of all, you can use the butter on the outside of the bread, turning this sandwich date into a calorie buster.

While the waffle iron heats, spread the mayonnaise on both slices of bread. Arrange about half to a third of the shredded cheese on one slice and place the tomato slice on top. Sprinkle salt and pepper to taste on the tomato and top with the remaining cheese.

Place the second slice of bread on top and carefully lift the sandwich into the waffle iron. Close the lid as far as it will go — don't worry about trying to press it down too much.

When you start to get whiffs of deliciousness, open the iron and turn the sandwich so the other side is toward the back. You can also flip the sandwich over if you like — experiment with your waffle iron to see what works best to achieve the right amount of toasting and melting for you.

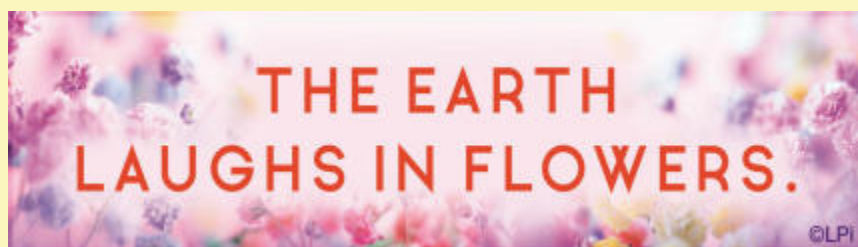
Continue cooking until the cheese is melted and the bread has toasted waffle marks on it.

TEST YOUR TRIVIA

Questions

1. Name the man who hosted a long-running variety show from 1948 until 1971.
2. What were The Supremes originally known as?
3. Who did John F. Kennedy defeat in the U.S. Presidential election in 1960?
4. Which baseball team won five consecutive World Series titles?
5. This American painter and filmmaker created images of dollar bills, Campbell's Soup cans, Coca-Cola bottles and Marilyn Monroe.
6. In what year did Neil Armstrong become the first man to set foot on the moon?
7. Name the famous movie director who hosted a popular TV series featuring dramas, thrillers, and mysteries.
8. The groundbreaking sci-fi film released on this date follows a stranded astronaut as he navigates his way through a strange and hostile civilization. Name the film.
9. Which dance from the '60s created the largest craze?
10. This band 'invaded' the USA in 1964, and altered the music scene over there. Teenage girls were blown to smithereens. Who was it?

Answers to trivia questions can be found on top of page 8.



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East Providence Senior Center, East Providence, RI

04-0741

COVID –19 Testing



EBCAP Family Health Services will provide testing for Covid-19 for our patients and the community by appointment only. Please schedule your appointment through the Rhode Island Department of Health portal: portal.ri.gov . You may also call 401-222-8022, option 4 to schedule and request testing at East Bay Health Care-Riverside, Newport or Warren locations. To support individuals as they self- quarantine, people who come for testing may also receive non-perishable food at the testing site at the time of their test appointment. Please inquire if interested.

RIVERSIDE

Our Riverside location offers a drive up testing module in it's parking lot for both symptomatic and asymptomatic patients and members of the community.

- **Location:** 100 Bullocks Point, Riverside
- **Phone:** To schedule a test by phone call 401-222-8022, option 4. If you are an EBCAP patient interested in scheduling a telehealth appointment with a provider related to Covid-19, please call 401-437-1008.
- **Hours:** Monday through Friday from 8:30 am-4:30 pm by appointment only.
- **Notes for testing:** When you arrive to the parking lot, you will be greeted by a parking lot attendant. Please remain in your car with your car window up. Place your ID up to the window and the greeter will provide further instruction. It is required that you wear a mask.

For information on testing at our additional sites located in **Newport** and **Warren**, please visit: <https://www.ebcap.org/covid-19-important-information/>



BICYCLE REPAIR PROJECT

Are you mechanically inclined?

Are you interested in giving back to your community?

Looking for Senior volunteers who would like to repair bicycles. Refurbished bicycles will be donated to East Providence residents in need of a bike.

Please contact the E. Prov. Senior Center at 401-435-7800 for more information.

SENIOR SHOPPING SERVICE



Come join us for a safe shopping excursion.

Who is eligible?

- City of East Providence residents
- Seniors 55 years or older or disabled.

How do I sign up?

- Call 401-435-7800 to make an appointment.

Service is offered on Tuesdays. to Stop and Shop and Shaws in East Providence.

For more information or to make an appointment call the Senior Center at 401-435-7800.

Lighter Side

Crowd Control

A rookie police officer was assigned to ride in a cruiser with an experienced partner. A call came over the car's radio telling them to disperse some people who were loitering.

The officers drove to the street and observed a small crowd standing on a corner. The rookie rolled down his window and said, "Let's get off the corner."

No one moved, so he barked again, "Let's get off the corner!"

Intimidated, the group of people began to leave, casting puzzled glances in his direction.

Proud of his first official act, the young policeman turned to his partner and asked, "Well, how did I do?"

"Pretty good," replied the veteran, "especially since this was a bus stop."

FOOD DISTRIBUTION

East Bay Community Action Food Pantry Food Pantry Hours

By Appointment Only—401-437-1000 ext. 127

Monday	12 pm to 4 pm
Tuesday	12 pm to 4 pm
Wednesday	12 pm to 6 pm
Thursday	12 pm to 4 pm
Friday	8 am to 12 pm

If you need your pantry items delivered call us at the Senior Center
401-435-7800



GRAB & GO Lunches

Home Delivery is available within the City of East Providence

Please make your reservations at least 24 hours in
Advance by calling :

East Providence Senior Center Cafe Phone: (401)-270-1814

For Goldsmith/City View Cafe Phone: (401) 434-7645

*Boxed lunches are for people aged 60/+ or disabled
individuals.*

A suggested donation of \$3.00 per boxed lunch will help to sustain the program



PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		5			7		8	
			6			7	2	9
			1	9			6	5
7								
8				5	9			
		1						
	9							
3				7				5
2			9	3	6	1		

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DIFFICULTY: ★★☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "W" = "A"

"WC HCYK BU MHTQ YWCCBM RQ
RBOGKM FHKM WC HCYK BU GBLD."
— YKHCQJQ EVBNQVR

PREVIOUS SOLUTION: "An inch of time cannot be bought with an inch of gold."
— Chinese proverb

4	7	1	9	3	6	8	5	2
9	5	6	2	7	4	8	3	1
2	3	8	4	1	5	7	6	9
7	6	9	3	8	4	1	5	2
3	1	2	6	5	7	9	4	8
8	4	5	1	9	2	6	3	7
5	9	3	8	6	1	2	7	4
6	2	9	7	4	5	3	8	1
1	8	3	6	4	5	7	2	9
4	8	1	7	2	3	5	6	9

Answer to Sudoku



Exercise
YOUR BRAIN!

CROSSWORD PUZZLE

ACROSS

- 1 "Lorna Doone" character
- 5 Sinbad's bird
- 8 Demolish: Brit.
- 12 Idea (Fr.)
- 13 Alas
- 14 Cheese
- 15 Leg ends
- 16 Burmese knife
- 17 Taro
- 18 Small S.A. rabbit
- 20 Pilgrim
- 22 Skin vesicle
- 23 Veneration
- 24 Beginning
- 28 Blaubok
- 32 Public vehicle
- 33 54 (Rom. numeral)
- 35 Israelite tribe
- 36 Ringed boa
- 39 Reading desk
- 42 Abdominal (abbr.)
- 44 Have (Scot.)
- 45 Female falcon

DOWN

- 48 Butterfly
- 52 State (Fr.)
- 53 Television channel
- 55 Endearment
- 56 Mine (Fr. 2 words)
- 57 Rom. first day of the month
- 58 Per. poet
- 59 Maid
- 60 Compass direction
- 61 Foreign (pref.)
- 1 Breach
- 2 Design
- 3 Profound
- 4 Hate
- 5 Fanatical
- 6 Wood sorrel
- 7 Rudderfish
- 8 Flat molding
- 9 "Cantique de Noel" composer
- 10 Kemo

O	N	E	X	E	S	E	S	S	A	L
H	A	M	A	K	A	L	I	O	M	A
B	A	B	E	A	B	C	A	B	A	T
I	D	A	L	I	A	N	E	R	N	N
N	E	R	A	B	D	A	B	O	M	A
N	E	R	A	B	O	M	A	N	E	R
N	E	R	A	B	O	M	A	N	E	R
N	E	R	A	B	O	M	A	N	E	R
N	E	R	A	B	O	M	A	N	E	R
N	E	R	A	B	O	M	A	N	E	R

- 11 Turk. title
- 19 Jap. fish
- 21 Intimidate
- 24 Amazon tributary
- 25 Grab
- 26 Kwa language
- 27 "Abner"
- 29 "Fables in Slang" author
- 30 Rhine tributary
- 31 Television channel
- 34 Car
- 37 Insect
- 38 Presidential nickname
- 40 Helper
- 41 Caddy (2 words)
- 43 Male duck
- 45 Loyal
- 46 Hindu soul
- 47 Cella
- 49 Crippled
- 50 Dayak people
- 51 Aeronautical (abbr.)
- 54 Low (Fr.)

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20	21		
22							23			
24	25	26				27	28		29	30
32				33		34			35	
36			37	38		39	40	41		
42				43		44				
45	46	47				48			49	50
52				53	54		55			
56				57			58			
59				60			61			

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A2

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Answers to Trivia Questions from Page 8

1. Ed Sullivan
2. The Primettes
3. Richard Nixon
4. The New York Yankees (1949-1953)
5. Andy Warhol
6. 1969
7. Alfred Hitchcock
8. Planet of the Apes
9. The Twist
10. The Beatles



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Menu Items are subject to change due to
being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Juice Honey Ham & Cheese on Rye w/ Mustard Chips Pudding Milk	6 Juice Low Sodium Hot Dog on a Roll w/ Relish Chips Cookie Milk	7 Juice Turkey & Cheese on Whole Wheat w/ Mayo Macaroni Salad Fresh Fruit Milk	1 Juice Salami & Cheese on Wheat w/ Mustard Chips Fruit Milk	2 Juice Fish on Oatmeal Chips Yogurt Milk
12 Juice Italian Sausage on a Grinder Roll w/ Mustard Chips Cookies Milk	13 Juice Chicken Salad on Pumpernickel Chips Fruit Milk	14 Juice Hamburger on a Roll w/ Relish Chips Fig Newton Milk	15 Juice Eggplant Parmesan on Whole Grain Roll Pasta Salad Granola Bar Milk	16 Juice Shrimp Salad on a Roll Chips Fresh Fruit Milk
19 Juice Meatballs w/ Sauce on a Grinder Roll Chips Pudding Milk	20 Juice Hamburger on a Roll w/ Mustard Cole Slaw Cookie Milk	21 Juice Bologna & Cheese w/ Mustard on a Roll Chips Cookie Milk	22 Juice Tuna Salad on Whole Wheat Roll Chips Fruit Cup Milk	23 Juice Sliced Chicken w/ Mayo on Wheat Chips Yogurt Milk
26 Juice Kielbasa on a Roll w/ Mustard Chips Fruit Cup Milk	27 Juice BBQ Chicken on Wheat Chips Lorna Doones Milk	28 Juice Roast Beef on a Roll w/ Mayo Chips Fresh Fruit Milk	29 Juice Grilled Chicken w/ Tossed Salad & Dressing Pita Bread Pudding Milk	30 Juice Turkey Salad on Multi Grain Pretzels Cookies Milk

Funded in part by the US
administration on aging and state funds by the
Rhode Island Department of Elderly Affairs.

All menu items may contain nuts, seeds, beans, wheat
bran, and other allergens.
Menu Items are Subject to change