

# Robert Rock Senior Center



610 Waterman Avenue  
East Providence, RI 02914

401-435-7800

Fax: 401-563-7024

[www.eastprovidenceri.gov](http://www.eastprovidenceri.gov)



*Follow us on Facebook!*

## April 2024

### Senior Center Services

**Elder Resource Specialist**  
**Amanda LaPlante**

Monday–Friday 401-270-1788

**Community Health Worker**  
**Gilbert Williams–Hackney**  
**Angela Raposo**

Monday-Friday 401-443-4312

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

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

**Eastside Clinical Laboratory Transportation**  
Call 401-435-7800 to register for transportation.

**Notary Public**

**Pat Thomas, Receptionist**

M-F 9:00am-12:00pm 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 & Shop, Walmart 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](mailto:ljones@eastprovidenceri.gov)

**Shahnee Lagor**

Healthy Aging Nurse Coordinator  
[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

**Amanda LaPlante**

Elder Resource Specialist  
[alaplante@eastprovidenceri.gov](mailto:alaplante@eastprovidenceri.gov)

**Gilbert Williams-Hackney**

**Angela Raposo**

Community Health Workers  
[gwhackney@eastprovidenceri.gov](mailto:gwhackney@eastprovidenceri.gov)  
[araposo@eastprovidenceri.gov](mailto:araposo@eastprovidenceri.gov)

**Cindy DeMedeiros**

Dining Room 401-270-1814  
[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

**Pat Thomas & Rhonda Marzetta**

Member Services Representatives  
[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)  
[rmarzetta@eastprovidenceri.gov](mailto:rmarzetta@eastprovidenceri.gov)

**Facilities:**

Kenny Atkinson  
Napoleon DeBarros

**Transportation:**

Joe Serodio  
Christopher Januario  
Dennis Price  
Tom Taylor  
Richard Wood

## 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 persons with disabilities in the East Providence area.



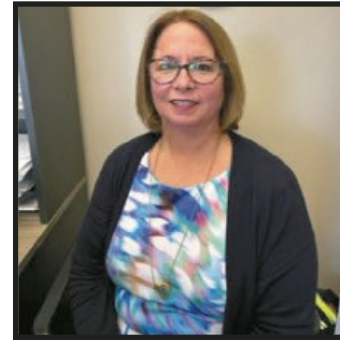
**Message from the Mayor:**

I hope everyone is enjoying a nice spring season so far! Great news, I'm now a member of the Senior Center so you'll be seeing me a lot more. I hope to make a puzzle with you, participate in a game of BINGO or maybe even join a pickleball match (I got a set of paddles for my birthday)!

The City of East Providence has been busy planning great events for our residents. Check out the city calendar to view all the upcoming events by visiting: <https://eastprovidenceri.gov>. One event you may be interested in is a free paper shredding event for East Providence residents at the Weaver Library located at 41 Grove Ave, side parking lot. The event is scheduled for Saturday, April 20th from 9:00 am-12:00 pm. There is a two, file box maximum per person. The shredding is done on site. Please bring a non-perishable food item to donate to Hope & Faith Drive. If you have any questions regarding this event, please call 401-435-7701. I am looking forward to sunny weather and having more events being held outdoors!

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

It is nice to see walkers outside enjoying our walking path again. The flowers are going to begin blooming again soon and I look forward to seeing our gardens grow. For Earth Day this year, the Senior Center is partnering with the Recreation Department to host an Earth Day cleanup around the Senior Center grounds. Earth Day is Monday, April 22nd. Please feel free to join us. We will be meeting up at the Pickleball Court at 10:00 am. Clean up will run until 11:30 am. Trash bags and gloves will be provided. Bring your walking shoes!

Our rewards program is back. Earn rewards by participating in scheduled presentations here at the Robert Rock Senior Center. Pick up a reward card in our resource center and start earning rewards. To learn more about the rewards program, turn to page 13 of this newsletter.

**Best,**

**Laura Jones**  
**Director of Senior Services**

**Robert Rock East Providence Senior Center**  
*-Advisory Group-*

Judy Phillips	Jan Kinder	Jim Phillips
Ann Fagundes	Ken Goucher	Elaine Robinson
Donald Senna	Dick Wood	Christine Singleton

**DAYS TO REMEMBER IN APRIL:**

April 19: Earth Day Cleanup at the Senior Center  
 April 22: Earth Day



**BINGO INFORMATION EVERY TUESDAY**

**\$6.00 per card**

Doors Open at 1:00PM.  
 Games start at 1:30PM  
 Dabbers: \$2.00 each



**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.

**SHOPPING TRIPS SCHEDULE**

**APRIL 2023:**

April 4: Stop & Shop  
 April 5: Shaw's  
 April 11: Stop & Shop  
 April 12: Shaw's  
 April 18: Stop & Shop  
 April 19: Shaw's  
 April 25: WALMART  
 April 26: WALMART

To add your name to our shopping list, please call:  
**401-435-7800.**

**Reservations for grocery shopping MUST be made 24 hours in advance!**



**URI SNAP ED WILL BE RETURNING TO THE SENIOR CENTER IN FALL 2024!**



Turn to page 14 of this newsletter to find a great recipe provided by URI SNAP ED.

*Do you love the URI SNAP ED recipes?*

The URI SNAP ED website has tons of great recipes for you to try!

<https://web.uri.edu/community-nutrition/recipes/>

**ANNOUNCEMENT:**



Beginning April 29, 20/20/20 Fitness will be taking a pause. We will update our newsletter and social media page when 20/20/20 Fitness is scheduled to come back to the Senior Center.



**BACKGAMMON**

Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress.

*This is a game of odds, calculation, patterns, and vision.*

*Whether you are a seasoned Backgammon player or would like to learn how to play, please join us!*

**MONDAY MORNINGS:**

**10:30AM-11:30AM**

**Tuesday Afternoons 1PM-3PM**

**MAH JONGG CLASSES!**

*Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons beginning in March.*

*Late bus transportation will be offered.*



**CRAFT CLUB**

**MONDAY, APRIL 29**

**10:30AM**

Free paint- design a board or a wooden sign!  
 Registration Required. Space is limited.  
 Sign up sheet is located by the front desk.

**CREATIVE CONNECTIONS**

**THURSDAY, APRIL 18**

**10:30AM**

**AIR-DRY CLAY CRAFT**

*Space is limited, sign up today at the front desk!*



We will be showing:

**ALICE IN WONDERLAND (2010)**  
**APRIL 29, 2023 1:00PM**

*Popcorn will be served.*



# NEW PROGRAMMING AT THE SENIOR CENTER:

## CAREGIVER RESOURCE WORKSHOP AT THE SENIOR CENTER!

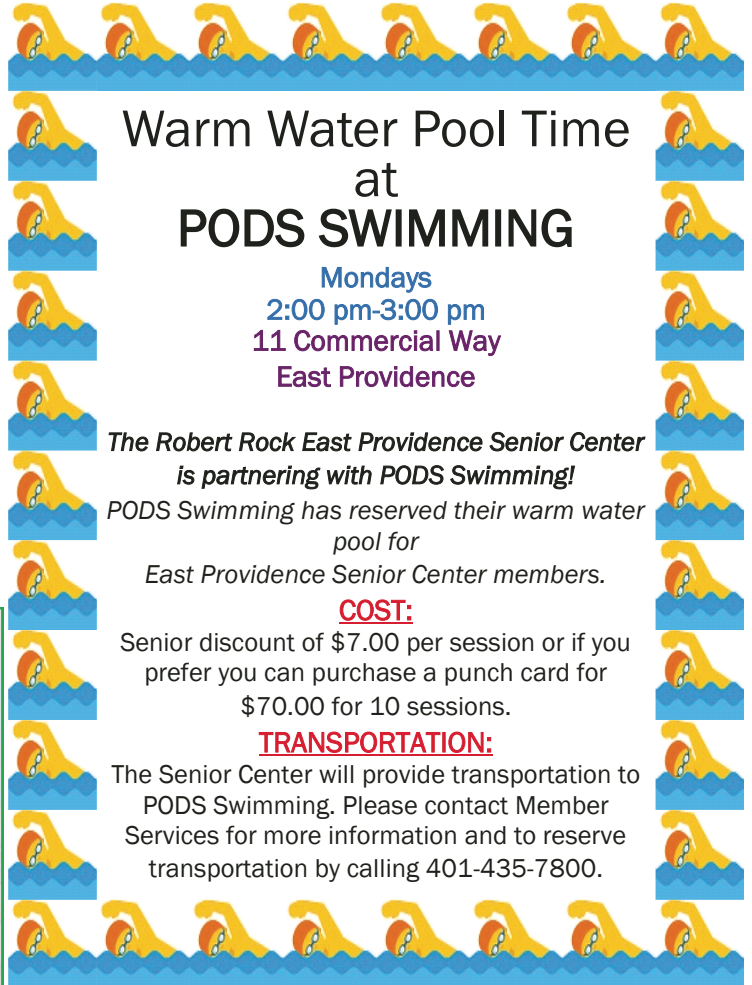
HOSTED BY ANGELA AND GILBERT

**MONDAY, APRIL 15, 2024  
3:00PM-4:00PM**

Gilbert and Angela will be discussing different resources to help the caregiver. Some topics of conversation will be:

- ◆ Transportation
- ◆ Food Security
- ◆ Taking Care of the Caregiver
- ◆ Local Support Groups

**Please Join Us!**



## Warm Water Pool Time at PODS SWIMMING

**Mondays  
2:00 pm-3:00 pm  
11 Commercial Way  
East Providence**

*The Robert Rock East Providence Senior Center is partnering with PODS Swimming!*

PODS Swimming has reserved their warm water pool for East Providence Senior Center members.

**COST:**

Senior discount of \$7.00 per session or if you prefer you can purchase a punch card for \$70.00 for 10 sessions.

**TRANSPORTATION:**

The Senior Center will provide transportation to PODS Swimming. Please contact Member Services for more information and to reserve transportation by calling 401-435-7800.



Join us for a FREE program that combines the fun of Bingo with exercise and education designed for older adults.

Improve mobility and nutrition, socialize, reduce falls, learn about safe medication practices

**Earn a \$25 gift card for completing the program**

The 10-week program meets for one hour twice a week starting: **March 19, 2024**  
**Tuesdays and Thursdays 10:45am-11:45am**  
at: The East Providence Senior Center, 610 Waterman Ave. E. Providence, RI

Call 401-435-7800 to register today



## RIPTA BUS PASS ASSISTANCE

**Thursday, May 23**

RIPTA will be on site to discuss their Senior Rider Bus Pass Programs as well as provide assistance with bus pass applications.



# Health Related Programs:

NURSE WILL BE AWAY APRIL 18 & APRIL 19.

NURSE HOURS TUESDAY, THURSDAY, & FRIDAY 9AM-2PM



## GROCERY SHOPPING ON A BUDGET & WITH YOUR BLOOD PRESSURE IN MIND. NUTRITION CLASS #3

Join our Healthy Aging Nurse Coordinator as she breaks it all down and offers tips on how to prepare meals that won't increase your blood pressure.

**TUESDAY, APRIL 23RD 10:30AM.**

## Blood Pressure Checks in April 2024:



**Tuesday, April 2:** Orchard View is coming to assist with blood pressure checks.

**Tuesday, April 30:** Hattie Ide Chaffe is coming to assist with blood pressure checks.

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.

*We have partnered with Hope Hospice and will be offering grief support groups the first Friday of every month from 1:00pm-2:00pm. Whether your loss is recent or from years ago, grief is a journey and we are here to help you along the way.*

Grief Support and Healing **Friday, April 5, 1:00pm-2:00pm** at the East Providence Senior Center (610 Waterman Avenue, East Providence RI 02914)



## FOOT DOCTOR IS IN HOUSE ON FRIDAY, APRIL 19 1PM-4PM

Podiatrist Dr. David Ruggiero returns to the Senior Center for nail clippings and/or callus removal. **(BY APPOINTMENT ONLY!)**

*Please call our Healthy Aging Nurse Coordinator today to schedule your appointment 401-270-1792.*

## PLANNING FOR YOUR HOSPITAL DISCHARGE

**Did you know that discharge planning begins the moment you are admitted to the hospital?**

Discharge planning is a process that helps identify patient needs when it is time to leave the hospital. Discharge plans can help prevent future hospitalizations. It is important that all needs be addressed prior to leaving the hospital.

*Join us for a presentation on what to expect during your hospital stay and how you can have a role in your discharge planning.*

Case Management from Lifespan's Miriam Hospital will lead the discussion.



**WEDNESDAY, APRIL 24 10AM-11AM.**

THE UNIVERSITY OF RHODE ISLAND COLLEGE OF PHARMACY

## URI PHARMACY OUTREACH RETURNS! FRIDAY, APRIL 26 10:30AM

*'Talk Before You Take'*


Learn what you should know about prescription medications and how to get the best results from them. Know what questions to ask, how to avoid medication errors and what the medication is expected to do for you. We will also offer tips on cost-cutting and resource information about prescription assistance programs.

## CARELINK'S MOBILE DENTAL CLINIC RETURNS FRIDAY, APRIL 26TH AND FRIDAY, MAY 24TH

Anyone wishing to have their teeth cleaned and examined can call our Healthy Aging Nurse Coordinator at 401-270-1792 for more information.



# SPECIAL EVENTS IN APRIL & MAY:


 **East Providence Lions Club**

**21<sup>ST</sup> ANNUAL**  
**Pancake Breakfast**

**ROBERT ROCK SENIOR CENTER**  
 610 WATERMAN AVE. | E. PROV, RI

**SUNDAY, APRIL 14**  
 8 AM - 12 PM

**TICKETS:**  
**\$10 ADULTS**  
**\$5 KIDS**



**HAPPY EARTH DAY**



**SR. CENTER CLEAN UP DAY**  
 SR. CENTER & RECREATION WILL PARTNER UP TO CLEAN THE GROUNDS FOR EARTH DAY!

**FRIDAY, APRIL 19**  
**10:00AM-11:30AM**

**EAST PROVIDENCE SENIOR CENTER**  
 610 WATERMAN AVENUE  
 EAST PROVIDENCE, RI 02914

**CATCH UP WITH**  
**NEW CAR TECHNOLOGY**

*AARP's Smart DriverTEK workshop is designed to help people over 50 learn about the safety technology they are likely to find in their new cars.*

This 1.5 hour workshop is offered free of charge and will provide you with a clearer understanding of how technology works in newer vehicles:

- Forward Collision Warning
- Adaptive Cruise Control
- Reverse Safety Technology
  - Blind Spot Warning
  - Lane Departure Warning
  - Drowsy Driver Alert
- The Future of Transportation


 Forward Collision Warnings (FCW)	 Adaptive Cruise Control	 Reverse Safety Technologies
 Blind Spot Warnings	 Lane Departure Warnings	 Drowsy Driver Alerts
 Featured Technologies	 Additional Technologies	 Future of Transportation

You may not have any of these safety features in your current vehicle, but you may come across them if you are considering buying or renting a vehicle or using a loaner.

*Join us for this presentation at the Senior Center on:*

**TUESDAY, MAY 7**  
**10:00AM-11:30AM**

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



**AARP SAFE DRIVING CLASS**

**MONDAY, MAY 20, 2024**  
**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 2024

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 8A: AARP Tax Assistance 10:30A: Backgammon 2P: PODS Swimming  <i>*Tech Assistance by appt only*</i></p>	<p><b>2</b> 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Bingocize 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p><b>3</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>4</b> 9:30A: Senior Shopping 9:30A: Tai Ji 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>5</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1P: Grief Support 1:30P: Hi Lo Jack</p>
<p><b>8</b> 8A: AARP Tax Assistance 10:30A: Backgammon 2P: PODS Swimming  <i>*Tech Assistance by appt only*</i></p>	<p><b>9</b> 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Bingocize 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p><b>10</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 10:45A: Age Well, Get Connected 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>11</b> 9:30A: Senior Shopping 9:30A: Tai Ji 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>12</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p><b>15</b> 10:30A: Backgammon 2P: PODS Swimming 3P: Caregiver Support Workshop 3P: Get Set Up Virtual Class  <i>*Tech Assistance by appt only*</i></p>	<p><b>16</b> 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 10:45A: Bingocize 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p><b>17</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>18</b> 9:30A: Senior Shopping 9:30A: Tai Ji 10:30A: Creative Connections 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>19</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg <b>10: Earth Day Cleanup</b> 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1P: Podiatrist by Appt only. 1:30P: Hi Lo Jack</p>
<p><b>22</b> 10A: The Pointe Assistance 10:30A: Backgammon 2P: PODS Swimming  <i>*Tech Assistance by appt only*</i></p>	<p><b>23</b> 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: Blood Pressure Nutrition 3 10:45A: Chair Yoga 10:45A: Bingocize 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p><b>24</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness <b>10A: Hospital Discharge Presentation</b> 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>25</b> 9:30A: Senior Shopping 9:30A: Tai Ji 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>26</b> 8:30A: Scrabble 9A: Dental Clinic 9:30A: Senior Shopping 10A: Mah Jongg <b>10:30A: URI Pharm Outreach Presentation</b> 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p><b>29</b> 10A: Backgammon 11A: Craft Club 1P: Movie Showing 2P: PODS Swim  <i>*Tech Assistance by appt only*</i></p>	<p><b>30</b> 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 10:45A: Bingocize 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p><b>ANNOUNCEMENT:</b>  <b>Creative Art Studio is now being held every Wednesday morning at 11AM-12:30PM.</b></p>	<p><b>**Calendar Items are subject to change based on cancellations and/or inclement weather**</b></p>	<p><b>REWARDS CARDS:</b> Every event in <b>RED BOLD FONT</b> will count towards your reward card!</p>



## Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

**401-270-1792**

*Nurse Hours: Tuesday, Thursday, Friday  
9AM-2PM*

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. 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.**

## 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. **Registration not required. No fee.**

**April 10- 10:30AM**

## 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. No fee.**

## SHIP Counseling

**State Health Insurance Program (SHIP)**

Counselor is available on Wednesdays and Fridays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

**Call 401-435-7876 X1137 for an appointment.**

**No Fee**

## Gym Orientations- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment. Robin and Sandra can explain proper techniques and demonstrate exercises.

**For fitness members only**

Tuesdays 1P-3P      Thursdays 8:00A-11:30AM

Fridays 1P-2P

**No registration required. No fee.**

## Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps.

Drop-in on Tuesdays 10:00AM- 11:00AM.

**No registration required. No fee.**

## 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. Wednesdays 9A-10A **No registration required. \$3.00 per class**

## Chair Yoga

Chair Yoga is wonderful for both your mind and body.

Tuesdays with Cyn 10:45AM **\$3.00 per class.**

**No registration required.**

## Hi Lo Jack

A game of chance, Registration required. Call 401-435-7800 for more information or if you are interested in being a sub to play. Fridays 1:30PM-3:30PM.

**\$3.00 to  
play  
.25 ups or  
bumps**

## Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc.

**WEDNESDAYS 11AM-12:30PM**

**Registration required \$3.00 per class.**

## Craft Club

Participants are given the opportunity to explore various art making skills. Activities allow participants to enhance their creative and visual skills. **Fee: \$5.00**

**Registration required. Limited space available.**

## 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.

**No registration required. No fee.**

## Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

**No registration required. \$3.00 fee for Cribbage.**

555 Pawtucket Ave., East Providence, RI 02914

**434-3885**

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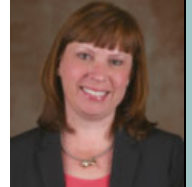


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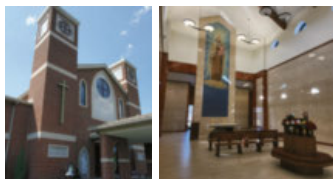
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[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)



# Catholic Cemeteries

Diocese of Providence

*Catholic Cemeteries has more options to choose from than ever before.*

*Numerous opportunities to memorialize your loved one regardless of their resting place. Ensure that YOUR wishes are met, rather than leaving it up to grieving family members. We are here to help you through the process.*

**Main Office: (401) 944-8383**

**Gate of Heaven Office: (401) 434-2579**

**Mention Discount Code**

**EPSC at time of purchase**

[ricatholiccemeteries.org](http://ricatholiccemeteries.org)

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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 10, 2024 10:30AM**



### LOOKING FOR 1:1 COMPUTER ASSISTANCE AT THE SENIOR CENTER?

*Gilbert, our Community Health Worker can help!*

On Mondays, Gilbert will be available to answer questions about technology. **Appointments are required.** Please call 401-443-4312 to make your appointment. Feel free to bring your own laptop or tablet!



**MONDAY, APRIL 15 3:00PM**

**LIVING HEALTHY: A LIFELONG VENTURE TO A HEALTHIER YOU**

*This is a virtual class projected on Zoom!*

Share and hear how others define a healthy lifestyle and what they do to live that way.



## BENEFITS OF TECHNOLOGY FOR OLDER ADULTS

### MENTAL STIMULATION

Regular internet use has been shown to reduce the risk of dementia because it helps improve cognitive function and memory skills. Online gaming helps with mental stimulation. Games such as matching, crossword puzzles, sudoku, etc. are all great mind power games online that can help improve and maintain cognitive function.

### HEALTH MONITORING

Individuals can use smartphones, fitness watches, and other devices to track their vital signs, including oxygen levels, heart rate, and blood pressure. There are also apps that remind people when it is time to take their medicine. Additionally, the internet allows people to easily access their health portals, review test results, and schedule appointments with their doctors.

### REDUCED ISOLATION

The internet represents the possibility to combat loneliness. Older adults can stay connected to friends and family from far away. They can even find message boards and connect with people with common interests, thereby building a community from the comfort of their own homes.

### ENTERTAINMENT & HOBBIES

Older adults who retire may find themselves with more free time than ever before. The internet can open new worlds for them. Is there a rusty guitar in their house they never used? They can watch YouTube videos to learn how to play. There are also workout videos online, countless books, movies, and TV shows online as well.

### INCREASED INDEPENDENCE

Online shopping and delivery make it easier for an older adult to maintain their independence if they no longer drive. Also, apps like Uber and Lyft have helped seniors feel more independent because they no longer have to rely on family and friends to bring them places. Voice activated technologies allow folks to do things like turn on music or raise the temperature through a simple verbal command. Meanwhile, personal monitoring devices with GPS functions and other alert systems such as fall detection, can bring peace of mind to both older adults and their loved ones.

**Jules Hope Chest**

**\$10 each**

**30 PRIZES TO WIN**

All proceeds go to help Jules Hope Chest Programs

# APRIL SPRING INTO KINDNESS CALENDAR RAFFLE



[juleshopechest.org](http://juleshopechest.org)

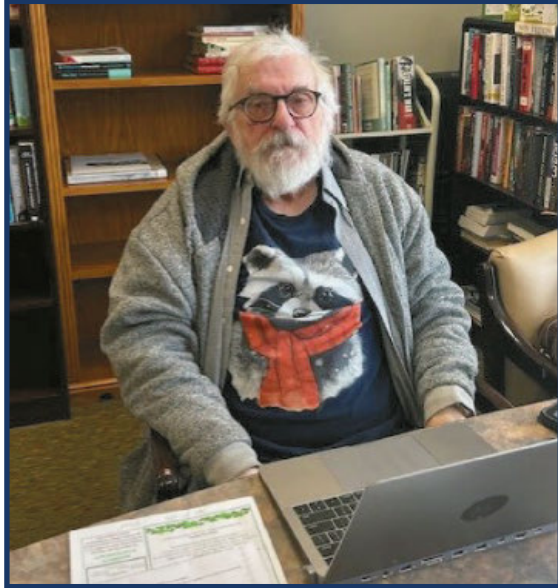


**Purchase your calendar TODAY for \$10.00 and have 30 chances to win in the month of April!**

Call 401-216-8677 or email [julie@juleshopechest.org](mailto:julie@juleshopechest.org) for more information or to purchase your calendar TODAY!

## GUARDIAN ANGEL AWARD

*Do you know someone who goes above and beyond for someone in need?*



### DAVID JAMESON

*As we all know, technology is a huge learning curve. Converting from a basic flip phone to an iPhone seems like a very daunting task. David Jameson has been a volunteer at the Senior Center for years now assisting seniors with technology. David seems to know all the tips and tricks to get someone acclimated to their new technical device. David is a great troubleshooter and is always willing to help. Senior Center staff and members genuinely appreciate David's efforts to assist folks. Because of David's willingness to help others, he is our Guardian Angel this quarter!*

*Thank you David for all you do for our senior population in the East Bay area!*

*Smartphone help is available at the Senior Center every Tuesday morning from 10AM-11AM. No registration is required, just pop in!*

#### ***Tell us your story!***

Nominate a senior today for the Guardian Angel Award.

Nomination forms can be found in the Health Office. Fill it out explaining why this senior is so amazing. Senior Center staff will review each nomination and select a winner quarterly (depending on how many submissions we receive). We will highlight the awardee on the board in the Health Office as well as in our newsletter.

**As you grow older, you will  
discover that you have two  
hands, one for helping  
yourself, the other for  
helping others.**

**Audrey Hepburn**

**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:**

\*Membership is required for all activities. Membership is not required to only come for lunch\*

**GENERAL MEMBERSHIP:**

**Residents of East Providence:** \$20.00/year

**Non-residents:** \$25.00/year

**GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:**

**Residents of East Providence:** \$60.00/year

**Non-residents:** \$70.00/year

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



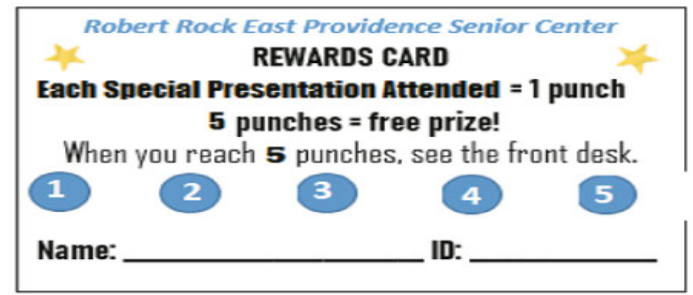
**REWARD CARDS ARE BACK!**

*The East Providence Senior Center is excited to announce the return of the Rewards Program beginning in March 2024! The program aims to promote and encourage member participation in educational opportunities at the Senior Center.*

**Here's how the program works:** Stop by the Resource Center to pick up your rewards card (beginning March 1, 2024). Find a class on the monthly calendar that is in **red bold font**. Attend the class and receive a stamp on your Rewards Card. Once you earn 5 stamps, turn your card in for a gift card at the Resource Center.

Any staff member can stamp your card once you complete the class that is eligible for a stamp.

\*\*The rewards program at the Senior Center is funded by Blue Cross Blue Shield RI. The rewards program is subject to change or end if/when all funding for the program is spent down.\*\*



**ADDITIONAL PROGRAMS/PRESENTATIONS:**



Thank you to Chef Kevin and his team from Blue Cross Blue Shield RI for putting on another great cooking demonstration!



The Blue Cross Blue Shield RI cooking demonstrations shows us how to make healthy recipes while having fun cooking it! Chef Kevin does a great job explaining the process, and it is nice to see such a colorful display of food.

Stay tuned to our newsletters to see when the next cooking demonstration is!

**SHIP COUNSELING**

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost. SHIP also assists beneficiaries with limited income to apply for programs, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.



east bay community action program

SHIP Counselors are at the Senior Center weekly (by appointment only).

Call 401-435-7876 x1137 to schedule your appointment today!

**THE POINT**

Maria from the Point will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

Call Maria to schedule an appointment today!  
401-519-0374

Monday, April 22: 10A-12P





# Slow Cooker Asian Turkey

Prep time: 15 minutes

Cook time: 5 hours

Servings per recipe: 8

Serving size: ¾ cup

## Ingredients

- 2 pounds ground turkey
- 1 medium red pepper, diced
- 2 large carrots, grated
- 4 cloves garlic, minced
- ¼ cup low-sodium soy sauce
- ¼ cup ketchup
- 1 tablespoon honey
- ¼ teaspoon crushed red pepper flakes (optional)

## Directions

- 1) Add all ingredients to slow cooker and mix together.
- 2) Turn slow cooker on low setting for 5 hours.
- 3) Break turkey apart and serve over lettuce or rice.

THE UNIVERSITY OF RHODE ISLAND



**Questions about nutrition?**  
**Call 1-877-FOOD-URI**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

**LUIS A. MATEUS**  
Eu Falo Portugues

**Off: 401-434-8399**  
**Cell: 401-368-2403**  
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[www.4lpi.com/careers](http://www.4lpi.com/careers)

## \$3.00 Suggested Donation

Lunch is served at  
12:00 pm



Meals are ordered by reservation only.  
**NO walk in's.**

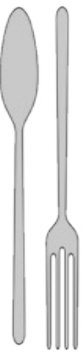
Reservations are made **TWO** days in advance.

Suggested donation per meal is \$3.00.  
It is important to call if you need to cancel your meal. You can cancel your reservation by calling Cindy at 401-270-1814.

Meals are served at  
**12PM Monday-Friday.**

Please arrive before 12:00PM to check in at the dining room desk.  
Seating is limited and on a first come basis. We are able to accommodate 60 diners.

**ENJOY YOUR MEAL!**



# April 2024

**PLEASE CALL OUR DINING ROOM AT 401-270-1814 TO PLACE YOUR LUNCH ORDER 48 HOURS IN ADVANCE!!**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	Mushroom barley soup Chicken parm Italian veg. mix Roasted sweet/white potato Ww roll Pudding Roast beef w/ Swiss	2 Lentil soup with vegetables Sausage & pepper sandwich Green beans Herb red potato salad Ww roll Fresh fruit Chef salad	3 Vegetable soup Beef w/ broccoli & mushrooms Parmesan rice Roasted zucchini w/carrots Ww roll Cake Spinach salad w/ chicken	4 Chicken escarole soup Slow roasted BBQ pork Cole slaw Pasta salad Ww roll Watermelon Seafood salad sandwich	5 Tomato soup Beer battered fish Spanish rice Broccoli florets Sliced ww bread Pineapple chunks Turkey sandwich on roll	
8	Chicken & rice soup Chicken Alfredo Florentine rice Sautéed vegetable Multi grain roll Pudding Ham & cheese on wheat	9 Cream of broccoli soup Sweet & sour meatballs Vegetable fried rice Zucchini w/ tomatoes Peaches Ww roll Greek salad w/ chicken	10 Vegetable lentil soup Greek roasted chicken thighs Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese	11 Kale & bean, sausage soup Pot roast w/gravy Mashed potatoes Mixed vegetables Ww roll Cake Chicken salad plate	12 Roasted cauliflower soup Shepard's pie Mashed potatoes Ww roll Oatmeal cookie Tropical fruit Tuna salad sandwich	
15	Navy bean soup w/vegetables Sloppy Joe Sautéed Italian vegetables Pasta salad Ww roll Fig newton Egg salad sandwich	16 Chicken escarole soup Chicken cacciatore Roasted potatoes Ww roll Lorna doone cookie Spinach salad w/ chicken	17 Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches Ww roll Ham & cheese sandwich	18 Tomato soup Open turkey sandwich w/ gravy Stuffing Cole slaw Ww bread Brownie Italian grinder	19 Clam chowder (red) Meatball & pepper sandwich 3 – bean salad Chips Cantaloupe Ww roll Tuna salad plate	
22	Minestrone soup Stuffed shell w/meatball Cucumber salad Sliced roasted potatoes Ww roll Chocolate cookie Egg salad sandwich	23 Vegetable barley soup Fried chicken Sweet potatoes Cole slaw Ww roll Fresh fruit Reuben on rye	24 Chicken cavatelli soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Cake Ww roll Greek salad w/ chicken	25 Escarole & bean soup Salisbury steak w/gravy Rice pilaf Green beans w/ carrots Whole Wheat Roll Pudding Tuna sandwich	26 French onion soup Chicken marsala Florentine rice Mixed vegetables Ww roll Tropical fruit Chicken salad sandwich	
29	Tomato soup Chicken thigh w/ gravy Mashed sweet/ white potatoes Zucchini Tomatoes & carrots Ww roll- cookie Turkey sandwich on ww roll	30 Turkey soup w/ vegetables Roasted pork loin w/gravy Mixed vegetables Greek lemon potatoes Cake Cobb salad	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Suggested Donation \$3.00			

