

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914

401.435.7800

Fax: 401.563-7024

www.eastprovidence.ri.gov

April 2023

Senior Center Services

Elder Resource Specialist
Amanda Mattress

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams -Hackney
M-F 401-443-4312

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC

Office hours: Tuesday, Thursday and Friday 9AM-2PM

Registered Dietitian

Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory Transportation

When: The first Wednesday of each month 8:30 am-11:30 am.

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

M-F 9:00 am-12:00 pm to notarize documents for our seniors.

Senior Shopping

Thursday & Friday Mornings- Call 401-435-7800

The Senior Center will pick you up at your home and take you to

Stop and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda Mattress

Elder Resource Specialist

amattress@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Worker

gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson

Ed Lachance Jr.

Transportation:

Joe Serodio

Dennis Price

Christopher Januario

Tom Taylor

MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.

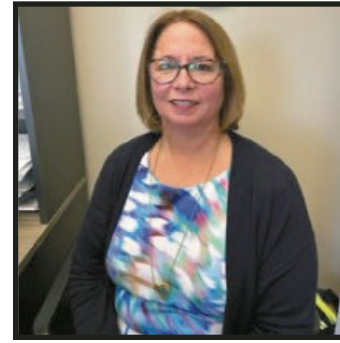


Message from the Mayor:

Nicer weather is upon us! I have been looking forward to seeing our beautiful new landscape in front of the Robert Rock Senior Center bloom to its beauty. It brings me joy when I see folks utilizing the new walking paths and admiring the landscape outside. I would like to cordially invite you all to the 2023 City of East Providence Remarkable Women Ceremony to celebrate all the women who were recognized during Women's History Month. The ceremony will be located at City Hall (first floor) on Tue., April 4, 2023 @ 5:30 PM. Hope to see you all there!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Spring has finally sprung! The sun is shining, and the birds are chirping. We have a new Big Brothers and Big Sisters collection bin located at the back of the parking lot next to the fence for clothing donations. Only clothing donations are allowed in the bin. Mark your calendars for the upcoming AARP Safe Driving Course on April 17, 2023, from 11AM-4PM. For more information or to sign up, please call the Center at 401-435-7800. At the end of April (date to be determined) join us for a special program that focuses on retraining the brain for those with Parkinson's Disease and/or other neurological disorders. This class is hosted by the University of Rhode Island's Physical Therapy Department. For more information contact Shahnee at 401-270-1792. We have a lot of new health related programs taking place in April 2023. Look on page 5 of our newsletter to see what we have going on!

Best,

Laura Jones

Director of Senior Services

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips
Jim Phillips
Ken Goucher
Donald Senna

Jan Kinder
Ann Fagundes
Elaine Robinson
Dick Wood

DAYS TO REMEMBER IN APRIL:

April 7 – Good Friday (Senior Center Closed)
April 9 – Easter
April 22 – Earth Day

DO YOU NEED TO HAVE BLOOD WORK DONE, BUT DO NOT HAVE TRANSPORTATION TO DO SO?

Beginning once a month, Gilbert (Community Health Worker) will be available to transport folks to the East Side Clinical Lab for anyone who needs transportation to get lab work done. **This is in place of East Side Clinical lab coming directly to the Senior Center.**

Transportation will be from the Senior Center, to East Side Clinical Lab, and back to the Senior Center.

If you are interested in taking advantage of this service, please contact the Senior Center to register. 401-435-7800.

Registration is required.

DID YOU KNOW?

Blood Pressure Checks are Available at the Senior Center three times a Month!

April 4, 2023 10:30AM

Orchard View Manor coming to the Senior Center to assist with Blood Pressure checks.

April 11, 2023 10:30AM

Grace Barker coming to the Senior Center to assist with Blood Pressure checks.

April 25, 2023 10:30AM

Hattie Ide Chaffee coming to the Senior Center to assist with Blood Pressure checks.



BINGO INFORMATION:

EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM, Games start at 1:30PM

Dabbers are sold at the Senior Center-\$1.00ea



PULL TAB INFORMATION:

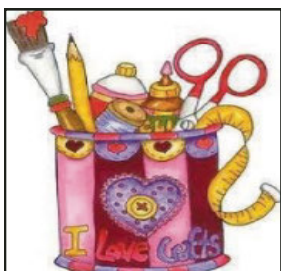
Pull Tabs available on Tuesdays only.

.50 ¢ per pull tab | OPEN 1:00PM-1:25PM

All transactions **MUST** be completed by 1:25PM.



-CRAFT CLUB-



**April 17, 2023
10:15AM**

Craft and Supply list to be displayed at the coffee bar in Lobby Area.

Register for Craft Club by 4/10/23.



Have a Collection You Would Like Featured in our Display Case?

Every month, we will be featuring new collections in our display case!

If you would like to feature your collection in the display case, please contact Betty Vieira at eavieira@verizon.net



COVID-19 UPDATES

VACCINATIONS/COVID TESTING:

COVID TESTING/COVID VACCINES

IF YOU NEED ASSISTANCE BOOKING YOUR COVID TEST OR COVID VACCINE, PLEASE SEE GILBERT!

COVID testing and COVID vaccines are done at the following local pharmacies: Walgreens, CVS, Walmart. Appointments must be scheduled online.



Do not have a computer? No problem! Gilbert, our Community Health Worker will assist you with booking online.




HOME COVID-19 TESTS DELIVERED TO YOU FOR FREE!

COVIDTESTS.GOV

See Gilbert, The Senior Center Community Health Worker to get assistance in ordering your free at home COVID tests delivered for **free** to your doorstep!



COVID-19 and seasonal allergies have many similar symptoms. Check the table below see some important differences between allergies and COVID-19.

 Symptoms	 COVID-19	 Allergies
Headache	Usually	Rare
Cough	Usually (dry)	Sometimes
Fever	Usually	Never
Muscle aches	Usually	Never
Tiredness	Usually	Sometimes
Itchy nose, eyes, mouth, inner ear	Never	Usually
Sneezing	Rarely	Usually
Sore throat	Usually	Rarely
Runny or stuffy nose	Usually	Usually
Nausea/vomiting	Sometimes	Never
Diarrhea	Sometimes	Never
New loss of taste & smell	Usually (early-often without a runny or stuffy nose)	Sometimes

WHAT IS A COMMUNITY HEALTH WORKER?

They provide outreach, health education, linkages to programs and services, advocacy, and hands-on enrollment assistance. Through their role as system navigators, CHWs make an important contribution to the goal of health system integration. They apply to their work a unique understanding of the experience, language and/or culture of the population that they serve.

Specific roles of Community Health Workers include the following:

- Bridging/culturally mediating between individuals, communities and health and human services, including actively building individual and community capacity;
- Providing culturally appropriate health education and information;
- Assuring that people get the services they need; or providing direct services, including informal counseling and social support; and advocating for individual and community needs.



Health Related Programs:



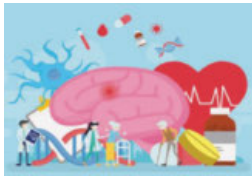
DO YOU SUFFER FROM ACHEs AND PAIN THAT MEDICATION JUST CANNOT HELP WITH? MAYBE ITS TIME TO THINK OUTSIDE THE PILL BOX.

If you have ever wondered about alternative medicine and the use of aromatherapy, CBD oil, or other naturopathic solutions, then you will not want to miss this unique class.



FRIDAY APRIL 28, 2023 10:30AM

Join us for an upcoming health presentation on the 3 most common health problems that send seniors to the emergency room.



Find out what you can do to stay well and out of the hospital. This 60 minute lecture will be lead by Charter Care Health Partners. Topics include Stroke, Congestive Heart Failure and COPD.

APRIL 5, 2023 9:30AM

Blue Cross Blue Shield Strength and Balance classes have been extended through the month of April!

Lower-body workout techniques to increase stability and improve balance. Incorporates exercises for strength, balance, endurance, and flexibility.

FRIDAYS 1:00 PM LATE BUS AVAILABLE



NEW YEAR, NEW YOU: WALKING YOUR WEIGH TO A HEALTHIER YOU!

Join us for a healthy eating/weight loss series sponsored by Blue Cross Blue Shield RI!

We will hear from experts in weight management and healthy living. Join our Healthy Aging Nurse Coordinator every Wednesday for a weekly weigh in followed by a "Walk with Me Wednesday" walking program. After the walk stay for a health related lecture. Don't forget these classes count as a punch on the rewards cards.

Please sign up ahead of time for both the walking program and the educational classes.

April 5: Walk with Me Wednesday

9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.
10AM-11AM: Presentation on how sleep can affect your weight followed by a stress-reduction meditation to help calm the body and mind.



April 12: Walk with Me Wednesday



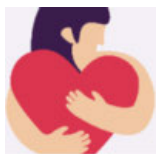
9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.
10AM-11AM: Learn how to feed your hunger and not fear it. Presentation on Intuitive Eating with guest speaker Megan Coon, a Registered Dietician for Lifespan's Healthy Way Program.

April 19: Walk with Me Wednesday

9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.
10AM-1130AM: University of Rhode Island SNAP Ed Nutrition Class and food tasting.



April 26: Walk with Me Wednesday



9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.
10AM-11AM: Learn to love your body! Presentation on Body Image with guest speaker Christine Allenson, a nationally certified Health Coach with Lifespan's Healthy Way Program.

On April 1, annual Medicaid eligibility renewals will resume. If you receive a Medicaid renewal in the mail and need assistance filling out the paperwork, please reach out to Amanda (Elder Resource Specialist) at 401-270-1788.



AARP SAFE DRIVING CLASS

MONDAY APRIL 17, 2023

11:00AM-4:00PM

Robert Rock East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914

Fees:

\$20.00 for AARP members

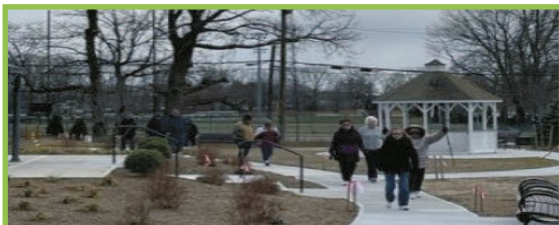
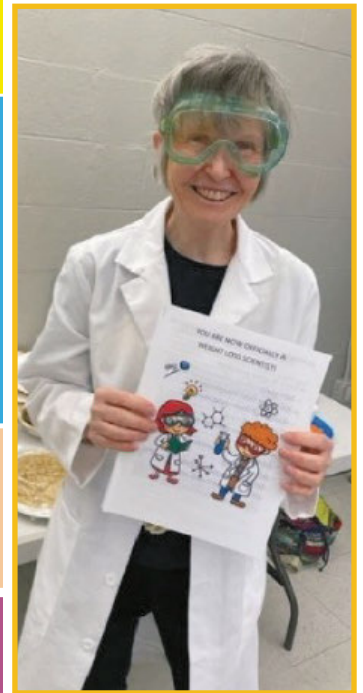
\$25.00 non-AARP members

FREE for those with Medicare Supplement Plan insured by AARP
UnitedHealth Care. Must show membership card to instructor.

***Cash or Checks are accepted.**


Registration is required and located at the front desk.

A LOOK BACK FROM MARCH:



Robert Rock Senior Center Activities

APRIL 2023

Mon	Tue	Wed	Thu	Fri
		<p>Red Bolded activities count towards REWARDS CARDS!</p>	<p>If you are interested in our rewards program, please visit the Resource Center.</p>	
<p>3 8A: VITA Tax Assist 8:30A: AARP Tax Assist</p>	<p>4 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>5 8A: Nutritionist 9A: Walk With Me Wednesday 9:30A: How to Stay out of the ER 10A: Sleep and Weight Presentation 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Virtual Tour of San Francisco</p>	<p>6 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet 1P: Hi Lo Jack</p>	<p>7 Senior Center Closed</p>  <p>Good Friday</p>
<p>10 8A: VITA Tax Assist 8:30A: AARP Tax Assist 1PM: Movie Showing: The Secret Garden</p>	<p>11 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>12 8A: Nutritionist 9A: Walk With Me Wednesday 10A: Intuitive Eating: Feed Your Hunger, Don't Fear it 10:45A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>13 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>14 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Strength/Balance Class</p>
<p>17 10:15A: Craft Club 11A: AARP Safe Driving Class</p>	<p>18 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>19 8A: Nutritionist 9A: Walk With Me Wednesday 10:30A: URI SNAP ED 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>20 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>21 8A: SHIP Counseling 8:30A: Scrabble 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 1P: BCBS Strength/Balance Class 1:30P: Hi Lo Jack</p>
<p>24</p>	<p>25 8A: Nutritionist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art</p>	<p>26 8A: Nutritionist 9A: Walk With Me Wednesday 10A: Learn to LOVE Your Body Presentation 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>27 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>28 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:30A: URI PHARM: Aromatherapy 10:45A: PACE Chair 1P: BCBS Strength/Balance Class 1:30P: Hi Lo Jack</p>

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you.

SHIP Counseling

Fridays (by appointment only).
Call 401-435-7876 X1137. SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

Multi-Media Art Class

Experience working with different mediums to create your own artwork!
Tuesdays 2:00PM-3:00PM \$2.00 per class.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE Chair Exercise are low impact that increase blood flow and strengthen your muscles. Free class.

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you off at home. \$1 transportation fee. Registration is required.

Only offered to East Providence residents

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

Certified Fitness Instructor- Robin

Not sure where to begin on your fitness journey? Visit the Fitness Center to meet Robin and create your individualized fitness plan!

Tuesdays 9:30A-11:30A
Thursdays 10:45A-12:45P

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30A-10:30A \$2.00 per class.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

Craft Club

Meets monthly. Participants are given the opportunity to explore various art-making activities. These activities allow participants to enhance their creative and visual skills. Fee is dependent on the monthly craft being done.

Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!

555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/
McStay
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JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL

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Brian & Alessa

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License #0041590



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LEN WALKER

Senior Agent

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Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

<https://myhst.com/agent/Leonard-Walker/>

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Have our newsletter emailed to you.



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TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

Drop by the Robert Rock East Providence Senior Center on

TUESDAYS FROM 10AM-11AM

Learn some tips and tricks with your Smart Phone!

No registration required

AGE WELL, GET CONNECTED

Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.



April 12, 2023 10:30AM



LOOKING FOR COMPUTER/TABLET ASSISTANCE!?

Gilbert, our Community Health Worker is available on Thursday's from 10AM-12PM to assist with computer and tablet questions. Feel free to drop by Gilbert's office located next to the front desk for technology assistance!

RHODE ISLAND OFFICE OF HEALTHY AGING STATEWIDE PARTNERSHIP WITH GETSETUP TO BRIDGE THE DIGITAL DIVIDE AND COMBAT SOCIAL ISOLATION:



As part of its digiAGE initiative, the Rhode Island Office of Healthy Aging (OHA) announced a partnership with GetSetUp, the largest and fastest-growing virtual social learning platform designed specifically for older adults, to help bridge the digital divide and combat social isolation for older adults in Rhode Island. The partnership provides live interactive classes on GetSetUp by older adults for older adults that are accessible at the click of a button.

Whether on a tablet in their own home or projected on a screen in a public library, older adults can utilize technology to learn technical skills or participate in enrichment-focused courses on healthy cooking, virtual travel, and more through GetSetUp.

WEDNESDAY APRIL 5, 2023

1:00PM

WIND YOUR WAY THROUGH BEAUTIFUL SAN FRANCISCO



Take a virtual tour of the city famous for grand-dame Victorians, cable cars, a dynamic waterfront, and a soaring golden bridge. This city truly has it all!

This class covers The Presidio, Golden Gate Park, and San Francisco Palace of Fine Arts.



LOOKING TO VENTURE INTO LOCAL PARKS ON EARTH DAY?



Crescent Park/Rose Larisa Park

701 Bullocks Point Avenue, Riverside RI 02915



Squantum Woods Park

Veterans Memorial Parkway, Riverside RI 02915



Sabin Point Waterfront Park

130 Shore Road, Riverside RI 02915



Bold Point Park

555 Waterfront Drive, East Providence RI 02914



Hunt's Mill Picnic & Recreational Area

27 Hunts Mill Road, Rumford RI 02916



Kettle Point Park and Pier

1 Kettle Point Avenue, East Providence RI 02914

***DID YOU KNOW?* EAST PROVIDENCE IS HOME TO OVER 15 BEAUTIFUL PARKS!?**



We will be showing
THE SECRET GARDEN

In the Dining Room on:

APRIL 10, 2023 1:00PM

Popcorn will be served.



TAX ASSISTANCE PROGRAMS:



AARP TAX ASSISTANCE:

DO YOU NEED HELP WITH YOUR TAXES? MAKE AN APPOINTMENT WITH PATTY FROM AARP TO GET THE BALL ROLLING. APPOINTMENTS ARE MANDATORY.

THE AARP TEAM WILL BE AT THE EAST PROVIDENCE SENIOR CENTER EVERY MONDAY FROM:
FEB. 6, 2023- APRIL 10, 2023.

TO BRING WITH YOU THE DAY OF YOUR APPOINTMENT:

PHOTO ID, DRIVER'S LICENSE , LAST YEAR'S TAX RETURN
W2 WAGES – EARNINGS
W2 GAMBLING WINNINGS
1099G UNEMPLOYMENT
1099R PENSION – ANNUITY
SSA-1099 SOCIAL SECURITY STATEMENT (HAS PINK BOX)
1099 INT AND 1099 DIV INTEREST & DIVIDENDS
1099B BROKERAGE STATEMENT AFTER MARCH 15, 2023
1099MISC MISCELLANEOUS INCOME
1099NEC NON EMPLOYEE COMPENSATION
ALIMONY, DATE OF DIVORCE , FORMER SPOUSE NAME & SS#
1098T EDUCATION, TUITION
DEPENDENT CHILD CARE PROVIDER NAME, ADDRESS, EIN #, AMOUNT PAID FOR EACH CHILD
RENT – LANDLORD'S NAME, ADDRESS, PHONE# , AMOUNT PAID - FOR PROPERTY TAX RELIEF CREDIT

FOR INFORMATION OR APPOINTMENTS, CALL PATTY BREEN AT 401-246-1678
CALL AFTER JANUARY 15, 2023 BETWEEN 9AM-12PM

east bay community action program
THE BRIDGE TO SELF-RELIANCE



VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA):

East Bay Community Action's Volunteer Income Tax Assistance (VITA) program will once again have trained and certified preparers available to provide free tax preparation to clients **earning under \$60,000.00**. In 2023 we will have two tax preparation sites.

Please only call the Office of Volunteer Services at 401-435-7876, ext. 1137 to schedule or cancel an appointment.

Please note that a valid Driver's License/Photo ID for the taxpayer and social security cards for the taxpayer and all dependents are mandatory. If possible, please print out and complete the VITA Tax Survey and the Intake/Interview & Quality Review Form and bring them to your appointment.

For more information, please visit the link provided below:

<https://www.ebcap.org/programs/east-bay-volunteer-income-tax-assistance-vita-program/>

If you have issues with the link provided above, please call the Senior Center for assistance accessing the list of documents needed for your appointment.

**DO YOU LIKE WHAT YOU SEE?
ARE YOU INTERESTED IN BECOMING A
MEMBER OF THE SENIOR CENTER?**

Give us a call at 401-435-7800 to schedule a tour today!

MEMBERSHIP FEES:

GENERAL MEMBERSHIP:

Residents of East Providence: \$15.00/year
Non-residents: \$20.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$55.00/year
Non-residents: \$65.00/year

** New membership forms can be picked up at the front desk!**

WHEEL OF FORTUNE

TAKING A PAUSE FOR A FEW MONTHS.

Mark your Calendars

CPR CLASS WITH EAST PROVIDENCE FIRE DEPARTMENT

Monday May 8, 2023 10AM-12PM



THE UNIVERSITY OF RHODE ISLAND



URI SNAP ED

**Wednesday May 15, 2023
10:30AM**

2023

**CITY OF EAST PROVIDENCE
REMARKABLE WOMEN CEREMONY**



Mayor Bob DaSilva cordially invites you to celebrate the City's Remarkable Women who were recognized during Women's History Month.

**TUESDAY APRIL 4, 2023
5:30PM AT CITY HALL**



HAVE LUNCH WITH US!



WEDNESDAY APRIL 19, 2023 12PM

AmeriCorps Senior Volunteer Recognition for Your Services

Please call EBCAPs Office of Volunteer Services to place your order for a free noon time meal to be served at the Senior Centers listed by April 7, 2023.

Participating Senior Centers:

- | | |
|-----------------|------------|
| East Providence | Barrington |
| Bristol | Middletown |
| Warren | Tiverton |

Staff from the Office of Volunteer Services will be on site to check you in and take your picture for the new AmeriCorps Senior Volunteer badges.



To learn more or order your meal, call:
The Office of Volunteer Services
401-435-7876 x1137



THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER IS NOW ON FACEBOOK!

Give us a 'like' and a 'follow' to stay up to date on activities and announcements!



East Providence Senior Center

19 likes • 22 followers

Call Now

Message

Liked



Omelet in a Mug

Prep time: 5 minutes
Cook time: 1-2 minutes
Servings per recipe: 1
Serving size: 1 mug
Cost: \$1.21 per recipe, \$1.21 per serving

Ingredients

2 eggs
1 tablespoon low-fat milk
1 tablespoon shredded reduced fat cheddar cheese

2 tablespoons diced green pepper
2 tablespoons diced onion
Salt and pepper to taste

Directions

- 1) Crack and beat eggs with a fork in a microwave safe mug.
- 2) Add milk, cheese, pepper, and onion to the egg mixture. Mix well with a fork.
- 3) Microwave for 1 minute and 30 seconds.
- 4) Stir omelet. If there is too much liquid, continue to microwave for 30 seconds.
- 5) Remove from microwave, add salt and pepper to taste and enjoy!



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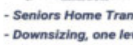
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\$3.00 Suggested Donation

Please call our dining room at
401-270-1814 to place your
lunch order 24 hours in
advance.

April 2023

Lunch is served at 12:00 pm

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad plate	4 Mushroom barley soup Chicken marsala Spanish rice Green beans Sliced bread Jell-O Turkey & Swiss on rye	5 Tossed salad Baked pasta Florentine Roasted zucchini w/carrots Multi grain bread Mixed fruit Cobb salad	6 Chicken escarole soup Baked ham w/raisin sauce Mashed potato Peas & carrots Snowflake roll Rice pie Ham & cheese on rye	7 Good Friday, Senior Center Closed. 
10	Minestrone soup Meatball sandwich Mediterranean salad Multi grain roll Pudding Chef salad	11 Tomato Soup Sautéed chicken breast w/mushrooms & tomatoes Green beans Sweet potato Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	12 Cream of broccoli soup Honey garlic pork chop Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Romain salad w/chicken	13 Chicken soup Pot roast Au gratin potatoes Baby carrots Roll Cookie Han, cheese & turkey on wheat	14 Pasta & bean soup Chicken cacciatore Green bean salad Roasted potato Sliced bread Fruit Egg salad sandwich
17	Lentil soup Beef Stroganoff Mashed potatoes Peas & carrots Roll (whole wheat) Chocolate chip cookie Chef salad	18 Escarole bean & sausage soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	19 Split pea soup German pork cutlet Potato salad German green beans Whole Wheat roll - cookie Turkey & Swiss/whole wheat	20 Vegetable soup Meatloaf w/gravy Potatoes wedges Mixed vegetables - roll Fruit Spinach salad w/ chicken	21 Kale & bean soup Balsamic glazed chicken thighs Roasted broccoli & carrots Rice pilaf / roll Fruit salad Tuna salad plate
24	Beef Barley soup Tossed salad Chicken, sausage, peppers & potatoes Roll cake Cobb salad	25 Chicken soup Sloppy joe Cole slaw Potato chips Pudding Roll Egg salad on multi grain roll	26 Tomato soup Pepper steak Rice pilaf Zucchini & carrots Fresh fruit Multi grain bread Seafood salad plate	27 Minestrone Soup BBQ spareribs Baked beans Pasta salad Whole Wheat -/Ww roll Chicken salad sandwich	28 Portuguese kale soup Honey glazed chicken Rice pilaf w/peas Zesty garlic green beans Sliced bread / Jell-O Roast beef sandwich
 <p>east bay community action program</p> <p>THE BRIDGE TO SELF-RELIANCE</p>		<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>		