

Robert E. Rock, East Providence Senior Center



August 2025

Senior Center Services

Elder Resource Specialist:

Amanda LaPlante

Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator:

Shahnee Lagor, BSN, RN-BC

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

Notary Public:

Pat Thomas, Receptionist

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

Senior Shopping:

Thursday & Friday Mornings: Call 401-435-7800

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

Open to Seniors living in East Providence.

SHIP (State Health Insurance Program) 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

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Director

ljones@eastprovidenceri.gov

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cbalasco@eastprovidenceri.gov

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Amanda LaPlante

Elder Resource Specialist

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Cindy DeMedeiros

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Pat Thomas

Rhonda Marzetta

Carleen Ricci

Member Services Representatives

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rmarzetta@eastprovidenceri.gov

ricci@eastprovidenceri.gov

Facilities:

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 and cruise nights at Crescent Park are continuing into August. Bring a friend, a chair and enjoy the nice summer weather with some entertainment!

I am looking forward to the East Bay Music Festival and East Providence Arts festival coming up this month as well. Turn to page 7 of this newsletter to learn more about each of these wonderful events.

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:

What an eventful few months we have had! We are always bringing in special programming and guest speakers. There has been a change to our rewards program. Instead of having our rewards cards, we are going to network with our future community presentations and encourage them to bring a gift card to raffle off at the end of their presentation. Turn to page 13 of this months newsletter to learn more.

Each month, Memory Café sponsored by Wingate Residences on Blackstone Boulevard is at the Senior Center providing resources for those living with Dementia and their caregivers. This is a great service for those who need it. This support group meets monthly to teach folks new skills, have fun, and build a support network. We are looking for more people to join in on this service, and we have changed the time to promote attendance. This month, Memory Café will meet on Wednesday, August 20 at 10:00AM.

Hope you have an enjoyable month of August!

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:

Monday, August 11: Victory Day
(Senior Center Closed)



BINGO INFORMATION EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM.

Games start at 1:30PM



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.

Dabbers: \$2.00 each

SHOPPING TRIPS SCHEDULE

AUGUST 2025:

Fri, Aug 1: FARMERS MARKET

Thurs, Aug 7: Stop & Shop

Fri, Aug 8: Shaw's

Thurs, Aug 14: Stop & Shop

Friday, Aug 15: Shaw's

Thurs, Aug 21: Shop & Shop

Fri, Aug 22: Shaw's

Fri, Aug 28: WALMART

Thurs, August 29: 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!

MEMORY CAFÉ

Do you or someone you love struggle with memory or living with Dementia?

Come join the fun at the RI Memory Cafes! Come meet new friends, laugh, have fun, and learn new skills.

Please join us on the 3rd Wednesday of each month at 10:00AM.

Always free and snacks are provided

WEDNESDAY, AUGUST 20
10:00AM

Sponsored by:

WINGATE RESIDENCES
ON BLACKSTONE BOULEVARD

Call 401-273-6565 to RSVP

DID YOU KNOW THAT THE SENIOR CENTER HAS A BOCCIE COURT?

Bocce is a great game for seniors who are looking for a low-impact way to stay active.

The game is easy to learn and fun for all ages.

Bocce meets every Tuesday morning at 9am to play at the Senior Center. We are looking for more participants to play! If you are interested in joining our bocce games, please call 401-435-7800.

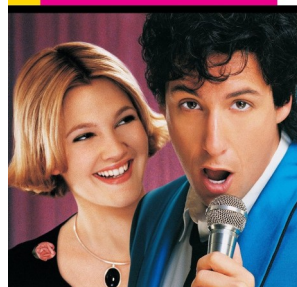


We will be showing:

THE WEDDING SINGER



Monday, August 25
1:00PM



The Wedding Singer is a 1998 American romantic comedy film. The film stars Adam Sandler, Drew Barrymore, and Christine Taylor, and tells the story of a wedding singer in 1985 who falls in love with a waitress.

MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR

THURSDAY OCTOBER 9, 2025

10AM-12PM



ARE YOU NEW TO MEDICARE, OR WILL BE ELIGIBLE SOON?

Use this informational fair as a one stop shop to gather information on Medicare Open Enrollment 2026 plans.

USE THIS INFORMATIONAL FAIR AS A ONE STOP SHOP TO GATHER INFORMATION ON MEDICARE OPEN ENROLLMENT 2026 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, and the United Way RV bus available to assist you with resources.

EAST PROVIDENCE SENIOR CENTER
610 WATERMAN AVENUE
EAST PROVIDENCE, RI 02914
401-435-7800



EAST PROVIDENCE
HEZ
HEALTH EQUITY ZONE



**Blue Cross
Blue Shield**
of Rhode Island



**OAK
STREET
HEALTH**

aetna®



**UNITED
WAY**



SHIP
State Health Insurance
Assistance Program



**east bay community
action program**



UnitedHealthcare®



**Neighborhood
Health Plan**
OF RHODE ISLAND™

Humana



PACE
RHODE ISLAND



ADRC
RI Aging & Disability
Resource Center



**Healthcare
Solutions Team**
A Plan for Everyone™



HEALTH RELATED PROGRAMS:

FOOD IS MEDICINE

Join us for a once weekly class that focuses on how to prepare quick and healthy meals on a budget. Experts from Brown University Health will explain how you can improve your overall health by making simple changes in the kitchen.



Participants will be rewarded with a gift to take home after the 4 classes.

Classes will be held once a week on Thursdays from 10:30 - 11:30am beginning August 7th and running until August 28th.

Registration is required. Please sign up at the table by the reception desk.



BROWNHealth
UNIVERSITY



Self-Guided Wisdom for Living Talks
Thursday, August 14 from 1PM-2PM



Wisdom of Living is a series of monthly gatherings to support socialization, challenge your thinking and allow you to engage in meaningful conversation. This self-led discussion group will be utilizing quotes and other conversational starters.

Late bus available.

NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM

NURSE ON VACATION AUGUST 14 - AUGUST 26.

NO MEDITATION ON FRIDAY, AUGUST 22.

**GRIEF SUPPORT AND HEALING
WITH BEACON HOSPICE**

Thursday, August 21 11AM-12PM



Blood Pressure Clinics in August:

Tuesday August 5 at 10:30AM

Health Care Services in Providence

Wednesday August 13 at 10:30AM

Hattie Ide Chafee



**SUMMER LIFE
SAVING COURSE
CPR FOR SENIORS IS
COMING BACK TO THE
SENIOR CENTER!**

The East Providence Fire Department will host a hands only CPR class for anyone wishing to learn how to help save a life!

**WEDNESDAY, AUGUST 27
10:30AM-11:30AM**

Registration is required. Space is limited.



COMING IN SEPTEMBER 2025:

Asthenis



FLU SHOT CLINIC

**THURSDAY SEPT. 25, 2025
10AM-11AM**

**ROBERT E. ROCK EAST PROVIDENCE
SENIOR CENTER**

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



**REGISTRATION REQUIRED.
PLEASE CALL OUR HEALTHY AGING NURSE
COORDINATOR TO REGISTER 401-270-1792**



SUMMER EVENTS IN EAST PROVIDENCE:



Saturday, August 9, 2025
12pm -6pm

Crescent Park
700 Bullocks Pt. Ave , Riverside, RI

Fine Arts

Food Trucks

Free Admission

New Youth Vendor Section

Entertainment



Rain Date
Sunday August 10

east providence
Arts COUNCIL
For more information or
to apply to be a vendor visit
www.EastProvidenceArts.com



2025 Cruise Night Schedule

Saturday Nights
May 3 - September 7
4pm - Dusk

No Car Show on August 9, 2024

SEPT. 6, 2025



The Platters

LIVE! In Concert
ELMASIAN AUDITORIUM
2000 Pawtucket Ave.
East Providence, RI

TICKETS



Adults \$12.
Child 12 & Under FREE

AUGUST 2, 2025

John Cafferty and the Beaver Brown Band






Soulshot with Duke Robillard Mac Odom



Live life in music.
www.epheritagearts.org

Robert Rock Senior Center Activities Calendar

AUGUST 2025

Mon	Tue	Wed	Thu	Fri
<p>REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!</p>		<p><i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i></p>		<p>1</p> <p>8:30A: Scrabble 9:30A: Farmers Market 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p>4</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Senior Pickleball 10:30A: PODS Swimming</p>	<p>5</p> <p>9A: Bocce 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>6</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (Self-guided) 10:30A: Music Trivia 10:45A: PACE Chair 1P: Cribbage</p>	<p>7</p> <p>9A: 1:1 Computer Assistance Appts 9:30A: Shopping 10:30A: Food is Medicine 12P: Music for Healing 12:30P: Bridge 1: Knit & Crochet</p>	<p>8</p> <p>8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p>11</p> <p>Senior Center Closed</p>  <p>Victory Day</p>	<p>12</p> <p>9A: Bocce 10A: Smartphone Help 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>13</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10:30A: Age Well, Get Connected 10:30A: BP Clinic 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>14</p> <p>9:30A: Shopping 10:30A: Food is Medicine 12:30P: Bridge 1: Knit & Crochet 1P: Wisdom for Living Talks</p>	<p>15</p> <p>8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Reiki Session 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p>18</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Aging Vibrantly Adults 10:30A: Senior Pickleball 10:30A: PODS Swimming</p>	<p>19</p> <p>9A: Bocce 10A: Smartphone Help 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>20</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Memory Cafe 10A: Walking Club (self guided) 10:45A: PACE Chair Exercise 11A: CapTel Presentation 1P: Cribbage</p>	<p>21</p> <p>9:30A: Shopping 10:30A: Food is Medicine 11A: Grief Support & Healing 12:30P: Bridge 1P: Knit & Crochet</p>	<p>22</p> <p>8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 1P: Hi Lo Jack 1P: BCBS Balance</p> <p>MEDITATION CANCELLED</p>
<p>25</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: PODS Swimming 10:30A: Senior Pickleball 1P: Movie Showing</p>	<p>26</p> <p>9A: Bocce 10A: Smartphone Help 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>27</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>28</p> <p>9:30A: Shopping (WALMART) 10:30A: Food is Medicine 12:30P: Bridge 1P: Knit & Crochet</p>	<p>29</p> <p>8:30A: Scrabble 9:30A: Shopping (WALMART) 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>

Nurse

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

401-270-1792

**Nurse Hours: Tuesday & Thursday
9AM-4PM**

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior Services will drop you off at home. **Call 401-435-7800 to register.**

\$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 13- 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 (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

Mondays 1P-3P, Tuesdays 8A-12P

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.

TUESDAYS 1PM-2:30PM

No Registration required \$3.00 per class.

Walking Club

Every Wednesday morning from 10A-11A. Please dress accordingly and wear appropriate shoes. Walks will be led by EPHEZ's Sarah Burde. Meet in the dining room.

No registration required. No fee.

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.

WEDNESDAY & FRIDAYS 10:45AM-11:45AM

No registration required. No fee.

Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon, Board Game Club

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.

SPECIAL SENIOR CENTER PRESENTATIONS IN AUGUST 2025:

MUSIC FOR HEALING CONCERT

East Providence
Senior Center
Thursday, August 7, 2025
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

Your Journey, Your Decision®

Please join us on Tuesday, August 5, 2025
at 11:00 am

In the East Providence Senior Center

The Power of Preplanning

Learn all the advantages of being prepared
and planning your final wishes.

Please RSVP to (401) 435-7800
or in person at the Senior Center

Sponsored by:

*Limited seating

 William W. Tripp
FUNERAL HOME

YOU'RE INVITED..
Music Trivia at the Senior
Center!

Think you know your Beatles
from your Beach Boys?

Join us for a morning of fun,
friendly competition, and
classic tunes at Music Trivia!

Wednesday, August 6
10:30AM-12PM

Whether you're a music buff or just in it for the laughs,
everyone is welcome!

RSVP at the front desk or call (401) 435-7800.



Aging Vibrantly Adults



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

Learn to better understand mental health.

Participants will gain knowledge, skills,
confidence, and about resources. These trainings
are for both care givers and older adults to better
navigate mental health so we can all age healthy
and vibrantly.

Please join us Monday, August 18 10:30 AM- 11:30
AM at the East Providence Senior Center

For more information please contact Steven
Eiland at eastbaymhat@gmail.com or call 401-
247-1900 ext. 346

 CapTel®
Captioned Telephone

CapTel Phone Service Presentation
WEDNESDAY, AUGUST 20
11AM

CapTel is a closed captioning
telephone service for hard of
hearing individuals. Seniors
may be able to get
for free.

This presentation highlights
the program and how to
apply.



This MHAT project is funded by
CAMUCA, NOLA, and DORADO.



East Bay
Regional Coalition
Member of Rhode Island Regional Coalitions





TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

ATEL COMPUTER ASSISTANCE

**AUGUST 7
9AM-11AM**



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.

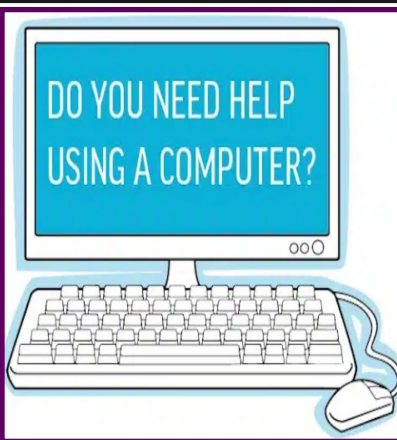
This service is by appointment only. Sign up is located by the front desk.

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 13, 2025 10:30AM



SMARTPHONE HELP:

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

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



*No registration
required*

WALK-IN COMPUTER ASSISTANCE EVERY WEDNESDAY MORNING 9AM-12PM AT THE SENIOR CENTER!

Tips for Staying Safe while on the Internet

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

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

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

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

Leave Links Alone. Don't click on links in emails from credit card companies, banks, or other organizations. Hackers are hoping you do so that they can collect your login credentials and other personal information.

SENIOR FARMERS MARKET

Here is how the 2025 Farmer's Market Nutrition Program

Works:

1. Come to the East Providence Senior Center to fill out an application M-F 8AM-4PM.
2. Applications will be collected and reviewed by staff members on site.
3. Staff members will let you know **if** you are approved, and staff will hand you your farmers market card that has \$50.00 preloaded on the card.

There are multiple Farmer's Markets running throughout the summer in Rhode Island.
A list of all the Farmer's Market locations can be found by the front desk.



Senior Farmers Market Nutrition Program Frequently Asked Questions:

1. How can I check the remaining balance of my benefits?
 - Any participating producer will be able to check your Farmer Market card balance before and after transaction is processed.
2. Do I need a smartphone or tablet to check my benefits?
 - No, all you need is the card! You can think of it as the same as a gift card.
3. Can I still get a box delivered to my home?
 - If you have not received or cannot use a benefit card, you may be eligible for a produce box. Participants can only receive one type of benefit throughout the season.

For any additional questions, please call customer service for more information at (866) 237-4814

Farmers Market Trips

The East Providence Senior Center will provide transportation to those who need transportation to the Farmers Market!

- The East Providence Senior Center will be bringing members that need transportation to the **GODDARD MEMORIAL PARK FARMERS MARKET** located at 1095 Ives Street, Warwick RI.
- Farmers Market trips will happen **ONE FRIDAY** per month during the months of August and September 2025. Farmers Market trips will be rescheduled if it rains.
- Shopping trips will be **LIMITED TO 10 PEOPLE.**
- It is the riders responsibility to be back at the bus at the time of leaving. The bus driver will let riders know when to report back to the bus to be transported home from the market.
- Regular grocery shopping trips to Shaw's will be **cancelled** on the days we go to the Farmers Market.

DAYS THE SENIOR CENTER WILL BE PROVIDING TRANSPORTATION TO FARMERS MARKET:

Friday, August 1

(Rain date August 8)

Friday, September 12

(Rain date September 19)

REGISTRATION IS REQUIRED AND SPACE IS LIMITED!



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!

Parking Passes can be picked up at the front desk.



Rewards Program Changes & Announcement

We are going to finish up our Rewards Program and try a new approach. If you currently have a rewards card, we are honoring those cards, but once you 'cash out' your rewards card, you will not be issued a new card.

Instead, we are going to network with our future community presentations and encourage them to bring a gift card to raffle off at the end of their presentation.

We are encouraging all to attend the wonderful special presentations we book monthly!

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

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

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

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



RI AGING AND DISABILITY RESOURCE CENTER:

At the Rhode Island's Aging and Disability Resource Center (formerly known as The Point), specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs.

DID YOU KNOW THAT THE SENIOR CENTER HAS A SPECIALIST FROM THE ADRC WHO COMES MONTHLY TO ASSIST WITH BENEFIT APPLICATIONS?

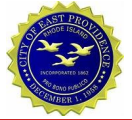
RI AGING & DISABILITY RESOURCE CENTER

Maria from the Aging Disability Resource Center (ADRC) 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*



Good News!!!! The Senior Center worked with East Bay HEZ and received a grant from AARP to revitalize the senior center's raised bed gardens. The gardens will include four large assessable garden beds, a covered tarp and benches. Vegetables grown will be donated back to our community to those in need, If you are interested in volunteering to maintain and harvest the community garden, please call Laura Jones at 401-431-4608 or email at ljones@eastprovidenceri.gov for more information.





2025 *FREE!* Concerts in the Park

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



August 7 – Robin Hathaway & Her Big Mouth Blues Band (Blues)

August 14 – Kelly & the Poor Boys (Creedence Clearwater Revival Tribute)

August 21 – Vinyl Frontier (Classic Rock from the 50s-80s)

August 28 – Mojo (Classic Rock)

\$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.

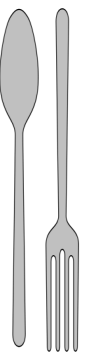
**Meals are served at 12PM
Monday-Friday.**

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 2025

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>	All meals are served with a dinner roll. 			1 Tomato cauliflower soup Braised beef brisket Roasted Potato w/ Vegetables Tomato salad Pineapple chunks Ham & cheese on wheat
4 Escarole bean & sausage soup Meatball sandwich Roasted zucchini & carrot Brownie Chicken salad on rye	5 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches Tossed salad w/ chicken	6 Tuscan white bean soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich	7 Chickpea & kale soup Pot roast w/ gravy Mashed potatoes Green beans Cake Spinach salad w/ chicken	8 Cream of mushroom soup Goulash Cucumber salad Garlic roll Sliced apples Ham & cheese on rye
11 Senior Center Closed 	12 Vegetable soup Creamy Tuscan chicken Broccoli florets Roasted sweet potatoes Cake Egg salad on rye	13 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate	14 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad	15 Chicken soup Pub burger w/ cheese Baked beans Cole slaw / chips Watermelon Hot dog
18 Vegetable lentil soup Cider glazed chicken thighs Potato wedges Mixed vegetables Watermelon Roast beef on roll	19 Minestrone soup Pepper steak Rice pilaf Roasted carrots Sliced pears Chef salad	20 Tomato soup Creamy feta & tomato chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich	21 Mushroom barley soup Sliced turkey w/ gravy Sweet potatoes Green beans Cake Ham & cheese on wheat	22 Chicken escarole soup Shepard's pie Mashed potatoes Peaches Cobb salad
25 Corn chowder Fried chicken Roasted potatoes Green bean salad Chocolate chip cookie Turkey sandwich on wheat	26 Mushroom barley soup Smothered pork w/ gravy Mashed potatoes Broccoli Sliced peaches Chicken salad on wheat	27 Tomato soup Baked chicken topped w/ Eggplant Bolognese Mediterranean rice Cake Seafood salad plate	28 Chicken soup Salisbury steak Mashed potatoes Buttered corn Fresh melon Tossed salad w/ chicken	29 Chicken soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread