

East Providence Senior Activity Center



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

December 2021

Message from the Mayor:

The 11th annual WinterFest celebration takes place at the East Providence Senior Center on Saturday, December 4th. WinterFest is a free event that promises fun for the whole family! Festivities start at 3:00 PM.

You are invited to stroll the beautifully decorated WinterFest landscape while waiting for the Santa Parade to arrive. The parade leaves from the Crescent Park Carousel at 3:30 PM and all are welcome to drive their vehicles in the motorcade.

Upon arrival at the Senior Center, Santa will preside over a Super Spectacular Holiday Laser Light Show and the WinterFest Tree Lighting. WinterFest trees and displays will be illuminated each evening until January 1st.

In addition, I encourage you all, if you haven't already done so, to get your Covid 19 booster vaccine.

Happy Holidays,

Mayor Bob DaSilva



COVID 19 Booster Shots
Available

Make Your Appointment

vaccinateri.org

Vaccines available at

585 Taunton Avenue

East Providence

Additional clinic locations can be
found on

<https://covid.ri.gov>

Taunton Avenue Clinic Hours

Mondays

9:00 am-5:00 pm

Wednesdays

9:00 am-3:00 pm

Fridays

9:00 am-3:00 pm

Please call the EPSC at 401-435-7800 if you need assistance making an appointment or need a ride to a clinic .



Letter from the Director:

I hope everyone had a wonderful Thanksgiving . I want to give a huge shout out to East Commerce Solutions and to the Teddy Borges Foundation for their generous donations of turkeys, food and gift cards. The Senior Center was able to distribute all of the donations to East Providence Seniors in need.

I want to thank the Mayor for helping us celebrate our Veterans. Thank you to all of our Veterans who served and made sacrifices for the freedom we all enjoy today. Thank you to Donna Barney who donated the beautiful, delicious cake!

As we move into the month of December, I hope you all get a chance to take a walk around the Center to get a close up look at all the beautiful Christmas trees and memorials to loved ones.

Sincerely,

Laura Jones

Laura Jones, Director of Senior Services
City of East Providence

Staff

Laura Jones

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ljones@eastprovidenceri.gov

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Pat Thomas

Member Services Representative
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Facilities

Fernando Dorego Kenny Atkinson

Transportation

Richard Wood Joe Serodio Dennis Price
Christopher Januario

MEDICARE OPEN ENROLLMENT IS NOW

MEDICARE OPEN ENROLLMENT

Oct. 15-Dec. 7th

State Health Insurance Assistance Program (SHIP)



east bay community action program
THE BRIDGE TO SELF-RELIANCE

Make an appointment to review your current Medicare plan with SHIP Counselors at the East Providence Senior Center. Every year plans change along with your healthcare needs. Open enrollment period is the time to review and make sure you have the right plan to optimize your health care at the best price. Learn about new options available and get assistance signing up. If you are new this year to Medicare, our SHIP counselor can walk you through the process. Appointments are available on Mondays and Fridays from 8:00 am-4:00 pm. Call 401-435-7876 ext. 1171 to make your appointment.

Len Walker

Managing Partner and Senior Agent for Healthcare Solutions Team

Len is a licensed broker in over 20 states including Massachusetts and Rhode Island. Len has committed to working with you either at the Center, or if you prefer, at your home. Len will be available by appointment during open enrollment, Oct.15th-Dec. 7th, to help you review your current Medicare plan and talk to you about new plans available for 2022. Len will be at the East Providence Senior Center on Tuesdays. Please call and schedule your appointment now by calling Len at 508-283-7957. Please see Healthcare Solutions Ad in this newsletter.

East Providence Senior Center

Advisory Board

Maryann Leonardo

Eleanor Monteiro

Judy Phillips

Jan Kinder

Jim Phillips

George Furtado

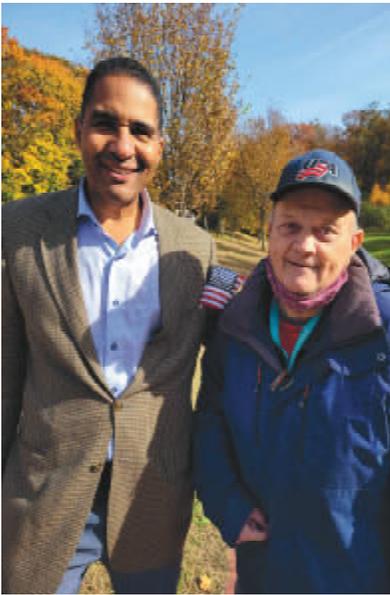
Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna

Veterans Day Celebration



Programs Happening In December



WEDNESDAY, DECEMBER 8TH, 2021

11:00AM-12:00PM

Rhode Island Public Transit Authority will be coming to the East Providence Senior Center in December to speak about transportation services. This is a great time to ask a RIPTA Representative what they offer for services as well as see what bus routes are available near you. See you there!

University of Rhode Island SNAP Education

Holiday Sugar Swaps

We will be doing a granola recipe.

Date: Wednesday, December 15th

Time: 10:30 am-11:30 am



Come learn how to be more mindful when eating during the holidays.

Space is limited. Please register at the front desk or by calling 401-435-7800

Healthy Heart Nutrition Program

Shop Smart for a Healthy Heart

December 30th

10:30-11:30 am



Join us for a nutritional presentation on food shopping for those living with high blood pressure. We'll share food tips to help you make better choices at the grocery store without breaking the bank. Plus, learn how certain substitutions and spices can help you ditch the salt and elevate your meal without raising your blood pressure.

This presentation is mandatory for those participating in the Blood Pressure Self-Monitoring Program. Seats are limited. Please call 435-7800 to register.

Fitness Programs

Chair Exercise with Cyn

Tuesdays-10:45-11:45

Instructor-Cynthia Charron

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 25 Participants



Zumba Gold

Mondays-10:30-11:30

Instructor-Sue Young

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 22

Pace Chair Exercise

Wednesdays and Fridays -10:45-11:45

Instructor-Muriel Woodcock

Cost- No Cost

Room-Multipurpose Room

Registration Required-Limit to 25 Participants

Line Dancing

Mondays-1:30-2:30

Instructor- Sue Young

Cost- \$2.00

Room-Dining Room

Registration Required-Limited to 20 Participants

20/20/20 Exercise

Thursdays-9:30-10:30

Instructor-Robin Cullinan

Cost-\$2.00

Room- Multipurpose Room

Registration Required-Limit to 25 Participants

MINDFUL MEDITATION

Fridays at 11:00 am

Join us every Friday for an hour of mindful meditation.



Space is limited. Registration is required.

Senior Center Services

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Monday, Thursday and Friday

9:00 am-2:30 pm

Nurse is located in the Health Office

Registered Dietitian

Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory

When: The first Wednesday of each month, Nov. 3rd

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

The Senior Center now offers the services of a notary.

Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.

Blood Pressure Clinics

10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month

Hattie Ide Chafee

3rd Tuesday of each month

Senior Shopping

Thursday Mornings by Appointment

Call 401-435-7800

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

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Calendar items in red signify monthly offerings.</p> 	<p>1</p> <p>8:00-4:00 Nutritionist</p> <p>8:30-11:00 Eastside Clinical Lab</p> <p>10:45 Pace Chair Exercise</p> <p>1:00 Cribbage</p>	<p>2</p> <p>9:00-2:30 Nurse</p> <p>9:30 20/20/20 with Robin Cullinan</p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p> <p>1:00-2:00 Smart Phone, Tips and Tricks</p>	<p>3</p> <p>8:30 Scrabble</p> <p>9:00-2:30 Nurse</p> <p>8:45 Blended Yoga</p> <p>10:00 Mah Jongg</p> <p>10:45 Pace Chair Exercise</p> <p>11:00-4:00 SHIP</p> <p>11:00 Meditation</p> <p>12:30 Hi Lo Jack</p>
<p>6</p> <p>8:00-4:00 SHIP</p> <p>9:00-2:30 Nurse</p> <p>10:30 Zumba Gold</p> <p>1:30 Line Dancing</p>	<p>7</p> <p>8:00 -4:00 Nutritionist</p> <p>10:00-12:00 Paint Class</p> <p>10:45 Chair Exercise /Cyn</p> <p>1:00-4:00 Medicare Assistance by appointment, Len Walker</p> <p>1:30 BINGO</p> <p>2:00 Multi-Media Art Class</p>	<p>8</p> <p>8:00-4:00 Nutritionist</p> <p>9:00-10:00 Coffee with the Mayor</p> <p>11:00 RIPTA Presentation</p> <p>10:45 Pace Chair Exercise</p> <p>1:00 Cribbage</p>	<p>9</p> <p>9:00-2:30 Nurse</p> <p>9:30 20/20/20 with Robin Cullinan</p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p>	<p>10</p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>9:00-2:30 Nurse</p> <p>10:00 Mah Jongg</p> <p>10:45 Pace Chair Exercise</p> <p>11:00 Meditation</p> <p>12:30 Hi-Lo Jack</p>
<p>13</p> <p>8:00-4:00 SHIP</p> <p>9:00-2:30 Nurse</p> <p>10:30 Zumba Gold</p>	<p>14</p> <p>8:00 -4:00 Nutritionist</p> <p>10:00-12:00 Paint Class</p> <p>10:30 BP Clinic</p>	<p>15</p> <p>8:00-4:00 Nutritionist</p> <p>10:30 URI SNAP Program</p> <p>10:45 Pace Chair Exercise</p>	<p>16</p> <p>9:00-2:30 Nurse</p> <p>9:30 20/20/20 with Robin Cullinan</p>	<p>17</p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>9:00-2:30 Nurse</p> <p>10:00 Holiday Party</p>

1:30 Line Dancing	10:45 Chair Exercise/Cyn 1:30 BINGO 2:00 Multi-Media Art Class	1:00 Cribbage	12:30 Bridge 1:00 Knit and Crochet	10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Meditation 12:30 Hi Lo Jack 1:00 Insight support
20 8:00-4:00 SHIP 9:00-2:30 Nurse 10:30 Zumba Gold 1:30 Line Dancing	21 8:00 -4:00 Nutritionist 10:00-12:00 Paint Class 10:30 Blood Pressure Clinic 10:45 Chair Exercise with Cyn 1:30 BINGO 2:00 Multi-Media Art Class	22 8:00-4:00 Nutritionist 10:30 Age Well Stay Connected, Computer Class 10:45 Pace Chair Exercise 1:00 Cribbage	23 9:00-2:30 Nurse 9:30 20/20/20 with Robin Cullinan 12:30 Bridge 1:00 Knit and Crochet	24 No Lunch Center Closes at 11:30 am 8:30 Scrabble 8:45 Blended Yoga 9:00-11:30 Nurse 10:00 Mah Jongg
27 CLOSED For Christmas Holiday 	28 8:00 -4:00 Nutritionist 10:00-12:00 Paint Class 10:45 Chair Exercise /Cyn 1:30 BINGO 2:00 Multi-Media Art Class	29 8:00-4:00 Nutritionist 10:45 Pace Chair Exercise 1:00 Cribbage	30 9:30 20/20/20 with Robin Cullinan 10:30 Eating for a Healthy Heart Nutrition Class 12:30 Bridge 1:00 Knit and Crochet	31 No Lunch Center Closes at 11:30 am 8:30 Scrabble 8:45 Blended Yoga 9:00-11:30 Nurse 10:00 Mah Jongg





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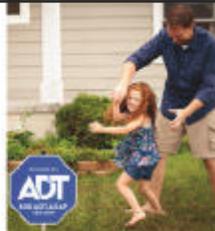
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Cell: 774-210-2060

Fax: 508-557-1824

lwalker@mytst.com

Web: <https://mytst.com/agent/Leonard-Walker/>



Computer Assistance

Computer Basics with Amanda

When: Thursdays, starting 1/6/22.

Cost: Free

Registering now for January's 4 -week session.
Chrome Book computers available to use or bring your own laptop or tablet.



Call 401-435-7800 or stop by the Senior Center reception desk for more information and to register.

Age Well Get Connected

Sponsored by Eastbay Community Action

Computer Classes

Do you want to learn how to refill your prescriptions using your computer? If so, this is the class for you.

Dec.22th -10:30-11:30

Monthly Computer Classes for Older Adults
4th Wednesday of each month.

To Register Call EPSC at 401-435-7800

Chromebook computers will be available to use or you can bring your own tablet or laptop.



NEED ASSISTANCE WITH YOUR Smart Phone?

Drop by the East Providence Senior Center on

**THURSDAY, DECEMBER 2nd,
from 1PM-2PM**

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

No registration required



Tuesdays

Cost: \$6.00 to play

Pull-tabs-.50 each

Dabbers for sale:-\$1.00

1:00 pm arrive to buy your BINGO packets .

Game starts at 1:30 pm.

Looking for BINGO

Volunteers

Mark your Calendars

Blood Pressure Self-Monitoring Program

Do you have high blood pressure?

Start the new year with a resolution to improve your health!

Call East Providence Senior Center at 401-435-7800 to register

Save the date: Program orientation, January 20th at 10:30 am

Come learn about the program and how you can:

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

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

Library News

January's Book Club Selection

Discover a new way to connect yourself with others by joining the Senior Center Book Club hosted by the Weaver Library. Book clubs help improve brain function and expand vocabulary. Stay sharp by diving into a good book.

January's book selection is: *The Four Winds by Kristin Hannah.*

Meeting time is Wednesday, January 19th at 10:00 am.

Please see Senior Center receptionist to sign up and receive a loaner book.





Jean McGarry
Passed in January 2021

Jack Oliver
Passed in January 2021

Juliet Paolucci
Passed in January 2021

Barbara Mello
Passed in February 2021

Maria Pacheco
Passed in February 2021

Norman Desautel
Passed in February 2021

Mary Petet
Passed in March 2021

Marilyn "Lynn" Green
Passed in March 2021

Shirley Furtado
Passed in March 2021

Maureen Gilmore
Passed in May 2021

Anna Gomes
Passed in May 2021

Hiroko Viveiros
Passed in August 2021

Henry Stad
Passed in August 2021

Mary Irons
Passed in October 2021

Frank Moreira
Passed in October 2021

Robert Mason
Passed in November 2021

Edward Daft
Passed in November 2021



Holiday Celebration

At the East Providence Senior Center

Friday, December 17th

10:00 am -11:30 am

Come Celebrate the Holidays with Us

- Music
- Make a Holiday Center Piece
- Eat Yummy Treats

Bring a \$5.00 gift if you want to participate in a gift exchange



Coffee with the Mayor
East Providence Senior Center
Wednesday, December 8th
9:00 am-10:00 am



Do you have questions for the Mayor?
Come have coffee with Mayor Bob DaSilva on
December 8th.



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

December 2021

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL SANDWICHES COME WITH JUICE CHIPS DESSERT, MILK</p>				
<p>6 Chili Soup Low Sodium Hot Dog Baked Beans Cole Slaw Pudding Dinner Roll Hot Dog on Roll w/ mustard</p>	<p>7 Escarole and Bean Soup Veal Parmesan Seasoned Ziti Italian Blend Vegetable Lorna Doones Italian Bread Veal Parmesan on Italian</p>	<p>8 Egg Drop Soup Chicken Chow Mein Crunchy Noodles Asian Blend Vegetables Fresh Fruit Wheat Bread Chicken Salad on Wheat</p>	<p>2 Onion Soup Breaded Chicken Tenders w/ Sauce Seasoned Tortellini Broccoli Slaw Chocolate Chip Cookies Dinner Roll Breaded Chicken on Roll w/ mayo</p>	<p>3 Clear Chowder Stuffed Sole Roasted Potato Garlic Spinach Yogurt Multi Grain bread Fish Sandwich on Hamb roll w/ tartar sauce</p>
<p>13 Pasta and Bean Soup Italian Sausage w/ Mustard Golf Ball Potato Roasted Peppers and Onion Cookies Whole Grain Bread Italian Sausage on Roll w/ mustard</p>	<p>14 Vegetable Soup Airline Chicken Mashed Potato Sliced Carrots Fruit Wheat Bread Grilled Chicken on Wheat</p>	<p>15 Chicken soup w/ and di pepe Pub Burger w/ Gravy Wild Rice Mixed Vegetables Fig Newton Wheat dinner roll Hamburger on Wheat roll with mustard</p>	<p>9 Orange Juice Cheese Omelette Home Fried Potato Tomato Half Fruit Cup Biscuit Cheese Omelette on Biscuit</p>	<p>10 Barley Soup Meatloaf w/ Gravy Mashed Potato Mixed Vegetable Brownie White Bread Meatloaf on white w/ Ketchup</p>
<p>20 Beef Barley Soup Veggie Burger Au Gratin Potato Winter Blend Vegetables Pudding Oatmeal Bread Veggie Burger on Oatmeal</p>	<p>21 Chicken Escarole Soup Italian Style Chicken Cutlet Mashed Potato Roasted Brussel Sprouts Fresh Fruit Multi Grain Bread Italian Style Chicken Cutlet on Multi grain w/ mayo</p>	<p>22 Butternut Squash Soup Fried Steak w/ Country Gravy O'Brien Potato Mixed Vegetables Fruit Cup Wheat Bread Fried Steak on Wheat w/ mayo</p>	<p>23 100% Juice Tuna Salad Tossed Salad w/ dressing Pita Bread Cookies Tuna Salad on Pita</p>	<p>17 Christmas Dinner 18 Italian Wedding Soup Stuffed Chicken w/ Gravy Red Bliss Mashed Potato Green Beans Pound Cake Dinner Roll Chicken and Cheese on Roll w/ mayo</p>
<p>27 Venus De Milo Soup Meatballs w/ Marinara Sauce Seasoned Pasta Italian Blend Vegetables Fruit Cup Dinner Roll Meatball Grinder</p>	<p>28 Beef Vegetable Soup Chicken Cacciatore Sliced Roasted Potato Broccoli Lorna Doones Italian Bread Grilled Chicken on Italian</p>	<p>29 Cream of Broccoli Soup Roast Beef w/ Gravy Garlic Mashed Potato Mixed Vegetable Fresh Fruit Wheat Bread Roast Beef on Wheat mayo</p>	<p>30 Split Pea soup I.S. Corned Beef w Mustard Boiled Seasoned Potato Carrot and Cabbage Blend Pudding Rye Bread Corned beef and Swiss on Rye w/ mustard</p>	<p>31 NO LUNCH TODAY Center Closes at 11:30 am Happy New Year!</p>
				<p>24 CLOSED Christmas Eve</p>