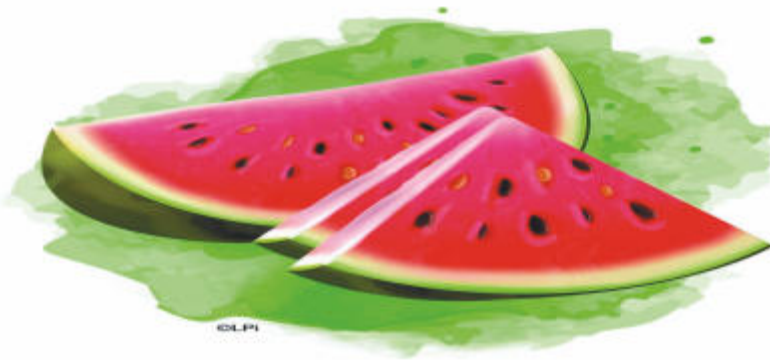


# East Providence Senior Activity Center



610 Waterman Avenue  
East Providence, RI 02914  
401.435.7800  
Fax: 401.435.7803  
[www.eastprovidence.ri.gov](http://www.eastprovidence.ri.gov)

## August 2021

### Message from the Mayor:

It is wonderful to see so many of our Senior Center members returning and participating in programs and activities at the Center. I hope you are all enjoying your summer by getting out and finally being able to get together with family and friends. One way to do this is to plan a date at one of the City of East Providence's Concerts in the Park. The concerts are held at Rose Larisa Park located at 701 Bullocks Point Ave. in Riverside. Concerts are being sponsored by Navigant Credit Union and are free to the public. Bring your chairs, pack a picnic and head down to the park to enjoy an evening of music. All concerts begin at 6 pm and are weather permitting. For more information on the concerts, please call the East Providence Recreation Department at 401-435-7511 or visit the East Providence Recreation Department on Facebook.

Sincerely,  
Mayor Bob DaSilva

### Free Concerts In the Park

6:00 pm

Weather Permitting

Rose Larisa Park  
701 Bullocks Pt. Ave.  
Riverside

### Schedule

8/5 AtWATER - DONNELLY  
(Celtic Folk)

8/12 OCTOBER ROAD  
(James Taylor tribute)

8/19 19th NERVOUS  
BREAKDOWN  
(Rolling Stones tribute)



Letter from the Director:

I am excited for you all to meet our new Elder Resource Specialist, Amanda Mattress. Amanda comes with a wealth of experience working with older adults and connecting them to resources. Amanda will be located in the old computer room off of the dining room. In order to provide better access to resources, a decision was made to create a resource center and move this office from the Health Office to the first floor. Please stop by and introduce yourself to Amanda. You are probably asking, "what happen to our computers?" The Center was able to purchase 10 Chromebook computers through a Rhode Island State Designated grant given to us by the State of Rhode Island, Office of Healthy Aging. These computers can be checked out by our members to use at the Center. Since the computers are portable, they can be used anywhere in the building. Thanks to expanded WIFI services, members will be able to use the Chromebooks in the lobby, the dining room, or the library. Age Well Get Connected, computer classes will be offered monthly by East Bay Community Action in our Seminar Room on the last Wednesday of each month. Please register at the front desk with either Pat or Stephanie or by calling the Center at 401-435-7800.

Sincerely,

Laura Jones, Director of Senior Services  
City of East Providence

## Staff

**Laura Jones**

Director 401-431-4608  
ljones@eastprovidenceri.gov

**Shontell Gomes**

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

**Shahnee Lagor**

Healthy Aging Nurse Coordinator  
401-270-1792  
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**Amanda Mattress**

Elder Resource Specialist  
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**Cindy DeMedeiros**

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

**Pat Thomas and Stephanie Walsh**

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

**Facilities**

**Richard DiCecco Kenny Atkinson**

**Transportation**

**Richard Wood Joe Serodio Lee Wilber**

## East Providence Senior Center Reopening Questions and Answers

**Question:** Do I need to be fully vaccinated to return to the Senior Center?

**Answer:** Although we encourage all to get vaccinated, we also know that getting vaccinated is a personal choice and there are many reasons one may choose not to be vaccinated. Those who are fully vaccinated, those who are partially vaccinated and those who are not vaccinated will be allowed participation.

**Question:** Will I be required to wear a mask when attending the Senior Center?

**Answer:** If you are fully vaccinated, meaning you have completed the required number of doses and it has been two weeks since you have been completely vaccinated, you will not be required to wear a mask. If you are not vaccinated or are partially vaccinated, you are required to wear a mask. All persons are still required to wear masks when providing or using services of any ride-sharing or similar ride service. Therefore, the Senior Center will require masks to be worn for all ride services.

**Question:** Will I be required to show proof of vaccination?

**Answer:** No, you will not be required to show proof of vaccination. We trust that you will follow the protocols kept in place as recommended by the CDC and the Rhode Island Department of Health by wearing a mask if not completely vaccinated or partially vaccinated.

**Question:** Will the Senior Center practice and require physical distancing?

**Answer:** Physical Distancing is not required of those who are fully vaccinated as stated in Governor Daniel McKee's Executive Order dated, May 18, 2021. If you are not vaccinated or are only partially vaccinated, the CDC recommends you continue to practice social distancing to protect yourself.

**Question:** What protocols will be put in place to maintain a safe and clean Senior Center?

**Answer:** The City of East Providence is committed to keeping the Senior Center clean and safe. All high touch areas will be cleaned throughout the day. Hand sanitizer will be provided for use by all staff and Senior Center visitors. All staff and visitors are asked to stay home if feeling sick for the protection of all. We continue to recommend Covid-19 testing for all who have been exposed to or who are experiencing Covid-19 symptoms to stop the spread. If you have been exposed to someone who has tested positive you must quarantine for 14 days from the date of the last exposure date.

You do not however, need to quarantine if:

- You have been fully vaccinated and have no Covid-19 symptoms
- You have had Covid-19 in the last 3 months, have recovered and have no symptoms

Please note that guidance, protocols and rules may change based on Covid-19 positivity rates, deaths and vaccine coverage both nationally and in Rhode Island. Please stay informed of all CDC guidelines, and updated Executive orders for the most updated information.

## East Providence Senior Center

### *Advisory Board*

Maryann Leonardo

Eleanor Monteiro

Judy Phillips

Jan Kinder

Jim Phillips

George Furtado

Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna

## Medicare Information Sessions

### Medicare Basics

August 19th 11:00 am-12:00 pm

### Medicare Options for 2022

September 23rd 11:00 am– 12:00 pm

Len Walker, Managing Partner and Senior Agent for Healthcare Solutions Team, will offer presentations for 2022 Medicare. Whether you are 65 in 2021 and “aging in” to Medicare, just have questions in general about Medicare, or want to review your current coverage and consider a new plan, Len will offer 1-hour information sessions to members wishing to attend.

Len is a licensed broker in over 20 states including Massachusetts and Rhode Island. So please mark your calendar if you are planning to attend either or both events. Once annual enrollment period begins October 7th, Len has committed to working with you individually if you wish, either at the Center, or if you prefer, at your home. Don't miss these 2 important information sessions available to all members, older adults and individuals with disabilities in East Providence and surrounding communities.



# HEALTH PROGRAMS

## Eastside Clinical Laboratory

When: The first Wednesday of each month starting August 4th

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip



## Blood Pressure Clinics 10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month, August 10th

No Registration Required

Hattie Ide Chafee

3rd Tuesday of each month, August 11th

## New Blood Pressure Self-Monitoring Program

Starts August 23rd

Register Now by Calling

East Providence Senior Center at 401-435-7800

- Receive a free loaner blood pressure cuff to take home
- Learn how to properly take your blood pressure
- Meet with our nurse monthly to review your numbers
- Take part in our monthly nutrition seminars



*Joining the Blood Pressure Self-Monitoring Program is an investment in your health and a commitment to reducing your risk of heart attack or stroke.*

## Flu Clinic

East Providence Senior Center

Mark Your Calendars for October 21, 2021

10:00 am-2:00 pm, No registration required.



## TORN PAPER COLLAGE CLASS

Dates: Tuesday, Aug. 17th, Aug. 24th and Aug. 31st and Sept. 7th

Time: 2:00 pm~3:00 pm

Cost: \$8.00 for the four part series

Registration Required: Call 401-435-7800 to register

You don't have to be an artist to have fun with this art form. Roberta Shine comes to us after many years of displaying her art in Florida galleries. She worked in oils, pastels and acrylics and then turned to paper after taking a course at the Providence Art Club. Torn paper collage is done by tearing pictures you have either taken with a camera, cut out of magazines or even can be pictures you have drawn. Roberta will teach you how to use space, color and composition to make a torn paper collage in this 4-part class.

## MINDFUL MEDITATION

Fridays at 11:00 am

JOIN US EVERY FRIDAY FOR A JOURNEY TO  
RELAXATION.

LEARN NEW TECHNIQUES TO HELP REDUCE YOUR STRESS AND PUT YOU ON A PATH TO  
PEACE AND TRANQUILITY

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Progressive Muscle Relaxation  
Reiki  
Sounding Bowls





# Exciting New Programs Starting in August !!!



**Mondays –10:30-11:30**  
**Instructor: Sue Young**  
**Cost- \$2.00 per class**

An easy-to-follow, low intensity program that lets you move to the beat of the music at your own speed. The Zumba Gold is a total –body wellness program that feels like a party while revitalizing your mind and body.

What is the difference between Zumba and Zumba Gold?

Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

## Line Dancing

**Mondays– 1:30-2:30**  
**Instructor: Sue Young**  
**Cost-\$2.00 per class**

No partner or prior dance experience required. Class good for all levels..



## Age Well Get Connected

Monthly Computer Classes for Older Adults

To Register Call EPSC at 401-434-7800  
Last Wed of each month (August 25th)  
10:30 am -11:30 am





M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
<b>2</b> 8:00-4:00 SHIP 10:00 Outside Chair Yoga with Marilyn 10:30 Zumba Gold 1:30 Line Dancing	<b>3</b> 8:00 –4:00 Nutritionist 9:00 Bocce 10:45 Chair Yoga with Cyn	<b>4</b> 8:00-4:00 Nutritionist 8:30-11:00 Eastside Clinical Lab 10:45 Pace Chair Exercise 1:00 Cribbage	<b>5</b> 12:30 Bridge 1:00 Knit and Crochet	<b>6</b> 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Mindful Meditation 1:30 Hi-Lo Jack
<b>9</b> Closed Victory Day	<b>10</b> 8:00 –4:00 Nutritionist 9:00 Bocce 10:30 Grace Barker BP Clinic 10:45 Chair Yoga with Cyn	<b>11</b> 8:00-4:00 Nutritionist 10:45 Pace Chair Exercise 1:00 Cribbage	<b>12</b> 12:30 Bridge 1:00 Knit and Crochet	<b>13</b> 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Mindful Meditation 1:30 Hi-Lo Jack
<b>16</b> 8:00-4:00 SHIP 10:00 Outside Chair Yoga with Marilyn 10:30 Zumba Gold 1:30 Line Dancing	<b>17</b> 8:00 –4:00 Nutritionist 9:00 Bocce 10:30 Hattie Ide Chafee BP Clinic 10:45 Chair Yoga with Cyn 2:00 Torn Paper Art Class	<b>18</b> 8:00-4:00 Nutritionist 10:45 Pace Chair Exercise 1:00 Cribbage	<b>19</b> 11:00 Medicare Basics Information Session 12:30 Bridge 1:00 Knit and Crochet	<b>20</b> 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Mindful Meditation 1:00 Insight support group 1:30 Hi-Lo Jack



23	8:00-4:00 SHIP  10:00 Outside Chair Yoga with Marilyn  10:30 Zumba Gold  1:30 Line Dancing	24	8:00 –4:00 Nutritionist  9:00 Bocce 10:45 Chair Yoga with Cyn  2:00 Torn Paper Art Class	25	8:00-4:00 Nutritionist  10:30 Age Well Stay Connected -computer class  10:45 Pace Chair Exercise  1:00 Cribbage	26	10:00-12:00 CPR Class  12:30 Bridge  1:00 Knit and Crochet	27	8:30 Scrabble  8:45 Blended Yoga  10:00 Mah Jongg  10:45 Pace Chair Exercise  11:00 Mindful Meditation  1:30 Hi-Lo Jack
30	8:00-4:00 SHIP  10:00 Outside Chair Yoga with Marilyn  10:30 Zumba Gold  1:30 Line Dancing	31	8:00 –4:00 Nutritionist  9:00 Bocce 10:45 Chair Yoga with Cyn  2:00 Torn Paper Art Class						



**HATTIE IDE CHAFFEE HOME**

200 Wampanoag Trail | East Providence, RI 02915 | (401) 434-1520 | [www.hattieidechaffee.com](http://www.hattieidechaffee.com)

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Lisa Janicki, MS

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## AUGUST IS NATIONAL EYE EXAM MONTH

### Eye Exams for Seniors

If you are over 65 years of age, it is recommended to get your eyes examined every 1-2 years. EYECARE America helps seniors qualify for free eye exam. August is also Cataracts Awareness Month, an important time for seniors to be tested for cataracts that can cloud eye lenses and lead to vision loss. Eyecare America also has a program for eye glasses.

Contact EYECARE America to see if you qualify

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

Phone: 877-887-6327

Hours: 8:00 am-Noon Monday –Friday (Pacific Time)

Fax: 415-561-8567

## Insight

### Support Group Returns

Founded in 1925 as the Rhode Island Association for the Blind, INSIGHT's mission is to inspire confidence, build skills, and empower people who are blind and visually impaired to become fully integrated, equally valued members of society by providing diverse services that produce opportunities and choices.

Support Group meets the 3rd Friday of the Month at 1:00 pm

# Senior Farmers Market Vouchers are Here!



Vouchers are available free at the East Providence Senior Center.  
For more information please call: 401-435-7800.

## WEAVER LIBRARY FARMER'S MARKET

41 Grove Avenue, East Providence, ri 02914

Fresh Food \* Live Music \* Family Entertainment

Every Thursday from June 24th - September 9th

4:00pm-7:00pm

*Vouchers available starting in August.*



# East Providence Senior Center Café

## Welcome Back to the East Providence Café DINE IN With US

Please contact Cindy 24 hours in advance to place your order at 401-270-1814.  
The August menu is on page 16 of this newsletter.

A suggested donation is \$3.00 per meal.  
Checks can be made out to EBCAP and mailed to:  
**East Providence Senior Center**  
610 Waterman Ave., East Providence RI 02914

### Are you homebound?

Contact Cindy at 401-270-1814 who can assist you with a referral to the  
Meals on Wheels program

### Newport Creamery Dine Out Vouchers

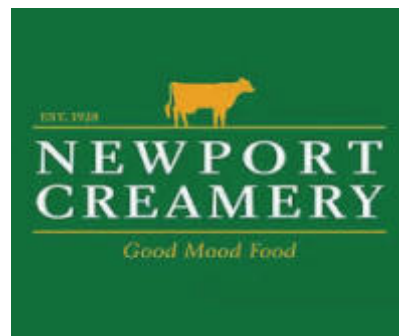
Available at East Providence Senior Center –For more information contact Cindy  
at: 401-270-1814.

Must be 60/+ years of age  
Suggested Donation \$6.00  
valid for dine-in only, no take out

Participating Restaurant Locations Include:

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

Mon-Fri  
Breakfast and Dinner  
Limited menu choices





***State Health Insurance Assistance  
Program  
(SHIP)***

***Need Help with Medicare/Medicaid forms or applications?  
Have Questions?***

***Now Available at the East Providence Senior Center***

***Mondays from 8:00 am-4:00 pm***

***To speak to a SHIP Counselor  
call 401-435-7876 to make  
an appointment***



east bay community action program  
THE BRIDGE TO SELF-RELIANCE

**Free CPR Class**

**10:00 am – 12:00 pm**

**Thursday, August 26th**

**Would you know what to do in an emergency?**



**Open to East Providence Residents and Senior Center Members**

**Call 401-435-7800 to Register by August 19th**

**East Providence Senior Center**

**610 Waterman Avenue, East Providence**



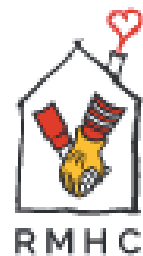
# Letter of Thanks from Providence Ronald McDonald House Charities

To the East Providence Senior Center,

Thank you for your donation of pop tabs that we received on 6/29/2021. We are so grateful to have so many kind hearted supporters within our community helping us continue our mission. Please know that you are counted among them.

Sincerely,

Providence Ronald McDonald House Staff and Volunteers





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# August Menu 2021

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Italian Wedding Soup Veal Parmesan w/gravy Seasoned Pasta Italian Blend Vegetables Pudding Dinner Roll Veal Parmesan Bulky Roll	<b>3</b> Egg Drop Soup Sweet & Sour Boneless Chicken Egg Roll w/duck sauce Oriental Blend Vegetable Fresh Fruit Oatmeal Bread Grilled Chic. On Oatmeal	<b>4</b> Escarole & Bean Soup Roast Turkey w/LS gravy Stuffing Green Beans Frosted Cupcake Marble Bread Turkey & Cheese w/mayo on Marble	<b>5</b> Onion Soup Chopped Sirloin w/gravy Mashed Potatoes Scandinavian Blend Veg. Cookies Wheat Bread Chopped Sirloin w/Ketchup on Wheat	<b>6</b> White Chowder Country Crisp Fish w/tartar sauce Mixed Vegetable Peaches Rye Bread Country Crisp Fish on Rye w/tartar sauce
<b>9</b> <u>CLOSED</u>	<b>10</b> Chicken Soup Meatloaf w/gravy Rice Pilaf Mixed Vegetables Yogurt Multi Grain Bread Meatloaf w/ketchup on MG	<b>11</b> Beef Vegetable Soup Chicken Parmesan Seasoned Tortellini Italian Blend Vegetable Brownie Dinner Roll Chicken Parmesan on Bulky Roll	<b>12</b> Juice Tuna Salad Potato Salad 3-Bean Salad Fresh Fruit Croissant Tuna Salad on Croissant	<b>13</b> Beef Barley Soup Pot Roast w/gravy Mashed Potatoes Baby Whole Carrots Pudding Wheat Bread Pot Roast & Cheese on Wheat
<b>16</b> Chicken Soup w/anci di pepe Meatballs w/Sauce Roasted Peppers & Onions Golf Ball Potatoes Granola Bar Multi Grain Bread Meatball Sub on Roll	<b>7</b> Chili Soup Marinated Grilled Chicken Wild Rice Seasoned Spinach Cookies Wheat Dinner Roll Grilled Chicken on Wheat Roll	<b>18</b> Vegetable Chowder Crab cake w/tartar sauce Mashed Potatoes Broccoli Slaw Peaches Rye Bread Crab Cake w/tartar sauce on Roll	<b>19</b> Lentil Soup Italian Style Chicken Cutlet Pesto Rigatoni Zucchini Brownie Italian Bread Italian Style Chicken Cutlet / Italian	<b>20</b> Lemonade Low Sodium Hot Dog on Roll w/Mustard Baked Beans Cole Slaw Watermelon Hot Dog on a Roll w/mustard
<b>23</b> Pasta & Bean Soup Chicken Loaf w/gravy Mashed Potatoes Mixed Vegetables Pudding Wheat Bread Chicken Loaf w/ mustard on Wheat	<b>24</b> Turkey Noodle Soup Sliced BBQ Beef Roasted Potatoes Brussel Sprouts Shortbread Cookie BBQ Beef on Bulky Roll	<b>25</b> Venus de Milio Soup Chicken Marsala Baked Potato Asparagus Fresh Fruit Snow Flake Roll Marinated Chicken on Roll	<b>26</b> Chicken Soup w/Egg Barley Knockwurst w/Mustard Seasoned Boiled Potatoes Carrot & Cabbage Mix Pudding Pumpernickel Bread Knockwurst on Roll	<b>27</b> Red Chowder Seafood Salad Pasta Salad Carrot Slaw Lorna Doone Cookies Wheat Bread Seafood Salad on Wheat
<b>30</b> Beef Noodle Soup Country Fried Steak w/gravy Rice Carrots Mixed Fruit Cup Multi Grain Country Fried Steak on Multi Grain w/Mayo	<b>31</b> Tomato Vegetable Soup Pub Burger w/au jus Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Hamburger on a Roll	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Menu Items are Subject to change		
Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.				
Menu Items are subject to change due to being unavailable to obtain.				