

# East Providence Senior Activity Center



610 Waterman Avenue  
East Providence, RI 02914  
401.435.7800  
Fax: 401.563-7024  
[www.eastprovidence.ri.gov](http://www.eastprovidence.ri.gov)

## December 2021

### Message from the Mayor:

The 11<sup>th</sup> annual WinterFest celebration takes place at the East Providence Senior Center on Saturday, December 4<sup>th</sup>. 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 1<sup>st</sup>.

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](http://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

**Shontell Gomes**

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**Shahnee Lagor**

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**Cindy DeMedeiros**

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**Pat Thomas**

Member Services Representative  
401-270-1863  
pthomas@eastprovidenceri.gov

**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)***



*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 8<sup>TH</sup>, 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

M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
	<p>Calendar items in red signify monthly offerings.</p> 	<p><b>1</b></p> <p>8:00-4:00 Nutritionist</p> <p><b>8:30-11:00 Eastside Clinical Lab</b></p> <p>10:45 Pace Chair Exercise</p> <p>1:00 Cribbage</p>	<p><b>2</b></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><b>3</b></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><b>6</b></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><b>7</b></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><b>8</b></p> <p>8:00-4:00 Nutritionist</p> <p><b>9:00-10:00 Coffee with the Mayor</b></p> <p><b>11:00 RIPTA Presentation</b></p> <p>10:45 Pace Chair Exercise</p> <p>1:00 Cribbage</p>	<p><b>9</b></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><b>10</b></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><b>13</b></p> <p>8:00-4:00 SHIP</p> <p>9:00-2:30 Nurse</p> <p>10:30 Zumba Gold</p>	<p><b>14</b></p> <p>8:00 -4:00 Nutritionist</p> <p>10:00-12:00 Paint Class</p> <p>10:30 BP Clinic</p>	<p><b>15</b></p> <p>8:00-4:00 Nutritionist</p> <p><b>10:30 URI SNAP Program</b></p> <p>10:45 Pace Chair Exercise</p>	<p><b>16</b></p> <p>9:00-2:30 Nurse</p> <p>9:30 20/20/20 with Robin Cullinan</p> <p>12:30 Bridge</p>	<p><b>17</b></p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>9:00-2:30 Nurse</p> <p><b>10:00 Holiday Party</b></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 <b>1:00 Insight support</b>
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 <b>10:30 Blood Pressure Clinic</b> 10:45 Chair Exercise with Cyn 1:30 BINGO 2:00 Multi-Media Art Class	22 8:00-4:00 Nutritionist <b>10:30 Age Well Stay Connected, Computer Class</b> 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 <b>CLOSED For Christmas Holiday</b> 	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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Lisa Janicki, MS

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# 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 2<sup>nd</sup>,  
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

Henry Stad  
Passed in August 2021

Jack Oliver  
Passed in January 2021

Mary Irons  
Passed in October 2021

Juliet Paolucci  
Passed in January 2021

Frank Moreira  
Passed in October 2021

Barbara Mello  
Passed in February 2021

Robert Mason  
Passed in November 2021

Maria Pacheco  
Passed in February 2021

Edward Daft  
Passed in November 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



# 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
<div> <b>ALL SANDWICHES</b>  <b>COME WITH</b>  <b>JUICE</b>  <b>CHIPS</b>  <b>DESSERT, MILK</b> </div>				
<b>6</b> Chili Soup <b>Low Sodium Hot Dog</b> Baked Beans Cole Slaw Pudding Dinner Roll Hot Dog on Roll w/ mustard	<b>7</b> Escarole and Bean Soup <b>Veal Parmesan</b> Seasoned Ziti Italian Blend Vegetable Lorna <del>Doones</del> Italian Bread Veal Parmesan on Italian	<b>8</b> Egg Drop Soup <b>Chicken Chow Mein</b> Crunchy Noodles Asian Blend Vegetables Fresh Fruit Wheat Bread Chicken Salad on Wheat	<b>9</b> Orange Juice <b>Cheese Omelette</b> Home Fried Potato Tomato Half Fruit Cup Biscuit Cheese <del>Omelette</del> on Biscuit	<b>10</b> Barley Soup <b>Meatloaf w/ Gravy</b> Mashed Potato Mixed Vegetable Brownie White Bread Meatloaf on white w/ Ketchup
<b>13</b> Pasta and Bean Soup <b>Italian Sausage w/ Mustard</b> Golf Ball Potato Roasted Peppers and Onion Cookies Whole Grain Bread Italian Sausage on Roll w/ mustard	<b>14</b> Vegetable Soup <b>Airline Chicken</b> Mashed Potato Sliced Carrots Fruit Wheat Bread Grilled Chicken on Wheat	<b>15</b> Chicken soup w/ <del>anci</del> di pepe <b>Pub Burger w/ Gravy</b> Wild Rice Mixed Vegetables Fig Newton Wheat dinner roll Hamburger on Wheat roll with mustard	<b>16</b> Tomato and Rice Soup <b>Knockwurst w/ Mustard</b> Boiled Potato Carrot and Cabbage Blend Granola Bar Snowflake Roll Knockwurst on Roll w/ mustard	<b>17</b> <b>Christmas Dinner</b> <b>Italian Wedding Soup</b> <b>Stuffed Chicken w/ Gravy</b> Red Bliss Mashed Potato Green Beans Pound Cake Dinner Roll Chicken and Cheese on Roll w/mayo
<b>20</b> Beef Barley Soup <b>Veggie Burger</b> Au Gratin Potato Winter Blend Vegetables Pudding Oatmeal Bread Veggie Burger on Oatmeal	<b>21</b> Chicken Escarole Soup <b>Italian Style Chicken Cutlet</b> Mashed Potato Roasted Brussel Sprouts Fresh Fruit Multi Grain Bread Italian Style Chicken Cutlet on Multi grain w/ mayo	<b>22</b> Butternut Squash Soup <b>Fried Steak w/ Country Gravy</b> O'Brien Potato Mixed Vegetables Fruit Cup Wheat Bread Fried Steak on Wheat w/mayo	<b>23</b> 100% Juice <b>Tuna Salad</b> Tossed Salad w/ dressing Pita Bread Cookies Tuna Salad on Pita	<b>24</b> <b>CLOSED</b> <b>Christmas Eve</b>
<b>27</b> Venus De Milo Soup <b>Meatballs w/ Marinara Sauce</b> Seasoned Pasta Italian Blend Vegetables Fruit Cup Dinner Roll Meatball Grinder	<b>28</b> Beef Vegetable Soup <b>Chicken Cacciatore</b> Sliced Roasted Potato Broccoli Lorna <del>Doones</del> Italian Bread Grilled Chicken on Italian	<b>29</b> Cream of Broccoli Soup <b>Roast Beef w/ Gravy</b> Garlic Mashed Potato Mixed Vegetable Fresh Fruit Wheat Bread Roast Beef on Wheat mayo	<b>30</b> Split Pea soup <b>1.5. Corned Beef w Mustard</b> Boiled Seasoned Potato Carrot and Cabbage Blend Pudding Rye Bread Corred beef and Swiss on Rye w/ mustard	<b>31</b> <b>No Lunch Today</b> <b>Center Closes at 11:30 am</b> <b>Happy New Year!</b>