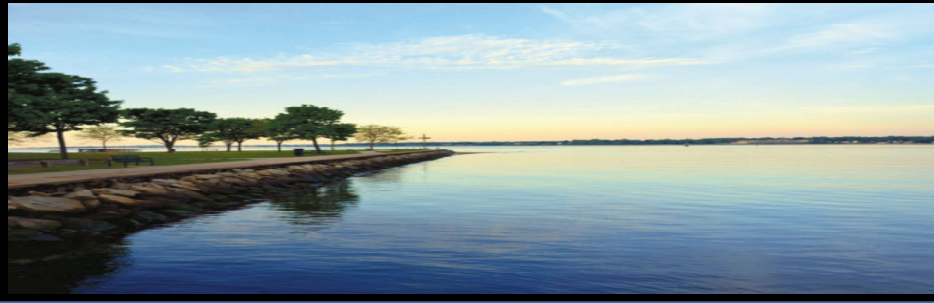


Robert Rock Senior Center



August 2022

Senior Center Services

Elder Resource Specialist
Amanda Mattress

Monday–Friday 401-270-1788

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC , CDOE
Office hours: Monday, Thursday and Friday

Registered Dietitian
Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE
Office hours: Tuesdays and Wednesdays by appointment
Call 401-447-6299

Eastside Clinical Laboratory
When: The first Wednesday of each month 8:30 am-11:30 am
Drop In Service: Just bring your lab slip

Notary Public
Pat Thomas, Receptionist
M-F 9:00 am-12:00 pm to notarize documents for our seniors.

Senior Shopping
Thursday 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

Veteran Benefit Counseling
Every Monday at the Senior Center by Appointment.
Michael– 401-208-5484

610 Waterman Avenue
East Providence, RI 02914

401.435.7800

Fax: 401.563-7024

www.eastprovidence.ri.gov

Staff

Laura Jones
Director
ljones@eastprovidenceri.gov

Shontell Gomes
Admin. Assistant
sgomes@eastprovidenceri.gov

Shahnee Lagor
Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda Mattress
Elder Resource Specialist
amattress@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
Fernando Dorego
Kenny Atkinson

Transportation
Joe Serodio Dennis Price
Christopher Januario

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.

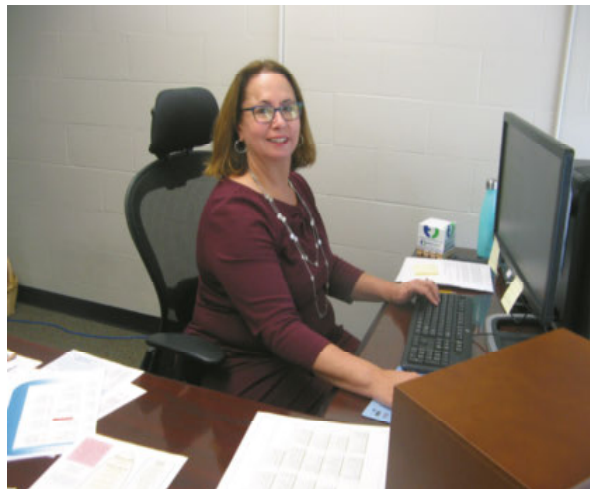


Message from the Mayor:

I want to congratulate our Director of Senior Services, Laura Jones for receiving the Expanding the Public Health Work Force grant from the Rhode Island Office of Healthy Aging for the City of East Providence. This grant will be used to expand the Rhode Island public workforce within the aging and disability networks. This \$91,500 grant will be used to hire a part-time community health worker for a period of two years, who will work out of the Robert Rock Senior Center. The community health worker will conduct a wide range of public health services and support for older adults and adults with disabilities and their caregivers. The community health worker will also help seniors access a number of services including COVID-19 vaccines, boosters, and testing and will assist with transition and diversion services from high-risk congregate settings to community living, and activities that address social isolation and basic need resources. The addition of a community health worker will allow our senior center to provide the additional and much-needed services that our senior population deserves.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

I want to thank Neighborhood Health Plan of Rhode Island for sponsoring our Ice Cream Social on July 7th. Neighborhood Health Plan donated \$200.00 which allowed us to purchase decorations, paper products, ice cream and toppings. The Ice Cream Social was a perfect way to celebrate the start of summer. It just so happened that July 7th also was Senior Center member, Michael Bedrosian's birthday. Michael turned 101 years young on this day. Congratulations Michael! You are an inspiration to us all.

Best,

Laura Jones

Director of Senior Services

Robert Rock East Providence Senior Center

Advisory Group

Judy Phillips
Jan Kinder
Jim Phillips
George Furtado
Ann Fagundes
Ken Goucher
Elaine Robinson
Donald Senna

DAYS TO REMEMBER IN AUGUST:

August 8– Victory Day, Senior Center Closed.

ANNOUNCEMENT

Beginning August 10, 2022 PACE Chair Exercise will be scheduled back to the original time listed below:

Wednesdays 10:45AM-11:30AM

Fridays 10:45AM-11:30AM.



BINGO INFORMATION:

EVERY TUESDAY

Doors Open at 1:00PM, Games start at 1:30PM
Dabbers are sold at the Senior Center, and we also have BINGO items located in our gift shop to purchase!

PULL TAB INFORMATION:

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM TUESDAYS

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

REWARDS CARDS ARE AVAILABLE AT THE SENIOR CENTER!

HOW IT WORKS: Attend **FIVE** special presentations (in red bold on the calendar). Have Amanda or the front desk stamp your rewards card once you attend a special presentation (rewards cards are available in the Resource Center). Once you reach 5 stamps, you will receive a gift card!

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: _____



BUNCO!

We are currently looking for players for our newly launched activity, BUNCO! A social dice game that is a game of chance and luck. No experience is necessary to play, we will show you!

Join us Mondays at 10:00AM to see what it is all about!

NEW AVAILABLE SERVICES AT THE SENIOR CENTER:

VETERAN BENEFITS COUNSELING

Available every Monday at the Robert Rock East Providence Senior Center.

Call Michael for an appointment today to see if you are getting the maximum benefits you deserve as a Veteran!

Michael Rhilinger- (401) 208-5484

Michaelrhilinger@veteransinc.org



MONTHLY CAREGIVER SUPPORT GROUP

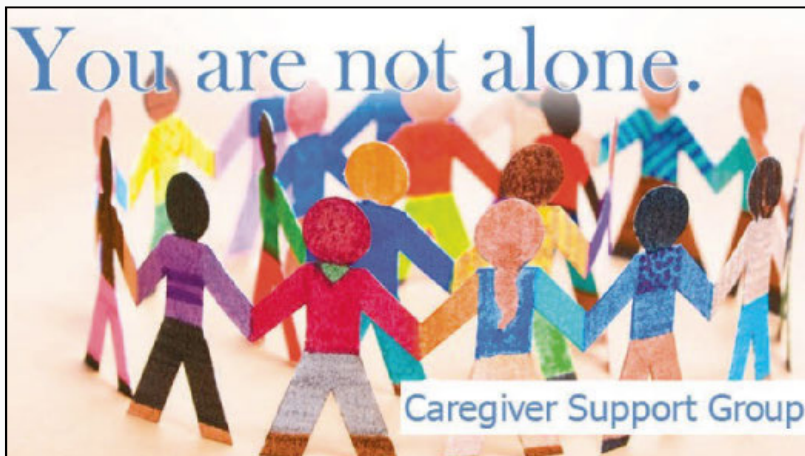
Friday, August 29, 2022 3PM-4PM

Helpful resources will be provided to help guide you through the caregiving journey.

Please join us to learn ways to cope with caregiving as well as discuss any concerns you may have with your caregiving journey.

Open to the public. Free of charge.

You are not alone.



Beginner Bridge Instruction

Have you ever wanted to learn how to play bridge?

Drop by the Robert Rock East Providence Senior Center on Thursday mornings to learn how to play! No experience needed!

Health Related Programs:

Continuing the 3 part series taught by Physical Therapist James Welch of Confluent Therapy Solutions, learn about home safety and senior wellness programs that you do from the comfort of your own home. This class will provide an in class demonstration on how to safely get yourself up from a fall.

THIS CLASS WILL FILL UP QUICK. REGISTER TODAY!!!

James Welch, PT is a licensed Physical Therapist servicing RI & MA for over 20 years. James has worked in acute care, home care, rehabilitation facilities, and is now the owner of Confluent Therapy which provides 1:1 treatment plans specific to client needs as well as in home safety and wellness services.



WEDNESDAY, August 10, 2022 9:30AM: Core Strengthening and How to Get Up if You Fall

NEW ROUND OF TAI JI BETTER BALANCE CLASSES ARE UNDERWAY! CLASSES START SEPT.13TH

Learn how you can reduce your risk of falling by improving your balance.

Register by calling 401-270-1792

You **MUST** register for this class and space is limited. Shahnee, our Healthy Aging Nurse Coordinator will call individuals that have registered to set up an appointment for their balance screening.

A1C TESTING NOW AVAILABLE AT THE ROBERT ROCK SENIOR CENTER

Do you have a family history of diabetes or are you curious to know if you could be at risk of developing Type 2 Diabetes?

Come have your A1C tested. An A1C test is a blood test that can help identify prediabetes. The test results give you a picture of your average blood sugar level over the past 3 months.

Call 270-1792 to schedule an appointment today.

Disclaimer: This is not an official diagnosis. Participants should follow-up with their Primary Care Provider for additional information and testing.



FRIDAY, SEPTEMBER 16, 2022

1:00PM-3:00PM

Dr. Ruggiero will be at the Robert Rock East Providence Senior Center in mid-September to provide toenail clippings and callus removal **by appointment only**.

Dr. Ruggiero has developed an expertise in podiatry, limb loss management, general and specialized foot surgery, and systemic diseases of the foot. Dr. Ruggiero also specializes in routine foot care.

To schedule your appointment, please call our Healthy Aging Nurse Coordinator; Shahnee Lagor at 401-270-1792.



Tai Ji Quan: Finding balance and faith to fight back after a fall

Participant Testimony on How Tai Ji Quan Changed Her Life

Paula Parker loves walking outside but after a traumatic fall in February 2021 the 75-year-old found herself confined to her home, nursing a fractured shoulder and absolutely terrified of another fall. “I remember the feeling of falling, of being out of control of my body and then the memory of my body smashing on the ground. It really rattled me. I was terrified I would never go outside and walk again.” Paula was determined to push herself through physical therapy and regain her strength, but she still felt very uneasy about walking outdoors so when she heard of the program Tai Ji Quan being offered at the Robert Rock Senior Center she immediately signed up. “I was highly motivated to take the course. I needed relief. I needed to get back that confidence and the ability to go out and walk- that feeling of freedom and of being in control.”

Tai Ji Quan is an evidence-based fall prevention program. It’s offered twice a week for 6 months and has proven results in improving participant mobility and reducing falls. “The class is a commitment for six months but it’s so worth it. I see my progression and the progression of those around me in the class. It’s really inspiring to see how far we have all come and the instructor is great!”

Paula credits the class with not only helping give her back her freedom but also improving her mood. “I can go back to some of my favorite places and walk again with confidence. Sachuest is one of my favorite places to walk. It’s a National Wildlife Refuge trail near Second beach in Middletown. I’m ready to go there and walk my favorite oceanside path again.” Something she says she feels ready to do thanks to the exercise training she learned at Tai Ji.

The Robert Rock Senior Center is pleased to announce a second Tai Ji Quan class starting in September. The class will run for 6 months with classes being held on Tuesdays from 9:30-10:30 and Fridays from 10:45-11:45.



A balance screening assessment appointment is required to enroll in the class. To schedule a balance screening appointment for Monday 8/22 or Tuesday 8/23 please call the Healthy Aging Nurse Coordinator at

401-270-1792.



A HUGE **THANK YOU** TO NEIGHBORHOOD HEALTH PLAN OF RI FOR SPONSORING OUR ICE CREAM SOCIAL ON JULY 7, 2022!



Robert Rock Senior Center Activities

AUGUST 2022

Mon	Tue	Wed	Thu	Fri
1 9A: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn Veteran Benefit Counseling by appointment only*	2 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art	3 8A: Nutritionist 8:30A: East Side Clinical Lab 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise with Muriel	4 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:30A: Beginner Bridge 10:45A: PACE Chair Exercise with Muriel 12:30P: Bridge 1P: Knit & Crochet	5 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 1:30P: Hi Lo Jack
8 Victory Day Senior Center Closed	9 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	10 8A: Nutritionist 9:30A: Welch PT Class 10:45A: PACE Chair Exercise with Muriel 1P: Cribbage	11 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:30A: Beginner Bridge 12:30P: Bridge 1P: Knit & Crochet	12 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair Exercise with Muriel 11A: Meditation 1:30P: Hi Lo Jack
15 9A: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn Veteran Benefit Counseling by appointment only*	16 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 11:30: John Bender Concert in Dining Room 1:30P: BINGO! 2P: Multimedia Art	17 8A: Nutritionist 10:45A: PACE Chair Exercise with Muriel 1P: Cribbage	18 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10A: East Bay Retired Teachers Meeting 10:30A: Beginner Bridge 12:30P: Bridge 1P: Knit & Crochet	19 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair Exercise with Muriel 11A: Meditation 1:30P: Hi Lo Jack
22 10A: BUNCO 10-12:30 Balance Screening Assessments 11A: Chair Yoga with Marilyn Veteran Benefit Counseling by appointment only*	23 8A: Nutritionist 9A: Bocce 10-12:30 Balance Assessments 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art	24 8A: Nutritionist 10:45A: PACE Chair Exercise with Muriel 1P: Cribbage 1P: RSVP Advisory Meeting	25 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:30A: Beginner Bridge 12:30P: Bridge 1P: Knit & Crochet	26 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 10A: Moh Jongg 1:30P: Hi Lo Jack *MEDITATION CANCELLED TODAY**
29 9AM: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn Veteran Benefit Counseling by appointment only*	30 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art	31 8A: Nutritionist 10:45A: PACE Chair Exercise with Muriel 1P: Cribbage	Red Bolded activities count towards REWARDS CARDS! If you are interested in our rewards program, please visit the Resource Center.	

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

Visit one of our SHIP counselors on Fridays (by appointment only). 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

Simple yoga breathing practices and yoga movements for strength, stability, and mobility. Done while sitting in a chair. Mondays at 11:00AM and Tuesdays 10:45AM \$2.00 per class.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM. Looking for Artists! No fee. Call 401-435-7800 for a list of supplies needed.

PACE Chair Exercise

(PACE) People with Arthritis Can Exercise

The PACE class consists of range-of-motion, gentle strengthening, balance, weight-bearing, breathing, and endurance exercises at a level appropriate for participants with functional limitations.

No Fee

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.

Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM Free of cost sponsored by Blue Cross Blue Shield.

BUNCO

Dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. \$5.00 to play.

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.

20/20/20

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. Thursdays at 9:30AM. \$2.00 fee per class.

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!

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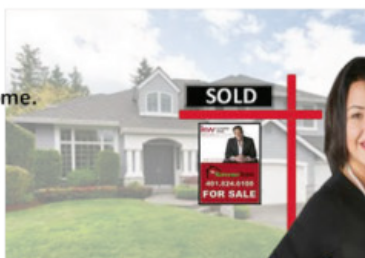
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Lisa Janicki, MS

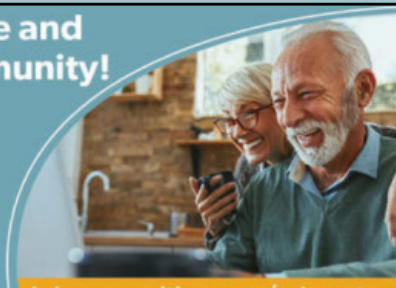
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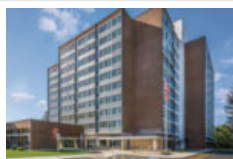
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TECHNOLOGY ASSISTANCE



Smartphone Assistance

To learn something new, you need to try new things and not be afraid to be wrong.

Roy T. Bennett



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



Computer/Tablet Assistance



COMPUTER BASICS IS BACK THIS SUMMER!

Beginning on August 1, 2022, Computer Basics with Amanda is starting back up at the Robert Rock East Providence Senior Center! Learn tips and tricks on how you can get up and running with your computer and/or tablet. *Chromebooks are available to use if you do not have a computer.*

REGISTRATION IS LIMITED and class fills up fast!

Call 401-435-7800 to register.

AGE WELL, GET CONNECTED HERE AT THE SENIOR CENTER!



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.

YOU CAN NOW ENJOY SURFING THE INTERNET THROUGHOUT THE SENIOR CENTER BUILDING!

If you would like to sign out a Chromebook, please see Amanda in the Resource Center.

Chromebooks must be returned to the Resource Center by the end of the day.



Additional technological assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment (401) 434-2453.

2022 GUBERNATORIAL CANDIDATE'S FORUM: SENIOR ISSUES



East Providence High School
Wednesday, August 3, 2022
9:30AM-11:30AM



This event is being organized by the Senior Agenda Coalition of Rhode Island and is co-hosted by the Rhode Island Senior Centers Directors Association, The Rhode Island Health Care Association, Leading Age RI, NAACP, Providence Branch, Rhode Island Organizing Project, Village Common, and A Community Together.

You must register for this event. Senior Center staff can help with this.

Please call 401-435-7800 to register for this event.



**JOIN US ON TUESDAY AUGUST 16, 2022 11:30AM TO
HEAR JOHN BENDER PLAY THE CELLO DURING LUNCH!**

John has been playing the Cello for 25 years and we are excited to have him play at the Robert Rock East Providence Senior Center!

*Remember: Hot lunches must be reserved at least 24 hours in advance by
calling Cindy at 401-270-1814*



WEAVER LIBRARY FARMERS MARKET



2022 ENTERTAINMENT LINEUP

AUGUST 4	OCEAN STATE RAMBLERS
AUGUST 11	HIT REWIND
AUGUST 18	ROBERTA LAMB
AUGUST 25	BETTY & GARY FROM FULL CIRCLE
SEPTEMBER 1	KLEYLA FAMILY BAND
SEPTEMBER 8	NATE JONES
SEPTEMBER 15	CARDBOARD OX



Mediterranean Couscous

Prep time: 10 minutes

Cook time: 30 minutes

Servings per recipe: 8

Serving size: ¾ cup

Cost: \$2.88 per recipe, \$0.36 per serving

Ingredients

- 1½ cups uncooked couscous
- 1 teaspoon minced fresh garlic
- 2 tablespoons chopped parsley
- ½ cup chopped red onion
- 2 cups chopped fresh vegetables (tomatoes, cucumber, bell peppers)
- 1 tablespoon crumbled feta cheese

Dressing

- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 1½ teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions

- 1) Cook couscous according to package and set aside.
- 2) In a small bowl, mix dressing ingredients together.
- 3) In a large bowl, toss garlic, parsley, onion, vegetables, couscous, cheese and dressing together.
- 4) Refrigerate for 2-3 hours before serving.

Mix up the grains each time you make this recipe. Try quinoa, instant brown rice, or barley.

Nutrition Facts

8 servings per container	
Serving size	¾ cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 158mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Money-Saving Tip:

Pre-cut produce costs more. Save money by cutting up your own fruits and vegetables.

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Mark your Calendars

AARP Chapter 1302

Come Join the fun!
For more information,
call Ken Gagner
401-437-2289

JOIN US FOR
BOCCE EVERY
TUESDAY AT
9AM!



East Side Clinical Lab

The East Side Clinical Laboratory visits the Robert Rock Senior Center on the first Wednesday of the month to help provide a 'one stop shop' for your medical needs. All you need to bring is your lab slip and East Side Clinical Lab will take your bloodwork right at the Senior Center!

WEDNESDAY AUGUST 3, 2022 8:30AM-11AM

BLOOD PRESSURE CLINICS

Monitoring your blood pressure is easy!

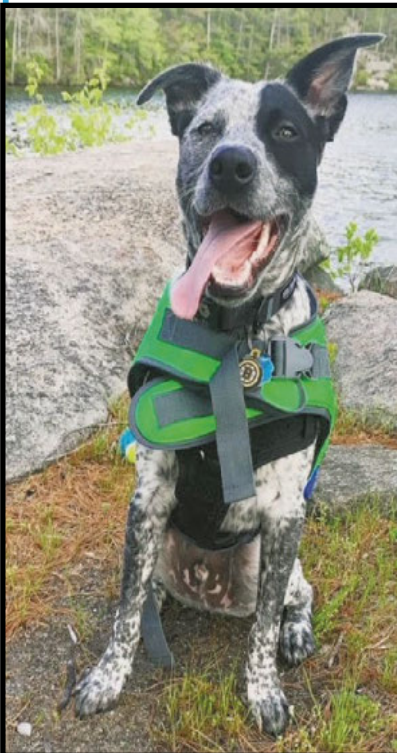
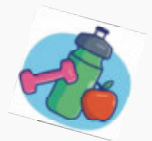
Grace Barker **AUGUST 9, 2022 10:30AM-11:30AM**

Hattie Ide Chafee **AUGUST 16, 2022 10:30AM-11:30AM**



JOIN US FOR 20/20/20 FITNESS!

Thursday's at 9:30AM



MEET WILLIE!

Willie is a 1 year old Blue Heeler who loves his family and friends.

Likes: Kayaking, digging, eating the coffee table, rolling in the grass.

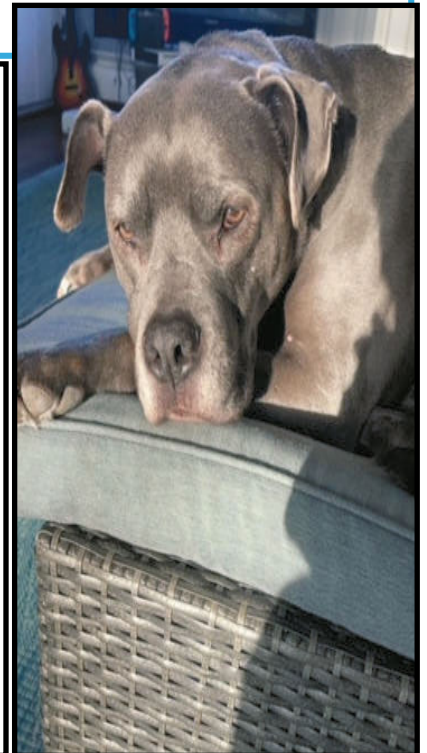
Dislikes: Cats, thunderstorms, vacuums, brooms.

MEET SMOKEY!

Smokey is a 15 year old Blue Nose Pit Bull who loves spending time with his family and friends!

Likes: Chasing tennis balls, snuggling with family on the couch, being a couch potato.

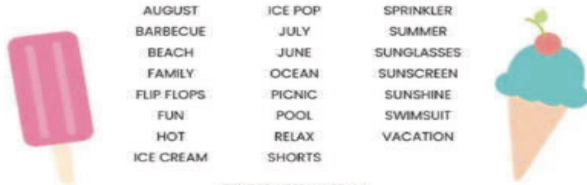
Dislikes: Rain and snow.



Exercise the Mind

Summer Word Search

S F L I P F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E R O B I L K R X J O I O U N
I I N S E F I T S F U N P T K
C A R E L A X S U L Y L O L L
E J U N E A C F A M I L Y S E
I C E P O P A H O T S R E L R



AUGUST
BARBECUE
BEACH
FAMILY
FLIP FLOPS
FUN
HOT
ICE CREAM
ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION

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Quick Laugh

A duck walks into a bar and says "Do you have duck food here?"

The bartender says "No" and the duck leaves.
The duck comes back the next day and says "Do you have duck food?"
The bartender says "No."

The duck comes back the next day and says "Do you have any duck food?" The bartender says "I already told you 'No' twice! If you come back and ask me again, I'm going to nail your feet to the floor!"

The duck comes back the next day and says "Do you have any nails?"

The bartender says "No."

"Do you have any duck food?"



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


August 2022

Lunch is served at 12:00 pm

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

GRAB AND GO LUNCH UPDATE:

Grab and go lunches will be discontinued
beginning June 3, 2022.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Mixed Vegetables Rye Bread Fresh Fruit <i>(Seafood Salad on Rye)</i>	2 Lentil Soup Chicken Cordon Bleu w/ Gravy Mashed Potatoes Broccoli Cuts Apricots Oatmeal Bread/ Meatloaf w/ ketchup	3 Beef Vegetable Soup Meatballs w/ Sauce Seasoned Pasta Capri Blend Vegetables Oat Nut Bread Tapioca Pudding Shrimp Salad on Oat Nut	4 Barley Soup Tuna Salad Summer Tortellini Salad Seasoned Beets & Onions Rye Bread Angel Food Cake <i>(Corned Beef on Rye)</i>	5 Italian Wedding Soup Stuffed Sole Baked Potato Sliced Carrots Multi Grain Bread Fruit Cocktail <i>(Chicken Salad on Multi Grain)</i>
8 	9 Chicken Soup Veal w/Tomato Sauce Pesto Pasta Italian Blend Vegetables Fresh Fruit Garlic Roll <i>(Hamburger w/ mustard on a Roll)</i>	10 Minestrone Soup BBQ Pulled Pork Baked Beans Cole Slaw Coffee Cake Marble Bread Italian Tuna on Marble	11 Onion Soup Beef Stroganoff Noodles Green Beans Rye Bread Pudding <i>(Pastrami & Swiss on Rye)</i>	12 White Chowder Baked Fish w/Crumb Topping Red Bliss Mashed Potato Roasted Zucchini Oat Nut Bread Fresh Fruit <i>(Egg Salad on Oat Nut Bread)</i>
15 Turkey Noodle Soup Sliced BBQ Beef Oven Roasted Potatoes Mixed Vegetables Italian Bread Shortbread Cookie <i>(Tuna on Italian)</i>	16 100% Orange Juice Plain Omelet w/Tomato O'Brien Potatoes Sausage Patty Greek Yogurt <i>(Ham Salad on a Roll w/Side Salad)</i>	17 Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Winter Blend Vegetables Pumpernickel Bread Fresh Fruit <i>(Turkey w/Cheese on Pumpernickel)</i>	18 HAPPY BIRTHDAY Venus de Milo Soup French Meat Pie w/Ketchup Baby Whole Carrots Wheat Bread Frosted Cupcake <i>(Seafood Salad on Wheat)</i>	19 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Dinner Roll Watermelon <i>(Egg Salad on a Bulky Roll)</i>
22 Beef Vegetable Soup Swedish Meatballs Seasoned Noodles Capri Blend Vegetables Oat Nut Bread Sliced Peaches <i>(Shrimp Salad on Oat Nut Bread)</i>	23 Corn Chowder Beer Battered Fish w/Tartar Sauce Rice Pilaf Seasoned Sliced Carrots Rye Bread Cookies <i>(Honey Ham & Cheese on Rye)</i>	24 Escarole & Bean Soup Pea Roast w/Gravy Sweet Mashed Potatoes Green Beans Roll Greek Yogurt <i>(Fish Sandwich on Roll)</i>	25 Chicken Soup w/And de Pope Lasagna Rollup w/Tomato Sauce Roasted Brussels Sprouts Italian Bread Pudding <i>(Italian Grinder)</i>	26 Mayor's Picnic 100% Cranberry Juice Hearty BBQ Boneless Chicken Buttered Corn Tomato & Cucumber Salad Wheat Bread Diced Pears <i>(Hot Dog on a Roll)</i>
29 Turkey & Brown Rice Soup Crab Cake w/ Tartar Sauce Mashed Potato Mixed Vegetables Oatmeal Bread Fruit Bar Ham and cheese w/ mustard on oat-meal bread	30 Tomato Vegetable Soup Chicken Marsala Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Oranges Tuna Salad on Wheat	31 Red Chowder Beef Wellington w/ Ketchup Roasted Vegetables Whole wheat roll Cookies Chicken Salad on Wheat ham roll	All menu items may contain nuts, seeds, beans, wheat, bran, and other allergens	