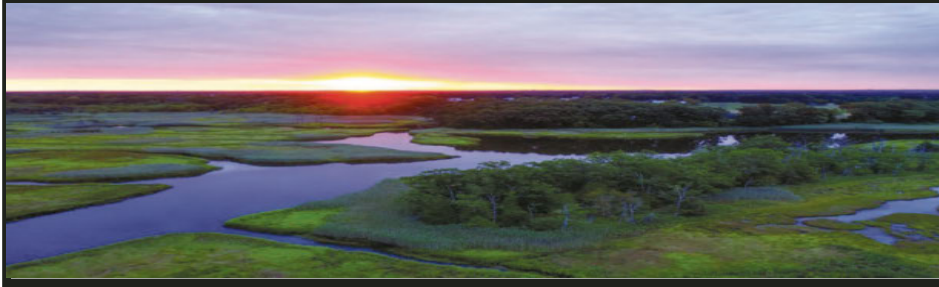


Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

August 2023

Senior Center Services

Elder Resource Specialist
Amanda Mattress

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams-Hackney
Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC
Office hours: Tuesday, Thursday and Friday 9AM-2PM

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

Eastside Clinical Laboratory Transportation
When: The first Wednesday of each month 8:30am-11:30am.
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

Veteran Counseling- Biweekly Appointments
Daniel Lepore- Call 508-769-7321

Staff

Laura Jones
Director
ljones@eastprovidenceri.gov

Shahnee Lagor
Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda Mattress
Elder Resource Specialist
amattress@eastprovidenceri.gov

Gilbert Williams-Hackney
Community Health Worker
gwhackney@eastprovidenceri.gov

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

Pat Thomas & Rhonda Marzetta
Member Services Representatives
pthomas@eastprovidenceri.gov
rmarzetta@eastprovidenceri.gov

Virginia Twomey
Member Services Resource Specialist
vtwomey@eastprovidenceri.gov

Facilities:
Kenny Atkinson
Ed Lachance Jr.

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.

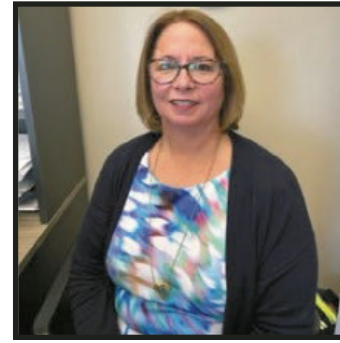


Message from the Mayor:

I hope everyone is staying cool this summer! We have some great events scheduled in East Providence for the month of August. East Providence is hosting an event for the Rhode Island Resource Recovery, which provides a free service to properly dispose of hazardous waste from Rhode Island households. Please call RI Resource Recovery to schedule an appointment. Contact 401-942-1430 ext. 3241 or visit rirrc.org/ecodepot. The event is being held at 60 Commercial Way from 8AM -12PM on Saturday, August 5, 2023. I would like to let everyone know that the Looff Arts Festival is happening on Saturday, August 12, 2023 12PM-6PM (rain date Sunday, August 13, 2023). This is a free family-friendly event that will showcase all types of art including fine paintings, photography, ceramics, sculpture, metalworks, fiber, and much more. This event is located at Crescent Park (701 Bullocks Point Ave, Riverside RI). Hope to see you there!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

What a great summer it has been so far! We are bringing in some new programming this month. Chronic Pain Self-Management Class is back starting in August! This is a 6-week commitment from participants. This program will provide resources and tools to assist you with pain management. Turn to page 6 of this newsletter to see more information and class schedule! You may see some of our Mayoral Summer Youth Workforce team around the Senior Center. We have hired a part time Smartphone/Technology Specialist, a Photography Organizing Specialist, a Garden Club Specialist/Shopping Assistant, and a Social Media Specialist. All Mayoral Summer Youth Workforce staff member will be with us until August 18, 2023. If you see them around the center, stop by to say hello!

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 AUGUST:

August 14: Victory Day. Senior Center Closed.

August 30: Produce Box Delivery Day

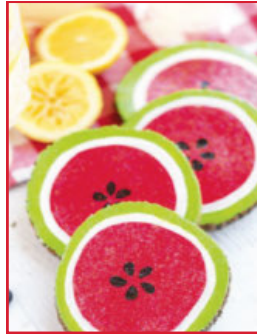
-CRAFT CLUB-

August 21, 2023

10:15AM

Craft sample will be displayed at the coffee bar in Lobby Area.

Please register for Craft Club by 8/16/23.



WE ARE ADDING WALMART TO OUR GROCERY SHOPPING TRIPS!

Twice a month on the last Thursday and Friday of the month, we will be going to Walmart for shopping!

August shopping schedule is listed below:



August 3: Stop & Shop

August 4: Shaw's

August 10: Stop & Shop

August 11: Shaw's

August 17: Stop & Shop

August 18: Shaw's

August 24: Stop & Shop

August 25: Shaws

August 31: WALMART

September 1: 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!

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.

WATCH IT FLOURISH: GARDENING CLUB

Do you love gardening and are interested in a Gardening Club at the Senior Center?

Call the front desk today to add your name to the list of those interested in our gardening club!

401-435-7800



MEET HEIDI!

Heidi is part of the Mayoral Summer Youth workforce and will be assisting with grocery shopping and Gardening Club.

Heidi will be available:

M-F 9A-1P until August 16, 2023.



ARE YOU INTERESTED IN PARTICIPATING IN A CO-ED BILLIARDS LEAGUE?

If you are interested in learning how to play billiards, please call 401-435-7800 to inquire today!



AUGUST 16, 2023

10:30AM

RI LEGAL SERVICES PRESENTATION

Come ask questions and gather some resources provided by RI Legal Services!



AUGUST 8, 2023

11AM

Learn more about the Pomham Lighthouse! David will be on site with a presentation on the local lighthouse history!



COMMUNITY HEALTH WORLD:

Aging Vibrantly Adults Mental Health Awareness Training



20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.

This MHAT program helps individuals better understand mental health. Participants will gain knowledge, skills, confidence, and resources. These trainings will guide both care givers and older adults to better navigate through life so we can all age healthy and vibrantly.

East Bay Regional Coalition provides these trainings at no cost for the East Bay region.



Please Join us on **August 16th, 10:30 - 11:30 AM** at Weaver Library 41 Grove Ave, East Providence, RI or **September 13th, 10:30 - 11:30 AM** at the East Providence Senior Center 610 Waterman Ave, East Providence, RI and receive a 25.00 gift card to Stop & Shop or Shaws



To register for training or for more information please contact Steven Eiland, MHAT Project Director at eastbaymhat@gmail.com or call 401-247-1900 ext. 346



This MHAT project is funded by SAMHSA
NOA 6H79SM0R4527-02M002



East Bay Regional Coalition
Member of Rhode Island Regional Coalitions



COVID TESTING/COVID VACCINES

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

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



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

HOUSEHOLD HAZARDOUS WASTE ECO-DEPOT DROP OFF EVENT

**SATURDAY AUGUST 5, 2023
8:00AM-12:00PM**



Dispose of hazardous materials for FREE at 60 Commercial Way in East Providence.

ECO-DEPOT

A Rhode Island Resource Recovery Program

Anything labeled toxic, poison, flammable and combustible, paint, pesticides, fertilizers, pool chemicals, cleaners, mercury devices, gasoline, fluorescent bulbs and polishes.

Please call RI Resource Recovery to schedule an appointment. Contact 401-942-1430 ext. 3241 or visit rircr.org/ecodepot

Health Related Programs:

LOOKING FOR WHEELCHAIR OR TRANSPORT CHAIR DONATIONS!!!

THE FOOT DOCTOR RETURNS ON AUGUST 4, 2023!

1:00PM-3:30PM

Call Shahnee, our Healthy Aging Nurse Coordinator to schedule an appointment with Podiatrist Dr. Ruggiero.

Appointments fill up quickly. Reserve your spot today!

401-270-1792



Blood Pressure Checks in August 2023:

August 1, 2023 10:30AM
Orchard View coming to the Senior Center to assist with Blood pressure checks.

August 8, 2023 10:30AM
Grace Barker coming to the Senior Center to assist with Blood pressure checks.



THE SENIOR MEMOIR PROJECT

STARTING THURSDAY AUGUST 3, 10AM-11AM

YOUR STORY. YOUR LIFE. YOUR OWN WORDS.

Writing a memoir can be therapeutic as it allows you to pause and reflect on the moments in your life that helped shaped you into the person you are today. It also allows for healing through some of life's challenges and a sense of gratitude for overcoming those challenges.

The Robert Rock Senior Center is excited to host a 6-week memoir writing workshop every Thursday starting August 3rd. Writers will document their lives either on paper or with Chromebooks provided by the Senior Center. Options to print memoirs will be offered at the end of the workshop.

BLUE CROSS BLUE SHIELD COOKING DEMONSTRATION AND TASTINGS

AUGUST 30, 2023

10:00AM



URI SNAP ED IS BACK SEPTEMBER 20, 2023!

THE UNIVERSITY OF RHODE ISLAND



STAY TUNED FOR MORE DETAILS!

Blue Cross Blue Shield Strength and Balance classes have been extended through the end of the year!

If you struggle with balance and coordination, this class is for you!

Blue Cross Blue Shield Strength and Balance classes offer lower-body workout techniques to increase stability and improve balance. Incorporates exercises for strength, balance, endurance, and flexibility.

FRIDAYS 1:00PM



MARK YOUR CALANDERS!

FLU SHOT CLINIC AT THE SENIOR CENTER!

SEPTEMBER 27, 2023

10:00AM-12PM



Registration is required!

Please register with our Healthy Aging Nurse Coordinator, Shahnee by calling 401-270-1792.

STAY TUNED!

CARELINK MOBILE DENTISTRY CLINIC COMING IN FALL 2023!



For more information, please call Shahnee at 401-270-1792.

2023 MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR

In October 2022, the East Providence Senior Center hosted its first annual Medicare Open Enrollment Informational Fair. This gave Seniors a great opportunity to come in, ask questions, and gather information before fully committing to a new insurance plan for the upcoming year. We have heard great feedback and looking forward to hosting this event again in October 2023! Listed below are the current insurance providers we have on board with this event:

**2023
MEDICARE OPEN ENROLLMENT
INFORMATIONAL FAIR**
THURSDAY OCTOBER 12, 2023
10:00AM-12:00PM

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



Are you new to Medicare, or will be eligible soon? Looking for more information to understand how Medicare works, the parts of Medicare, and your options for coverage?

Use this informational fair as a one stop shop to gather information on Medicare Open Enrollment 2024 plans.

Seek out new policy information, supplemental plans, information on first time enrollments, and speak to representatives on site!

THURSDAY OCTOBER 12, 2023

10:00AM-12:00PM



**BlueCross
BlueShield**



**Healthcare
Solutions Team**
A Plan for Everyone



CHRONIC PAIN SELF MANAGEMENT CLASS

BEGINNING IN AUGUST!

Chronic Pain Self-Management Program is designed for people living with chronic pain. The workshop provides you with the tools to manage medications, fatigue nutrition and more. Registration is required. This is a 6 week commitment from all participants. Please register for this class by calling 401-435-7800.

Tuesday, August 1 9:00AM : Chronic Pain Management Orientations

Monday, August 7: 9AM-11:30AM

Tuesday, August 15: 9AM-11:30AM

Monday, August 21: 9AM-11:30AM

Monday, August 28: 9AM-11:30AM

Tuesday, September 5: 9AM-11:30AM

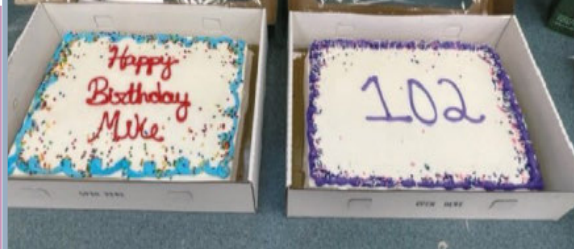
Monday, September 11: 9AM-11:30AM



PERSONAL SUPPORT BUILT ON PERSONAL EXPERIENCE




A LOOK BACK FROM JULY:



WE ❤️ OUR SENIORS

Robert Rock Senior Center Activities

AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	1 8A: Nutritionist 9A: Chronic Pain Mgt 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	2 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage	3 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10A: Memoir Writing 12:30P: Bridge 1P: Knit & Crochet	4 8:30A: Scrabble 9A: Nurse Hours 9A: Shred Event 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
7 9A: Chronic Pain Mgt 10A: Chair Yoga with Marilyn <i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i>	8 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 11A: Pomham Lighthouse Presentation 1:30P: BINGO! 2P: Multimedia Art	9 8A: Nutritionist 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage 2P: Eating for Health VIRTUAL	10 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10A: Memoir Writing 12:30P: Bridge 1P: Knit & Crochet	11 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 11:30A: Musical Performance 1P: BCBS Balance 1:30P: Hi Lo Jack
14 Victory Day- Senior Center Closed 	15 8A: Nutritionist 9A: Bocce 9A: Chronic Pain Mgt 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	16 8A: Nutritionist 8A: SHIP Counseling 10:30A: RI Legal Services Presentation 10:45A: PACE Chair Exercise 1P: Cribbage	17 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet	18 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
21 9A: Chronic Pain Mgt 10A: Chair Yoga with Marilyn 10:15A: Craft Club 1P: Movie Showing: O' brother, Where Art Thou? <i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i>	22 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	23 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage	24 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10A: Memoir Writing 12:30P: Bridge 1P: Knit & Crochet	25 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 1P: BCBS Balance 1:30P: Hi Lo Jack
28 9A: Chronic Pain Mgt 10A: Chair Yoga with Marilyn	29 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	30 8A: Nutritionist 10A: BCBS Cooking Demonstration 10:45A: PACE Chair Exercise 1P: Cribbage	31 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10A: Memoir Writing 12:30P: Bridge 1P: Knit & Crochet	

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

SHIP Counseling

State Health Insurance Program (SHIP)

Counselor is available on 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

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.

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

Mondays with Marilyn 10:00AM. **No fee.**
Tuesdays with Cyn 10:45AM **\$2.00 per class.**
No registration required.

Multi-Media Art Class

Oriented for personal choice media such as collage, acrylic, pastel, etc. Tuesdays 2:00PM

Registration required \$2.00 per class.

PACE Chair Exercise

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

No registration required. No fee.

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.

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.

Certified Fitness Instructor- Robin

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

For fitness members only

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

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. Thursday's 9:30A-10:30A **No registration required. \$2.00 per class**

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

Craft Club

Meets monthly. Participants are given the opportunity to explore various art-making skills. Activities allow participants to enhance their creative and visual skills.

Registration required. Fee is dependent on monthly craft being done.

Cribbage, Bridge, Scrabble, Moh Jongg

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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CHRISTOPHER E. SYLVESTER

PETER PIMENTEL

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Brian & Alessa

Brian@MyGreeneTeam.com
MyGreeneTeam.com
License #0041590

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F: 401.723.9670
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LEN WALKER

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

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

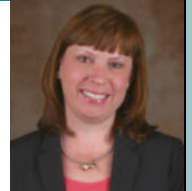
Medicare Solutions



FOR ALL YOUR HEARING NEEDS!

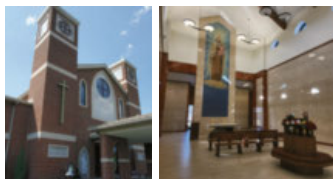


Call For An Appointment Today
401-431-5100



Conveniently Located

999 S Broadway, 3rd floor | www.GatewayHearing.com | Lisa Janicki, MS



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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.

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Gate of Heaven Office: (401) 434-2579

Mention Discount Code EPSC at time of purchase

ricatholiccemeteries.org

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com East Providence Senior Center, East Providence, RI 04-0741



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.

August 9, 2023 10:30AM



MEET HANNAH!

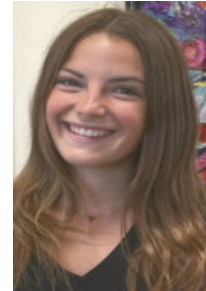


Hannah will be at the Senior Center Monday-Friday 10AM-2PM assisting with Social Media content until August 18. You may see Hannah taking photos and videos during activities to share on our social media page!



MEET AVA!

Ava is available Tuesdays, Wednesdays, Thursdays 10AM-2PM until August 18 to assist with computers and smart phones. Bring your own phone or tablet. You may also use of our Chromebooks to receive tips and tricks of technology!



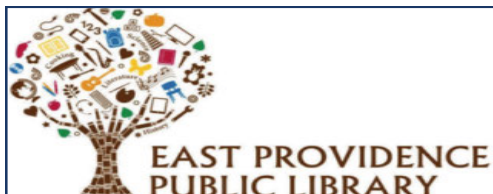
MEET ISABELLE!



Isabelle is available Monday-Friday 10AM-2PM until August 18 to assist seniors to transfer photos from one device to the other. Isabelle can also help with organizing photos!

Additional technology assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment:

401-434-2453



**WEDNESDAY
AUGUST 9**

2:00PM



Eating for Health

This is a virtual class projected on Zoom!

Learn how to plan health-promoting meals, and how to use food to manage the conditions that are thought to be a normal part of aging. Led by Brooke Bussard, M.D., Health Coach, and Fitness Nutrition Specialist.

FREE EVENTS IN EAST PROVIDENCE:



SUNDAY AUGUST 27, 2023
11 AM-6PM

The RHODE ISLAND FOLK FESTIVAL is a [FREE](#) music festival featuring some of the finest folk, acoustic and Americana singer-songwriter acts in the Rhode Island area.

The event takes place at the waterfront Rose Larisa Park in Riverside, Rhode Island - across from the [National Historic Site Crescent Park Looff Carousel](#).

Food and art vendors will be set up along the path among the three stages so that your senses will be delighted everywhere you go at the event! We hope you can make it this year!!

EPRD 2023 SUMMER CONCERT SERIES



6:00PM Concert Start Time

701 Bullocks Point Ave, Riverside

AUGUST LINEUP:

- August 3:** Mixed Emotions. Classic Rock
- August 10:** 19th Nervous Breakdown. Rolling Stones Tribute
- August 17:** The Jesse Liam Band. Pop Hits and Originals
- August 24:** Vini Ames. Oldies Rock n' Roll Show
- August 31:** Mojo Rising. Classic Rock



MUSIC FOR HEALING CONCERT

East Providence
Senior Center
Friday, August 11, 2023
12:00 pm

The Healing Project for the Community

BY
HAVEN
YOUTH
CHAMBER
ENSEMBLE



We are passionate about this healing project through music and willingly share the love received through our free music school at Haven UMC with the community.

HAVEN UNITED
METHODIST CHURCH

www.havenumchurch.com
200 Taunton Avenue,
East Providence, RI 02914
(401) 438-4911

We will be showing:
O' BROTHER, WHERE ART THOU?

In the Dining Room on:

AUGUST 21, 2023 1:00PM

Popcorn will be served.



NEWPORT CREAMERY DINE OUT VOUCHER PROGRAM MENU OPTIONS:

Newport Creamery vouchers are still available at the East Providence Senior Center.

Suggested donation of \$7.50 per voucher.

You are welcome to drop by the Senior Center M-F 8AM-4PM to pick up a Newport Creamery voucher.

DINE OUT FOR BREAKFAST!

Obtain a voucher from
East Bay Community Action Program
for Newport Creamery Restaurant
for a suggested donation of \$7.50

*Valid for dine-in only, no take-out
Must be 60/+ years of age

Participating Restaurant Locations

296 County Road, Barrington, RI
208 West Main Road, Middletown, RI
Monday-Friday, 7 am - 11 am

--CHOICE OF 5 MENU ITEMS--

Each meal includes: Small Fruit Juice, Milk,
Coffee, Tea, or Fresh Fruit

TEXAS FRENCH TOAST

2 thick Texas-style French toast slices with choice of bacon or
lean sausage

LUMBERJACK STACK PANCAKES

Stack of 3 buttermilk pancakes with 1 egg

BREAKFAST

2 eggs, any style, 1 sausage link or 1 slice of bacon & 1 slice of
wheat toast or English muffin

GARDEN OMELETTE *

Egg whites with onion, pepper, mushroom, tomato, and
broccoli with wheat toast

GARDEN WHEAT WRAP *

Egg whites wrapped up with onion, pepper, mushrooms,
tomato, and broccoli

*Sorry, substitutions are not allowed. All food is to be
eaten in the restaurant. No takeout allowed on Senior
Program.*

Vouchers must be used in the month of
purchase. For more information or to purchase
a voucher, call 401-437-1000, ext. 1121



East Bay Community Action Program
is a non-profit organization funded in
part by Administration on Aging and state funds through the
Rhode Island Office of Healthy Aging
For more information or to purchase call 401-437-1000, ext. 1121

DINE OUT FOR DINNER!

Obtain a voucher from
East Bay Community Action Program
for Newport Creamery Restaurant
for a suggested donation of \$7.50

*Valid for dine-in only, no take-out
Must be 60/+ years of age

Participating Restaurant Locations

296 County Road, Barrington, RI
208 West Main Road, Middletown, RI
Monday-Friday, 4 pm - 8 pm

--CHOICE OF ENTREES (1)--

Each meal includes milk, coffee, or tea, and one
scoop of ice cream (no sugar added and yogurt
available), in a dish or cone

SENIOR CHEESEBURGER

SENIOR TUNA SALAD SANDWICH on wheat

SENIOR BLT SANDWICH on wheat

SENIOR TURKEY SANDWICH on wheat

SENIOR FISH DINNER

NEW ENGLANDER FISH SANDWICH on wheat

SENIOR SOUP & HALF SANDWICH on wheat
(Turkey or Tuna)

Choose a side:

Newport French Fries (unsalted), Potato Salad,
Coleslaw, Broccoli, Mashed Potatoes & Gravy,
Applesauce, or Fresh Fruit Cup

*Sorry, substitutions are not allowed. All food is to be
eaten in the restaurant. No takeout allowed on Senior
Program*

Vouchers must be used in the month of
purchase. For more information or to purchase
a voucher, call 401-437-1000, ext. 1121



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Rhode Island Office of Healthy Aging



**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: \$15.00/year

Non-residents: \$20.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$55.00/year

Non-residents: \$65.00/year

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

THE POINT ASSISTANCE AT THE SENIOR CENTER!

SEPTEMBER 18 10AM-11:30AM

Do you have a question about opportunities available to you? Come speak to a representative from the Point to explore options for healthcare, employment, and more!

Mark your Calendars

AARP
Rhode Island

**AUGUST 4, 2023
9AM-12PM
SHRED EVENT**



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

AARP SAFE DRIVING CLASS

MONDAY, OCTOBER 30

11AM-4PM

Registration is required.

\$20.00 for AARP Members

\$25.00 non-AARP Members

***Cash or checks
accepted***



It's time for East Bay Community Action Program's

Congregate Nutrition Picnic

Thursday, September 14th 11:30am - 2:00pm

Rain Date: Friday, September 15th 11:30am - 2:00pm

Bristol Town Beach Pavilion

50 Asylum Rd. Bristol, RI

**RESERVATIONS MUST BE MADE THROUGH YOUR
LOCAL SENIOR CENTER BY SEPTEMBER 6TH**

SUGGESTED DONATION \$3.00

BY RESERVATION ONLY NO WALK INS

Congregate Nutrition Program, a division of the East Bay Community Action Program, "Funded in part by the United States Department of Health and Human Services Administration for Community Living and state funds through the R.I. Office of Healthy Aging"

FOLLOW THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER ON FACEBOOK!

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



East Providence Senior Center

19 likes · 22 followers

Call Now

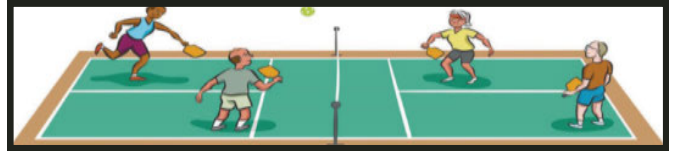
Message

Liked

Pickleball lessons are pushed back while we wait for the court to be completed. We are currently not registering anyone for lessons at this time until we have a definite date of completion.

Rest assured— if you previously signed up and/or paid for your lessons, there will be a spot for you in the rescheduled classes.

Stay tuned for further updates on our pickleball court.



“Life is Good, Pickleball Makes it Better”

DID YOU KNOW?

Pickleball provides all the benefits of regular exercise plus some extra perks:

Stronger muscles, lower blood pressure, improved flexibility, better footwork and agility, improved hand-eye coordination.

Pickleball also forces you to use your brain in different ways!



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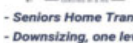
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\$3.00 Suggested Donation

Lunch is served at
12:00 pm

August 2023

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 24 HOURS IN ADVANCE!!**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Greek salad Pepper steak Mashed potato Zucchini & carrots w/tomato Sliced bread /Fruit Chicken salad sandwich</p>	<p>2 Yogurt Scrambled eggs Home fries Fresh fruit Muffin Chef salad</p>	<p>3 Minestrone soup Salisbury steak w/ gravy Sweet potato Mixed vegetables Roll Cake Ham & cheese on rye</p>	<p>4 Tomato soup Breaded chicken thighs w/gravy Rice pilaf Spanish corn Fruit Roll Spinach salad w/ chicken</p>
<p>7 Cream of mushroom soup Sloppy Joe Cole slaw Pasta salad Pudding Roll Ham & cheese club</p>	<p>8 Greek cucumber salad Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Italian grinder</p>	<p>9 Roasted chic pea salad Chicken Parm Roasted potatoes Green beans w/carrots Roll Oatmeal raisin cookie Turkey & cheese</p>	<p>10 Minestrone soup Pork roast w/ gravy Broccoli & cauliflower Orzo salad Roll Cake Chicken salad plate</p>	<p>11 Chicken soup Sausage & pepper sandwich Green bean salad Roasted sweet potato salad Ww roll Jello Egg salad sandwich</p>
<p>14 SENIOR CENTER CLOSED</p> 	<p>15 Mediterranean rice salad Baked rigatoni w/minni meatballs Green beans Roll Fruit salad Turkey & swiss on rye</p>	<p>16 Chicken soup Meatball & pepper sandwich Roasted potato Cucumber cranberry apple salad Roll - cookie Tuna salad plate</p>	<p>17 Cream of broccoli soup Meatloaf w/gravy Mashed potato Peas & carrot Roll – Fruit Cobb salad</p>	<p>18 Tossed salad Pub burger w/cheese Cole slaw Ww roll Chips Cake Grinder</p>
<p>21 Tomato soup Chicken cacciatore Roasted vegetable w/ potato Garlic bread Cake Cobb salad</p>	<p>22 Lentil & bean soup Smothered pork chop w/apples & peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll</p>	<p>23 Navy bean soup Sausage & meatball Sandwich Vegetable salad Roll Jello Roast beef sandwich</p>	<p>24 Minestrone Soup Chicken marsala Roasted broccoli & cauliflower Rice pilaf Cookie Chicken salad sandwich</p>	<p>25 Kale & bean soup Shepard's pie Mashed potato Ww roll Fruit Blt on wheat</p>
<p>28 Tomato soup Lemon chicken Rice pilaf Sliced carrots Whole wheat roll - cookie Turkey & Swiss/whole wheat</p>	<p>29 Escarole / bean & sausage soup Tossed salad Stuffed shell w/ meatball Garlic bread Fruit Spinach salad w/ chicken</p>	<p>30 Minestrone soup Sweet & sour pork Vegetable fried rice Garlic green beans Cookie Ham salad on rye</p>	<p>31 Barley soup Pot roast Mashed potato Baby carrots Fruit Tuna salad plate</p>	