

Robert Rock Senior Center



August 2024

Senior Center Services

Elder Resource Specialist

Amanda LaPlante

Monday–Friday 401-270-1788

Community Health Workers

Gilbert Williams–Hackney

Theany Cardoso

Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

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

Eastside Clinical Laboratory Transportation

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

M-F 9:00am-12:00pm to notarize documents for our seniors.

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

The Senior Center will pick you up at your home and take you to Stop & Shop, Walmart or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only– Call 401-435-7876 x1137

**610 Waterman Avenue
East Providence, RI 02914**

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



Follow us on Facebook!

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Theany Cardoso

Community Health Workers

gwhackney@eastprovidenceri.gov

tcardoso@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:

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:

Hope you all are enjoying the summer months. It is always nice to see everyone during our local events having fun with friends and family. I am happy to let you all know that concerts in the park at Crescent Park, cruise nights at Crescent Park, and outdoor concert series at Weaver Library are continuing into August. Bring a friend, a chair and enjoy the nice summer weather with some entertainment!

Check out our city calendar to learn more about all the great events we have planned for August throughout East Providence:
<https://eastprovidenceri.gov/calendar>

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy August! Last month, we began our bird watching club every Friday morning. We have been identifying local birds and writing them on a whiteboard placed in the front lobby. If you are interested in learning more about local birds, please join us on Friday mornings at 10AM in the dining room.

I would like to take the time to let you all know Amanda, our Elder Resource Specialist is taking names of East Providence Senior Veterans for a pinning and appreciation event happening at the Senior Center on Patriot Day (Sept. 11). If you are a Veteran and would like to be included in this special event, please stop by the Resource Center to let Amanda know your Rank and Branch.

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 12: Victory Day (Senior Center Closed)

Bocce taking a pause until September 2024



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

AUGUST 2024:

August 1: Stop & Shop

August 2: Shaw's

August 8: Stop & Shop

August 9: Shaw's

August 15: Stop & Shop

August 16: **FARMERS MARKET**

August 22: Stop & Shop

August 23: Shaw's

August 29: WALMART

August 30: 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!



CALLING TO OUR EAST PROVIDENCE SENIOR VETERANS!

If you are a local East Providence Senior Citizen Veteran and would like to be a part of a pinning and appreciation event at the Senior Center on Patriot Day (Wednesday, September 11), reach out to Amanda our Elder Resource Specialist. Amanda will take down your rank and branch so you can be included in the pinning and appreciation event!

The event will take place in the dining room during lunch on Wednesday, September 11.

The Patriot Day Pinning and Veteran Appreciation event will be sponsored and hosted by Beacon Hospice.



BACKGAMMON

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



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

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

MONDAY MORNINGS:

10:30AM-11:30AM



CREATIVE ART STUDIO EVERY WEDNESDAY

11AM-12:30PM

Looking for new artists to join in this self-guided multi media art class. The class is a very relaxing setting. Work on your art pieces at your own pace with good company.

\$3.00 per class.



We will be showing:

50 FIRST DATES

Monday, August 26

1:00PM

Henry sets his heart on romancing Lucy, but she has short-term memory loss; she can't remember anything that happened the day before. So every morning, Henry has to woo her again. Her friends and family are very protective, and Henry must convince them that he's in it for love.

Popcorn will be served.



CRAFT CLUB

MONDAY, AUGUST 26 10:30AM

FREE PAINT ON A WOODEN CANVAS

Supplies will be provided. Registration is required & space is limited. Sign up by the front desk.



**2024
MEDICARE OPEN ENROLLMENT
INFORMATIONAL FAIR**
THURSDAY OCTOBER 10, 2024
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 2025 plans.

Seek out new policy information, supplemental plans, information on first time enrollments. **Speak to Representatives on site!** We will also have Medicare Specialists, Heating Assistance Representatives, United Way RV bus, and Veteran Services Specialists available to assist you.



THURSDAY OCTOBER 10, 2024
10:00AM-12:00PM



...MORE TO COME!



**VETERAN BENEFIT
PRESENTATION**

THURSDAY, AUGUST 15
11:00AM

Meet with Melissa Mota, the City of East Providence's new Veteran Service/Community Health Coordinator. Melissa will be here with the VA to discuss Veteran Benefits as well as discussing her role with the City of East Providence.

If you have any questions regarding this event, please call Amanda (Elder Resource Specialist) at 401-270-1788.

**JOIN US TO DISCUSS SAFE
STREETS FOR ALL!**

AUGUST 19TH, 10:45-11:45 AM

We invite you to a special group discussion about the Rhode Island Safe Streets for All Study. Members of the project team will be at the Senior Center to introduce this important initiative and hear your thoughts on making East Providence's streets safer for everyone.

Your input is crucial in developing a Safety Action Plan for the City that addresses the needs of all East Providence residents, especially our seniors.

Project Background: RIPTA secured funding through the Federal Highway Administration (FHWA) Safe Streets and Roads for All (SS4A) program to manage a statewide safety process that will result in 32 community safety action plans. The City of East Providence is a participating community. A Safety Action Plan will be developed for East Providence through this work.



Health Related Programs:

GRIEF SUPPORT AND HEALING CONTINUED 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, August 29 11AM-12PM

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

WALKING CLUB IS COMING BACK IN SEPTEMBER!



Participants do not need to register.

The Walking Club takes place every

Wednesday beginning September 4 at 9:30am.

Stretches will take place in the dining room before heading outside to the walking paths.

Podiatrist Coming Back to the Senior Center Friday, August 23.

Currently, there are no appointments available for August 23.

If you are interested in seeing the podiatrist in October, please call Shahnee at 401-270-1792.

FIVE WISHES PAPERWORK FOLLOW-UP WITH SHAHNEE



Did you attend the presentation about 5 Wishes advanced directives in July? Shahnee will be available on **August 8 10AM-12PM** assisting those who need help completing the 5 wishes packets.

Call 401-270-1792 to schedule an appointment.



AUGUST 30 IS NATIONAL GRIEF AWARENESS DAY

Beacon Hospice will be coming to the Senior Center on:

FRIDAY AUGUST 30 AT 11AM

to facilitate a presentation on grief awareness. Come learn healthy coping strategies to support yourself or a friend in their time of need.



COVID-19 UPDATES

Updated COVID-19 Guidelines:

The updated Respiratory Virus Guidance recommends that people stay home and away from others until at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (and are not using fever-reducing medication). Note that depending on the length of symptoms, this period could be shorter, the same, or longer than the previous guidance for COVID-19.

5 TIPS TO SANITIZE YOUR PHONE AND YOUR OTHER DEVICES



01 SAFETY FIRST

Unplug the device before cleaning.



02 WHAT TO USE

Use a lint-free cloth slightly dampened with soap and water. Alcohol-based wipes can also be used.



03 HOW TO CLEAN

Don't spray cleaners directly onto the device.



04 SAFE PRODUCTS

Avoid aerosol sprays and cleaning solutions that contain bleach or abrasives.



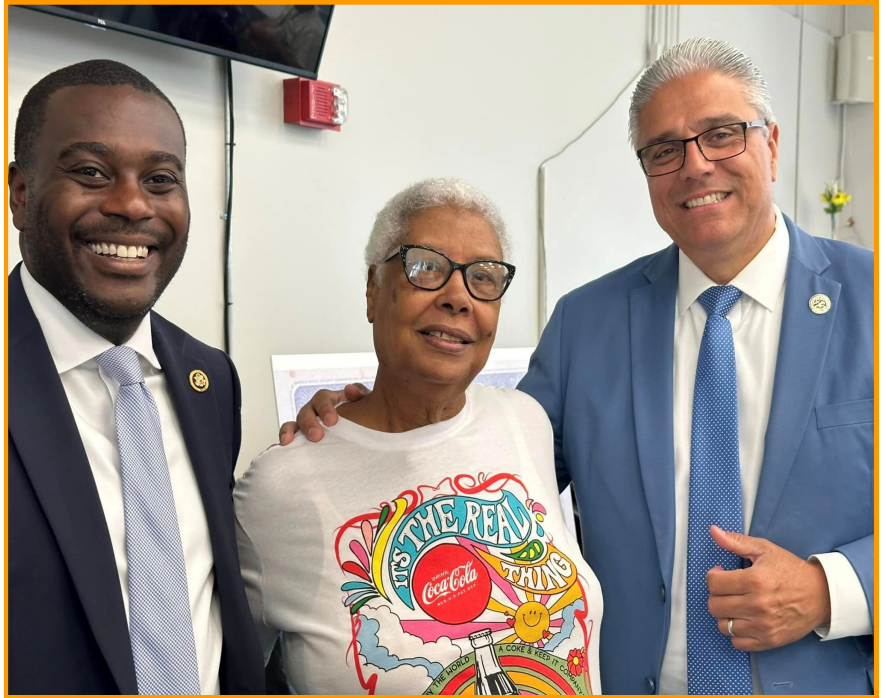
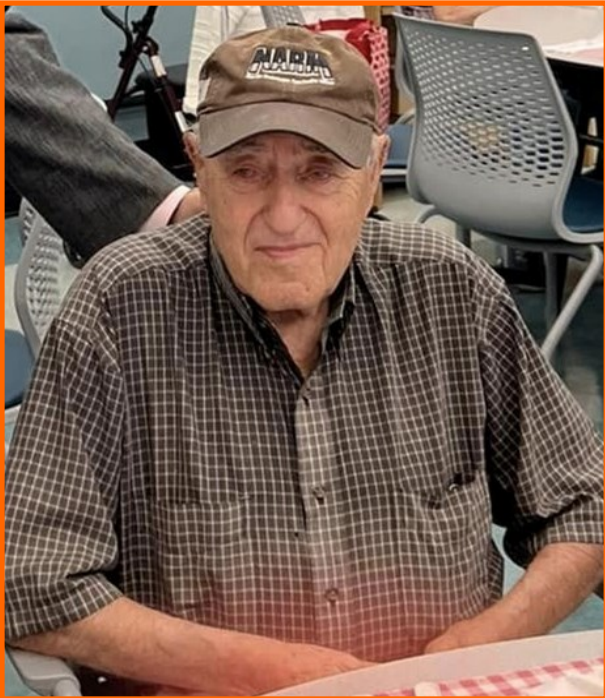
05 PROTECT YOUR DEVICES

Keep liquids and moisture away from any openings on the device.

While it is safe to use disinfectant wipes on many devices, keep in mind that those containing alcohol, bleach or vinegar may wear down the protective coating on a smartphone's screen. The CDC suggests using alcohol-based wipes or sprays containing at least 70 percent alcohol to disinfect touch screens.



A LOOK BACK FROM JUNE/JULY:





Robert Rock Senior Center Activities

AUGUST 2024

Mon	Tue	Wed	Thu	Fri
<p><i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i></p>		<p>REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!</p>	<p>1</p> <p>9:30A: Senior Shopping 9:30A: 1:1 Technology Assistance 10:30A: Pickleball Clinic 12:30P: Bridge 12:30P: Knit & Crochet 1P: Get Set Up Virtual Class</p>	<p>2</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Bird Watching 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>5</p> <p>10:30A: Backgammon 10:30A: Pickleball Clinic 10:30a: Chair Yoga w/ Marilyn 12P: PODS Swimming *Tech Assistance by appt only*</p>	<p>6</p> <p>10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>7</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>8</p> <p>9:30A: Senior Shopping 10A: 5 Wishes Paperwork Appts with Shahnee 10:30A: Pickleball Clinic 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>9</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>12</p> <p>Senior Center Closed</p>  <p>Victory Day</p>	<p>13</p> <p>10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>14</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>15</p> <p>9:30A: Senior Shopping 9:30A: 1:1 Technology Assistance 10:30A: Pickleball Clinic 11A: Veteran Benefits Presentation 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>16</p> <p>8:30A: Scrabble 9:30A: Farmers Market 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 11:30A: Haven United Music Performance 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>19</p> <p>10:30A: Backgammon 10:30A: Pickleball Clinic 10:30a: Chair Yoga w/ Marilyn 10:45A: Safe Streets Focus Group 12P: PODS Swimming</p>	<p>20</p> <p>10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>21</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>22</p> <p>9:30A: Senior Shopping 10:30A: Pickleball Clinic 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>23</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1P: Podiatrist Appts 1:30P: Hi Lo Jack</p>
<p>26</p> <p>10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Pickleball Clinic 10:30A: Craft Club 1P: Movie Showing 12P: PODS Swimming</p>	<p>27</p> <p>10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>28</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>29</p> <p>9:30A: Senior Shopping 10:30A: Pickleball Clinic 11A: Beacon Hospice Grief Support 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>30</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Grief Awareness 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>

Nurse

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

401-270-1792

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

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior Services will drop you off at home.

\$1 transportation fee. Registration is required.

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you. **Registration not required. No fee.**

August 14- 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.



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

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

Gilbert, our Community Health Worker can help!



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

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 14, 2024 10:30AM



PROVIDE ISLAND OFFICE OF
Healthy Aging

**THURSDAY, AUGUST 1
1:00PM**

GetSetUp

THE NEWS & WORRYING ABOUT WHAT TO BELIEVE

Please note: This is a virtual class projected on Zoom

We've all experienced the discomfort of trying to figure out what to believe from the flood of information presented as news. Let's look together at the past week's events in this Community Led Session and try to sort out just what makes sense and why.

SMARTPHONE HELP:



**EVERY TUESDAY
MORNING
10AM-11AM**

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

No registration required



ATEL TECH TIME THURSDAY, AUGUST 1 & 15 9:30AM-11:30AM



If you are an older adult that wants to get technology support for their smartphones or tablets, then come learn how you can improve your lives by embracing technology. Although challenges do exist to using technology, there are many solutions for success.

Drop in for a one-on-one 'Tech Session' with an ATEL Representative to answer your questions or learn how to use your Apple or Android device to its fullest. Also, learn about apps and accessibility features that are designed to help older adults and people with disabilities use technology more easily.

Sign up for your appointment slot by the front desk!

To borrow a device, or see if you may be eligible to receive a no cost smart device from the ATEL Program,

please contact Denise Corson,

401-486-3325 or

email Denise.Corson@ors.ri.gov



JULY EVENTS IN EAST PROVIDENCE:



SUNDAY AUGUST 24, 2023
12PM-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!!



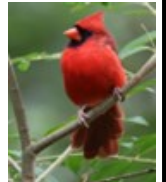
Crescent Park Looff Carousel



2024 Cruise Night Schedule
Saturday Nights

May 4 - September 7
4pm - Dusk

**BIRDWATCHING AT
THE SENIOR CENTER**
FRIDAY MORNINGS
10AM-10:30PM



Meet Laura in the dining room on Friday's at 10AM and grab a pair of binoculars to go bird watching! Laura will help identify local birds. **No registration Required**

Saturday, August 10, 2024

FREE ADMISSION 12:00-6:00PM
FINE ART | ENTERTAINMENT | FOOD TRUCKS

Rain Date - August 11 EastProvidenceArts.com

MUSIC BY:
THE WHELKS | THE EUPHORALITES | THE JETHROS | BUCKY O'HARE TRIO

LIVE MUSIC IN EAST PROVIDENCE:



2024 Concerts in the Park

FREE!

6PM at Crescent Park
701 Bullocks Point Ave. Riverside, RI 02915

August 1st
Kelly & The Poor Boys
Credence Clearwater
Revival Tribute

August 8th
Mojo Rising
Classic Rock

August 15
Jesse Liam Band
Pop & Original Music

August 22nd
Robin Hathaway &
Her Big Mouth Blues Band
Classic & Original R&B

August 29th
Red Bridge Band
Pop Standards & Classic Rock

All performances are weather permitting.
Questions? Call 401-435-7511

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IS PROUD TO PRESENT...

OUTDOOR SUMMER CONCERT SERIES!

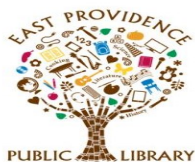
LIVE ON THE WEAVER LIBRARY LAWN

WEDNESDAYS 6:30-7:30PM

AUGUST 7TH
SUPERCHIEF TRIO

AUGUST 14TH
HIGHTONE JUG ENSEMBLE

FREE AND OPEN TO ALL
WEATHER PERMITTING
BRING YOUR OWN LAWN CHAIR



WEAVER LIBRARY - 41 GROVE AVE. EAST PROVIDENCE, RI 02914 - 401-434-2453

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

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

ADDITIONAL PROGRAMS/PRESENTATIONS:

PICKLEBALL CLINICS

MONDAYS & THURSDAY MORNINGS
10:30AM-11:30AM

Isabelle, a summer staff member a part of the Mayoral Summer Youth Workforce will be on at the pickleball court teaching Seniors how to play Pickleball every Monday and Thursday mornings during the summer months.



No experience required!
Isabelle will show you how to hit the ball and teach you the rules of the game.

Registration is required. Sign up is located at the front desk.

SHIP COUNSELING

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

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

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



THE POINT

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

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

Point

WHAT IS COMMUNITY POLICING?

Community policing or community-oriented policing is a strategy of policing that focuses on developing relationships with community members.

DID YOU KNOW THAT THE SENIOR CENTER HAS TWO COMMUNITY POLICE OFFICERS?

Officer Demers and Officer Cabrera are stationed at the Robert Rock East Providence Senior Center to assist residents by providing advice/insight on particular situations. They also serve as a senior advocate who follow up on reports concerning elderly residents who may need social services and assistance with daily life. Officer Demers and Officer Cabrera also have experience with scams. Both are able to educate and assist those who feel they are in a possible scam situation.

Officer Demers and Officer Cabrera's office is located upstairs in the Administration Office. Their office is to the left once you walk in to the Admin Office. Stop by to say hi!



ELDERLY AFFAIRS
OFFICER
BILL
DEMERS

SERGEANT
KELVIN
CABRERA



\$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!

August 2024

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p><i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>			<p>1 Tomato soup Salisbury steak w/ gravy Potato wedges Buttered corn Melon Ww roll Chef salad</p>	<p>2 Clam chowder Chicken stir fry w/stir fry vegetables Rice pilaf Ww roll Cake Tuna salad sandwich</p>
<p>5 Navy bean vegetable soup French onion baked chicken Roasted potatoes Mixed vegetables Ww roll Fresh fruit Spinach salad w/ chicken</p>	<p>6 Tossed salad Beef teriyaki Steamed rice Roasted zucchini Ww roll Pudding Ham & cheese on wheat</p>	<p>7 Chicken soup Stuffed shell w/meat sauce Roasted carrot salad Garlic bread Sliced pears Seafood Salad Sandwich</p>	<p>8 Vegetable soup Pork roast w/ gravy Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate</p>	<p>9 Fresh fruit cup Meatball sandwich 3 - bean salad Sliced potatoes Jello Ww roll Tuna salad sandwich</p>
<p>12 Senior Center Closed</p>	<p>13 Cream of broccoli soup Mexican picadillo w/ potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on roll</p>	<p>14 Lentil vegetable soup Chicken scallopin Rice pilaf w/ mushrooms Green beans Ww Roll - cake Seafood salad plate</p>	<p>15 Chicken soup Pot roast w/gravy Mashed potatoes Peas & carrots Sliced peaches - Ww roll Cobb salad</p>	<p>16 Greek cucumber salad BBQ pulled pork sandwich Cole slaw Roasted sliced potatoes Tropical fruit - Ww roll Tuna salad plate</p>
<p>19 Victory Day</p>	<p>20 Tomato soup Ground beef tacos (2) Rice Spanish corn Sour cream Sliced peaches Chef salad</p>	<p>21 Tossed salad Beef tips w/ mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll Melon Chicken salad on wheat</p>	<p>22 Lentil soup w/ vegetables Oven fried chicken Pasta salad Cucumber salad Ww roll Brownie Egg salad on rye</p>	<p>23 Tossed salad Roasted pork loin Sweet potato Mixed Vegetables Ww Roll Oatmeal cookie Ham & cheese</p>
<p>26 Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll Pudding Roast beef on roll</p>	<p>27 Vegetable soup Honey garlic pork chop Roasted vegetables Parmesan rice Tropical fruit Ww roll Spinach salad w/ chicken</p>	<p>28 Greek salad Shepard's pie Mashed potato Mixed vegetables/ roll Oatmeal cookie Turkey sandwich</p>	<p>29 Vegetable soup Sloppy joe 3 - salad Roasted potatoes Fresh fruit / Ww roll Cobb salad</p>	<p>30 Corn chowder Sausage & pepper sandwich Steamed broccoli Clips Ww roll Pineapple chunks Chef salad</p>

