

# 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)



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## April 2025

### Senior Center Services

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

Monday-Friday 401-270-1788

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

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

**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)

**Cheryl Balasco**

Admin. Assistant

[cbalasco@eastprovidenceri.gov](mailto:cbalasco@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)

**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:**

Happy Spring! It is nice to see the outdoors in bloom and have some nicer weather. The City of East Providence is celebrating Earth Day all month long! Stay tuned to our City calendar for locations of local cleanups: <https://eastprovidenceri.gov/calendar>  
We are always looking for volunteers to assist with local Earth Day cleanups. There is an Earth Day cleanup on the Senior Center grounds on Friday, April 18 from 10AM-11:30AM. The Senior Center will be partnering with East Providence Recreation. I was very impressed last year with the partnership we have created between Senior Services and Recreation to keep our grounds looking beautiful and well kept. I am looking forward to seeing the beautiful landscape at the Senior Center come to bloom!

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

Happy spring to all! I look forward to having longer, warmer days. April showers bring May flowers and soon our beautiful gardens will be in bloom. Spring is a time for renewal. We plan to bring back the walking club by popular demand which will be facilitated by our new Community Health Worker Sarah Burde. Learn more about both our Community Health Workers, Sarah and Rachel, in this month's newsletter. We will also be starting back with Bird Watching with Laura. The Memory Café is back offering support to those living with memory decline and their caregivers. We also have BINGOCIZE starting up mid-April. If your new to the Center, know you are welcome to join in.

**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:**

Fri, April 18: Good Friday (Sr. Center Open)  
 Fri, April 18: Earth Day cleanup at Sr.Center  
 Sun, April 20: Easter  
 Tues, 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 2024:**

Thurs, April 3: Stop & Shop  
 Fri, April 4: Shaw's  
 Thurs, April 10: Stop & Shop  
 Fri, April 11: Shaw's  
 Thus, April 17: Stop & Shop  
 Fri, April 18: Shaw's  
 Thurs, April 24: WALMART  
 Fri, April 25: 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!



**BINGOCIZE RETURNS TO THE SENIOR CENTER!**

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 \$25.00 gift card for completing the program!

**The 10-week program meets for one hour twice a week starting TUESDAY, APRIL 22.**

**Class held Tuesday/Thursdays from 10:30AM-11:30AM**

**Call 401-435-7800 to sign up today!**



**BEGINNERS MAH JONGG**  
 Tuesday Afternoons 1PM-3PM  
 Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons.  
 Late bus transportation will be offered.

**ADVANCED MAH JONGG**  
 EVERY FRIDAY MORNING 10AM-12PM  
 Friday Mah Jongg is geared for seasoned players. Join us!

**IN LEIU OF THE MOVIE THIS MONTH... WE WANTED TO BRING IN SOMETHING DIFFERENT!**



**Discover the Amazing Story of New England's Most Horrific Sea Disaster!**

**MONDAY, APRIL 28 1PM**

**Late Bus offered!**

Larchmont Remembered is a live presentation about the sinking of the steamship Larchmont in 1907, a maritime tragedy that took place off the coast of Block Island, RI in February of 1907. The fascinating presentation covers the story of the ship, its crew and passengers, as well as accounts of survival, panic, murder and miracles. Join us to hear all the details from presenter Daniel Harrington!



# EARTH DAY

## APRIL 22, 2025

We all can make positive change for this amazing planet we call Earth. The achievements of changemakers can inspire us all to do our part to help create a better future.

**SEE BELOW FOR EARTH DAY EVENTS HAPPENING AROUND EAST PROVIDENCE!**

**HAPPY EARTH DAY**



**SR. CENTER CLEAN UP DAY**

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

**FRIDAY, APRIL 18**  
**10:00AM-11:30AM**

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

©LPI

**TUESDAY, APRIL 22**

Seed Packet Giveaway for Earth Day

Stop by the Senior Center to grab some free seed packets to prepare for the gardening season!


Earth Day Events are sponsored by:  
**K2 Medical Research**

At K2 Medical Research, people come first. Clinical research has been stigmatized as invasive, impersonal, cold. We have made it our mission to drop this outdated stigma and begin a new standard for how clinical trials are delivered: one founded in respect, compassion and warmth. We aim to give our patients a sense of autonomy, equity and dignity; to provide tools that will allow them to advocate for their own health using the latest advancements the industry has to offer.

The month of April kicks off a month-long of cleanups by several community groups. If you would like to volunteer to cleanup, please keep an eye on the City of East Providence City Calendar. All East Providence local cleanups will be added to our City calendar.

<https://eastprovidenceri.gov/calendar>

If you do not have access to a computer, call the Senior Center at 401-435-7800 and we will help locate a community group looking for Earth Day Cleanup volunteers if you are interested in volunteering.



City of East Providence celebrates Earth Day all month long




Mayor Bob DaSilva

# Health Related Programs:

## WISDOM FOR LIVING APRIL 10 1PM-2PM

*Late Bus Offered!*

Topic: *Adjusting to Changes—How to Adapt and Overcome.*

Wisdom of Living is a series of monthly gathering to support socialization, challenge your thinking and allow you to engage in meaningful conversation.



**NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM**

## GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE

*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.*



**Thursday, April 17 11AM-12PM**

## TOOLS FOR HEALTHY LIVING

*Are you living with chronic conditions such as diabetes, heart failure, pain or COPD? If so, we have a new program that aims to help you manage your symptoms and improve your quality of life!*

Join us for a six week program called Tools for Healthy Living.

**This evidence-based program runs every Wednesday starting APRIL 21 and ending JUNE 2 from 9:30a-12p.**

**Registration is required.**  
Call Nurse Shahnee to sign up today! 401-270-1792



## URI SNAP ED

Garden Container Class

**WEDNESDAY, APRIL 23**

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

*Interested in gardening but live in a small space? You may want to try Container Gardening!*

URI SNAPed will be on site to share tips and ideas on how to grow fresh foods and spices inside your home.



## MEDITATION

Every Friday Morning

11AM



**APRIL 25**

**10AM-3PM**

## COGNITIVE TESTING



*Do you sometimes find yourself getting forgetful or having to write things down or else you will forget?*

We can all occasionally forget where we place our keys or glasses, but when it becomes more common than not, we may be going through cognitive changes.

We will be hosting mini cognitive screenings to help inform and educate members on normal cognitive aging. We will also provide resources for those in need of additional testing and support.

***This is by appointment only.***

**Anyone interested in making an appointment should call our Healthy Aging Nurse Coordinator at 401-270-1792.**

# COMMUNITY HEALTH WORLD:



**east bay community  
action program**

You will be seeing some new faces here at the East Providence Senior Center!

*Partnering with East Bay Community Action, we were able to bring on two Part-Time Certified Community Health Workers to the East Providence Senior Center.*



EBCAP's Community Health Team (CHT) brings valued perspective to patient care serving as intermediaries between health services, social services, and the community. They navigate challenging health and social service systems, deliver education, and collaborate with community partners to address barriers to care.

**EBCAP's Community Health Team provides the following services:**

**Basic Needs Assistance** – connecting patients to RI's Supplemental Nutrition Assistance Program (SNAP), health insurance providers, transportation services, community resources, and EBCAP resources.

**Patient Advocacy** – coordinating patient care with EBCAP medical, behavioral health, and social services staff.

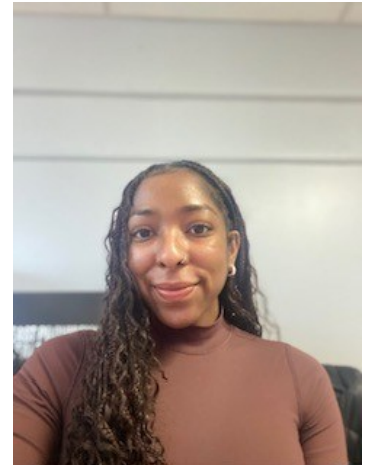
**Victims of Crime** – assisting EBCAP medical, dental, and behavioral health patients with resources as survivors/victims of crime.

## MEET RACHEL STANCIL!

You may recognize Rachel from East Bay Community Action. Rachel is a Certified Community Health Worker that will be able to assist with communal resources here at the Senior Center. Rachel's office will be located upstairs in the Health Office.

Rachel also works at the East Bay Community Action food pantry.

*Rachel is at the Senior Center Monday and Thursdays from 10AM-2PM.*



## MEET SARAH BURDE!

Sarah is a Certified Community Health Worker that has a strong background in community education and health education. Sarah has been involved with the HEZ (Health Equity Zone) of East Providence, where you may have seen her at various community events. She also works at East Bay Community Action.

Sarah will be focusing at the Senior Center on data breach assistance, computer assistance, and evidence-based programming.

*Sarah is at the Senior Center on Thursdays.*

**SPECIAL PROGRAMMING COMING TO THE SENIOR CENTER:**

**"HYSTERICALLY FUNNY!"**

-Cranston Herald/Warwick Beacon

# AGING DISGRACEFULLY



*Starring Charlie Hall and Doreen Collins*



AGING DISGRACEFULLY RETURNS TO THE EAST PROVIDENCE SENIOR CENTER ON:

**TUESDAY, APRIL 15**

**11AM-12PM**

RESERVE YOUR LUNCH EARLY FOR THIS EVENT. ANTICIPATING A LARGE CROWD.

The RI Bar Association  
&  
East Providence Senior Center  
Will Be Hosting An  
**Ask-A-Lawyer**  
May 21, 2025  
10:00 - 11:30 am

*Visiting attorney Peter M. Iascone  
will give a brief presentation  
followed by a question and answer  
period with a focus on Elder Law.*

# GROOVEON DANCE CLASS

*Thank you to all who participated in the  
GrooveOn Demo Dance Class on March 20!  
We have heard a lot of positive feedback and  
we are in the process of working out a  
regularly scheduled time for this class to be  
offered as one of our weekly programs!*

*Stay tuned.*



# Robert Rock Senior Center Activities

APRIL 2025

Mon	Tue	Wed	Thu	Fri
<p><b>REWARDS CARDS:</b> Every event in <b>RED BOLD FONT</b> will count towards your reward card!</p>	<p><b>1</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>2</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>3</b> 9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>4</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A Bird Watching 10:30A: Healthy Eating 10:45A: PACE Chair 11A: Meditation (John) 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p><b>7</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 2P: PODS Swimming</p>	<p><b>8</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>9</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage 1P: Memory Cafe</p>	<p><b>10</b> 9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit &amp; Crochet 1P: Wisdom for Living Talks</p> <p>Late Bus offered today. Leaves at 2PM.</p>	<p><b>11</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A Bird Watching 10:45A: PACE Chair 11A: Meditation (Gretchen) 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p><b>14</b> 8A: VITA Tax Assistance 9A: AARP Tax Assistance 10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 2P: PODS Swimming</p>	<p><b>15</b> 8A: VITA Tax Assistance 9A: Tai Ji Assessments 10A: Water Color Paint 10A: Smartphone Help <b>10A: BCBS Bene. Pres.</b> 10:45A: Chair Yoga 11A: Aging Disgracefully 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>16</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>17</b> 9:30A: Senior Shopping 11A: Grief Support &amp; Healing 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>18</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A Bird Watching <b>10A: Earth Day Cleanup</b> 10:45A: PACE Chair Exercise 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p><b>21</b> 10A: Tools for Healthy Living 10:30A: Backgammon 10:30A: Chair Yoga w/ Marilyn 1P: Movie Showing 2P: PODS Swimming</p>	<p><b>22</b> 10A: Water Color Paint 10A: Smartphone Help 10:30A: Bingocize 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>23</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP Ed 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>24</b> 9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>25</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A Bird Watching 10A: Brain Health Screening 10:30A: URI Pharm 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p><b>28</b> 10A: Tools for Healthy Living 10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 1P: Larchmont Presentation 2P: PODS Swimming</p> <p>Late Bus Offered today. Leaves at 2pm.</p>	<p><b>29</b> 10A: Water Color Paint 10A: Smartphone Help 10:30A: Bingocize 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>30</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>		<p><b>**Calendar Items are subject to change based on cancellations and/or inclement weather**</b></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  
9AM-4PM**

## 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 9- 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.

Mondays with Marilyn 10:30AM: **No fee**  
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.

**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.**



East Providence Lions Club

22<sup>ND</sup> ANNUAL

# Pancake Breakfast

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

**SUNDAY,  
APRIL 6  
8 AM - 12 PM**

**TICKETS:  
\$10 ADULTS  
\$6 KIDS**



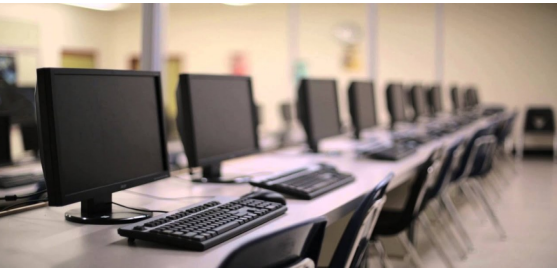


# TECHNOLOGY ASSISTANCE



## Smartphone/Computer Assistance

The only sure way to make a computer go faster is to throw it out the window.




### 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 9, 2024 10:30AM**




*Weaver Library Offers Technology Assistance!*

Schedule an appointment to help you learn how to use the computer or ask any other computer or device question. Call Weaver Library to schedule your appointment today!

**401-434-2453**



### SMARTPHONE HELP:



**EVERY TUESDAY MORNING AT THE EAST PROVIDENCE SENIOR CENTER 10AM-11AM**

**Learn some tips and tricks with your Smart Phone!**

*No registration required*



### Tips for Staying Safe while on the Internet

Technology has made it easier to communicate, shop, pay bills, and bank. But this convenience comes with the cost of privacy and security.

**Update Passwords.** Make an effort to update your passwords and make them more secure. They should be at least 8 characters and have a combination of upper and lower case letters, symbols, and numbers. Change them on a regular basis, especially for financial and email accounts. Also, don't use the same password for multiple accounts.

**Protect Your Computer.** Make sure that spyware or malware protection is installed on your computer and that it's up to date.

**Backup Files.** A virus can infiltrate any computer. So be certain to back up your files and photographs on a regular basis in the event that your system comes crashing down.

**Secure Shopping.** Only do online shopping through sites with "https" in the browser's address bar. The "s" stands for "secure." Secure sites will also have an icon of a locked padlock in the status bar at the bottom of your Web browser.



# RI DATA BREACH: HOW TO KEEP YOUR PERSONAL INFORMATION PROTECTED



**Did you receive a letter in the mail from the State of Rhode Island regarding the RI Bridges data breach that happened in December 2024?**

If you receive a letter and have questions about the data breach or how to sign up for free credit monitoring, you can call the RIBridges Data Breach Hotline at 833-918-6603 on Monday – Friday from 9 a.m. to 9 p.m. If you do not have an activation code because you did not receive a letter, the RIBridges Data Breach Hotline will not be able to enroll you in free credit monitoring or confirm you are impacted.

**Assistance with freezing credit is also available at the East Providence Senior Center Monday-Friday 8AM-4PM.**

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
  - Child Care Assistance Program (CCAP)
    - Health coverage purchased through HealthSource RI
- Rhode Island Works (RIW)
- Long-Term Services and Supports (LTSS)
- General Public Assistance (GPA) Program
  - At HOME Cost Share

**WEBSITE WITH MORE INFORMATION:**

<https://admin.ri.gov/ribridges-alert#what-you-can-do>

## RHODE ISLAND EBT SNAP SCAM & WHAT TO LOOK FOR:

In the beginning of March 2025, nearly \$500K had been stolen from Rhode Island residents Food Stamp EBT cards.

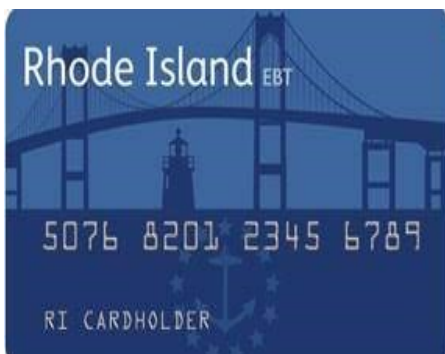
The RI Department of Human Services is investigating this issue.

**The RI Department of Human Services is urging Rhode Island residents to take precautions when using their EBT food stamp cards:**

- Be aware of your surroundings when using your card.
- Cover the keypad when entering your PIN.
- Inspect ATMs and card readers for anything unusual before inserting your card.



### WHAT TO DO IF YOU BELIEVE YOUR SNAP BENEFITS WERE COMPROMISED:



1. Contact the RI Department of Human Services at **1-855-697-4347** to report that your SNAP benefits have been stolen.

You will be able to submit a claim following the RI Department of Human Services procedures. You will also submit a claim with the DHS for replacement of stolen benefits.

2. Reset your SNAP card PIN Number by calling **1-888-979-9939**.
3. File a police report. If your EBT card information was stolen or the physical SNAP card was stolen, contact local police to file a police report.

**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!\*\*

*Persons receiving transportation services from the Senior Center are called in the morning with their pick up times. Please allow time in the morning to assign pick up times before calling!*



**REWARD CARDS**

*The Rewards Program aims to promote and encourage member participation in educational opportunities at the Senior Center.*

**YOU MUST STAY FOR THE DURATION OF THE PRESENTATION TO GET A REWARDS STAMP!!**

**Here's how the program works:** Stop by the Resource Center to pick up your rewards card. 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.\*\*

*Robert Rock East Providence Senior Center*

**REWARDS CARD**

**Each Special Presentation Attended = 1 punch**

**5 punches = free prize!**

When you reach **5** punches, see the front desk.

1      2      3      4      5

Name: \_\_\_\_\_ ID: \_\_\_\_\_

**DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?**

Each month, we search for collectors to take advantage of showing off their collections in our display case located in the lobby area. This gives collectors an opportunity to show their wonderful collections in our locked case. We try to switch out the display case monthly.

**Do you have a collection you would like to have featured in our display case?**

*Please contact Amanda at 401-270-1788 to coordinate.*



**WHAT IS THE POINT?**

The Point is the Rhode Island's free aging and disability resource center. Specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs.

**DID YOU KNOW THAT THE SENIOR CENTER HAS A SPECIALIST FROM THE POINT COME MONTHLY TO ASSIST WITH BENEFIT APPLICATIONS?**

**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*



Sponsored by:

WINGATE RESIDENCES  
ON BLACKSTONE BOULEVARD

## MEMORY CAFÉ IS AT THE EAST PROVIDENCE SENIOR CENTER!

RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Our mission is to guarantee that those impacted can access opportunities that promote social engagement, create joyful experiences, and educate the wider community.

**SECOND WEDNESDAY OF EVERY MONTH  
1PM-2PM**

<b>April 9</b>	<b>August 13</b>
<b>May 14</b>	<b>September 10</b>
<b>June 11</b>	<b>October 8</b>
<b>July 9</b>	<b>November 12</b>



## Slow Cooker Applesauce

**Prep time: 15 minutes**

**Cook time: 4-6 hours**

**Servings per recipe: 8**

**Serving size: 1 cup**

### Ingredients:

4 apples, peeling, cored, and chopped  
4 apples, skin on, cored and chopped  
½ cup apple cider or 100% apple juice  
1 tablespoon ground cinnamon  
1 tablespoon lemon juice  
1 teaspoon vanilla extract

### Directions:

1. Place chopped apples into slow cooker. Add cider or apple juice, cinnamon, lemon juice, and vanilla extract.
2. Cover and cook on low for 4-6 hours or until apples have softened.
3. Using a blender or masher, blend or mash to desired consistency. Serve warm or chilled.

**\$3.00 Suggested Donation**

Lunch is served at  
12:00 pm



Meals are ordered by reservation only.

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

**NO WALK IN'S.**

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.

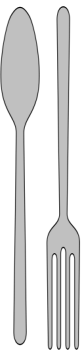
**Meals are served at 12PM Monday-Friday.**

Please arrive before 12PM to check in at the dining room desk.

**NO ASSIGNED OR RESERVED SEATING!**

We can accommodate 60 diners.

**ENJOY YOUR MEAL!**



**April 2025**  
**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
	<p>1 Mushroom Barley Soup Chicken cacciatore Roasted potatoes Ww roll Cookies Turkey &amp; bacon sandwich</p>	<p>2 White Bean Soup Mongolian pork Fried rice Broccoli florets Ww roll Cake Chicken salad plate</p>	<p>3 Cauliflower Tomato Soup Roasted chicken thighs Roasted potato Sweet corn Ww roll Sliced peaches Ham salad sandwich</p>	<p>4 Minestrone Soup Baked fish Florentine rice Mixed vegetables Ww roll Fruit cocktail Tuna salad sandwich</p>
<p>7 Chicken Soup Sloppy Joe Pasta salad Ww roll Brownie Ham &amp; cheese on rye</p>	<p>8 Minestrone Soup Honey garlic chicken thighs Roasted carrots &amp; broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>9 Vegetable Lentil Soup Pork chop Italiano Sweet potatoes Peas &amp; onion Ww roll Sliced pears Seafood salad sandwich</p>	<p>10 Tomato Soup Chicken n gravy Mixed vegetables Roasted potatoes Roll Cookies Chef salad</p>	<p>11 Cream of Broccoli Soup Fish sandwich Cole slaw Potato wedges Mixed fruit Ww roll Tuna sandwich</p>
<p>14 Vegetable soup Shepard's pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich</p>	<p>15 Tomato Soup Pub burger w/ cheese Sliced potatoes Ww roll Brownie Chef salad</p>	<p>16 Cream of Broccoli Soup Chicken coq au vin Rice pilaf Chuck wagon corn Ww Roll - Pineapple chunks Corned beef sandwich</p>	<p>17 Chicken Soup Baked ham w/ sauce Mashed sweet potatoes Roasted carrots Ww roll Easter dessert Tossed salad w/ chicken</p>	<p>18 Minestrone Soup Baked fish Rice plarf Green beans Ww roll Watermelon Tuna salad plate</p>
<p>21 Kale &amp; Bean Soup Chicken cordon bleu Roasted vegetables w/potatoes Garlic bread Watermelon Roast beef on a roll</p>	<p>22 Chicken Soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Fresh melon Chicken salad plate</p>	<p>23 Escarole &amp; Bean Soup Creamy garlic pork chops Mushroom rice pilaf Buttered corn Ww Roll - Brownie Seafood salad sandwich</p>	<p>24 <b>BirthDay Celebration</b> Fresh fruit cup Beef stew Roasted vegetables Cookie Ww roll Chopped salad w/chicken</p>	<p>25 Cauliflower Tomato Soup Sausage &amp; pepper sandwich Chips Cole slaw Ww roll - peaches Tuna salad plate</p>
<p>28 Vegetable Lentil Soup Fajita style chicken w/ Peppers &amp; onions White rice Ww roll Sliced pears Cobb salad</p>	<p>29 Vegetable Barley Soup Pork scallopin Roasted potatoes Green beans Ww roll Fresh fruit Turkey sandwich</p>	<p>30 Meatball Soup Grilled chicken Roasted zucchini Spanish rice Ww roll Oatmeal cookies Italian grinder</p>	<p><b>Suggested \$3.00 Donation</b></p> <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	