

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914

401.435.7800

Fax: 401.563-7024

www.eastprovidence.ri.gov

December 2022

Senior Center Services

Elder Resource Specialist

Amanda Mattress

Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

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

Registered Dietitian

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

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory

When: The first Wednesday of each month 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

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.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Veteran Benefit Counseling

Every Monday at the Senior Center by Appointment.

Michael- 401-208-5484

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shontell Gomes

Admin. Assistant

sgomes@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda Mattress

Elder Resource Specialist

amattress@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

Ed Lachance Jr.

Transportation:

Joe Serodio

Dennis Price

Christopher Januario

Tom Taylor

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 disabled persons in the East Providence area.



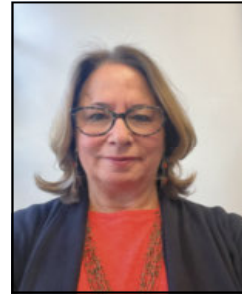
Message from the Mayor:

Thank you to all who went out and voted. We are looking forward to continue all the great work that is happening in our city. I can't believe the holiday season is already upon us. I hope everyone had a wonderful, happy and healthy Thanksgiving and were to spend time with family and friends.

The landscape improvement project at the Senior Center is on target for East Providence's 12th annual Winterfest. Mark your calendars for Saturday, December 3rd from 3 PM to 7 PM at the Robert Rock Senior Center located at 610 Waterman Ave. This year, WinterFest will feature Dave Marchetti's Animal Experiences petting zoo 3 PM - 6 PM, free popcorn, hot chocolate, a tree ornament craft and a kid's bicycle raffle. Santa and tree lighting will be at 5:30 PM/ Plan to bring the grandchildren down for East Providence's Winterfest celebration.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

I want to thank our dining room staff Cindy DeMedeiros, David Mendes and our volunteers who served lunch at our Veteran's Day lunch on November 10th. This year we were able to make a list of all the members of the Senior Center who are veterans. This list was a result of adding veteran status to our membership forms allowing me to run a report to identify all our veterans. It was amazing to see how many members served our country! Your sacrifices let us all enjoy the freedoms we have today. I want to put out a special shout out to Betty Vieira who donated the beautiful cake. Thank you Betty!

Happy Holidays,
Laura Jones

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips
Jan Kinder
Jim Phillips
George Furtado
Ann Fagundes
Ken Goucher
Elaine Robinson
Donald Senna
Dick Wood

DAYS TO REMEMBER IN DECEMBER:

December 23– Christmas Eve observed, Senior Center **CLOSED**.

December 26– Christmas Day observed, Senior Center **CLOSED**.

December 30– New Years Eve observed, Senior Center **CLOSED**.

January 2– New Years Day observed, Senior Center **CLOSED**.

GIFT SHOP:

The gift shop is now closed.

We are selling stamps at the front desk.

Snacks and candy will be sold at the coffee bar.

Assorted cards will be sold 10 cards for \$1.00 upstairs where the puzzles, books, and DVD's are sold.

Thank you Betty Vieira for providing the Veteran's Day celebration cake! It was a very tasty treat and a great addition to our celebration!



Christmas Books available at the library

Stop by the library today to see if there is a Christmas book you can read right in time for the holidays!



Come see beautiful art by our Seniors!

**SENIOR ART EXHIBIT
HERE AT THE SENIOR
CENTER BEGINNING
DECEMBER 5, 2022.**



If you are a Senior and would like to submit a piece of your art in the Senior Art Exhibit, please call Laura Jones at 401-431-4608.

BINGO INFORMATION:

EVERY TUESDAY

Doors Open at 1:00PM, Games start at 1:30PM

Dabbers are sold at the Senior Center **PULL TAB**

INFORMATION:

.50 ¢ per pull tab | OPEN 1:00PM-1:25PM

All transactions **MUST** be completed by 1:25PM.

Pull Tabs available on Tuesdays only.



-CRAFT CLUB-

DECEMBER 19, 2022

10:15AM

Craft being done : Holiday Wreaths

Do you enjoy making crafts? Do you enjoy meeting new people? If you answered YES, craft club is a great fit for you!

Join us on Monday, December 19, 2022 10:15AM to participate and learn more! **Register at the front desk by 12/12/22.**

Updated News:

East Bay Community Action Program's Restaurant Voucher Program

suggested donation of **\$5.00** for IHOP Restaurant
Must be 60/+ years of age or differently abled

Participating Restaurant Location

IHOP, 75 Highland Ave., East Providence, RI

Seven days a week

7 am - 10:00 pm

CHOOSE FROM THE RESTAURANT PROGRAM MENU

VOUCHERS AVAILABLE IN THE EAST
PROVIDENCE SENIOR CENTER DINING ROOM



for information call East Bay Community Action Program
401-437-1000, ext. 1121

Not valid with any other IHOP coupons, discounts,
special 55+ Senior Menu item or limited time offers.



east bay community
action program

East Bay Community Action Program
is a non-profit organization funded in
part by the Rhode Island Office of
Healthy Aging



BEWARE— SCAM ALERT:



USDA recently received several reports of SNAP fraud in which thieves use “card skimming” to steal SNAP benefits. Thieves place a device on a retailer’s card-swiping machine to copy EBT card information. Card skimming can happen to anyone that uses a credit, debit or EBT card, including SNAP participants.

USDA encourages SNAP participants to take actions that may help prevent card skimming. For example:

- **Keep your PIN secret.** Do not share your PIN with anyone outside your household. Cover the keypad when you enter your PIN on a machine. Regularly change your PIN.
- **Check your EBT account regularly for unauthorized charges.** If you notice any, change your PIN immediately to stop the thief from making any new purchases.
- **Check card reading machines** to make sure there’s nothing suspicious overlayed or attached to the card swiper or keypad. The overlays can be difficult to detect but are often bigger than the original machine and may hide parts of the machine.

If you believe you are the victim of card skimming and SNAP benefits were stolen from your EBT card, contact your local SNAP office.

Health Related Programs:

CONTINUOUS GLUCOSE MONITORING PRESENTATION: DECEMBER 14, 2022 @ 10AM

Are you sick of sticking your finger for glucose checks? Are your sugars hard to control? Join us to gain knowledge on how to read and monitor your glucose levels with the FREESTYLE LIBRE AND DEXCOM 6. Also see if you can qualify to receive a Freestyle Libre or a Dexcom 6!



FREE AND OPEN TO THE PUBLIC.

Any questions please
call the Healthy Aging
Nurse Coordinator at
401-270-1792



URI SNAP ED— HEALTHY EATING AS WE AGE: DECEMBER 21, 2022 10:30AM

Learn how to meet your nutritional needs as you keep the pounds off as you age. Also learn tips and tricks on how to eat healthy around the holiday season!



A huge **THANK YOU** to those who participated in our CVS Flu Clinic in November! It was a huge success this year. Over 40 individuals were vaccinated against the flu.

If you missed our flu clinic and need a flu shot or a COVID booster shot, please contact Amanda (Elder Resource Specialist) at 401-270-1788.

Before sitting down at the table, consider these tips for

HEALTHIER HOLIDAY EATING



Don't skip meals before a feast or you'll be more likely to overeat



Avoid or limit alcohol, but if you must have some, drink it with food



Start with a healthy helping of vegetables to curb your appetite



Eat slowly; it takes 20 minutes for the brain to realize you're full

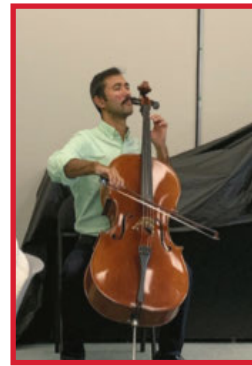
A WALK THROUGH 2022:

The year of 2022 has been a year to remember! We have brought in many new programs and presentations to the Senior Center to inform, educate, and assist our members:

- Craft Club
- Veteran Benefits Counseling
- Matter of Balance Classes
- Tai Chi Quan Classes
- Podiatrist in house appointments.
- Flu shot and COVID booster shot clinics on site.
- Blood Pressure Self Monitoring Program
- Living Well with Diabetes Educational Series
- Construction of front landscape with additions of walkways, greenery, and a pickle ball court.
- In house A1c Testing.

- Book Club
- LSVT Big Motion Classes.
- AARP Distracted Driving Classes.
- Reward Card Program
- Mental Health Awareness Trainings.
- Chronic Pain Self Management Classes.
- Medicare Open Enrollment Informational Fair.
- Workshops for Caregivers.
- Computer Classes
-AND **SO MUCH MORE!**

We are looking forward to the year of 2023 and we hope you are too! If you have any suggestions of what we can bring on in the new year, please let us know! We always welcome suggestions.



WE



OUR MEMBERS!

A YEAR TO REMEMBER:





**GOODBYE 2022,
WELCOME 2023!**

*Wishing you happy holidays and a
happy, healthy new year!*

Robert Rock Senior Center Activities

DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p>Red Bolded activities count towards REWARDS CARDS!</p> <p>If you are interested in our rewards program, please visit the Resource Center.</p>			<p>1</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet</p>	<p>2</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack</p>
<p>5</p> <p>9:30A: Chronic Pain Self Management</p> <p>Senior Art Exhibit</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p>6</p> <p>8A: Nutritionist 9A: Nurse Hours 9:15A: Matter of Bal. 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1P: Len Walker 1:30P: BINGO! 2P: Multimedia Art</p>	<p>7</p> <p>8A: Nutritionist 8A: SHIP Counseling 8:30A: East Side Clinical Lab 9:15A: Matter of Bal. 9:30A: Diabetes Program 10:45A: PACE Chair 1P: Cribbage</p>	<p>8</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet</p>	<p>9</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack</p>
<p>12</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p>13</p> <p>8A: Nutritionist 9A: Nurse Hours 9:15A: Matter of Bal. 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>14</p> <p>8A: Nutritionist 9:15A: Matter of Bal. 10A: Diabetes Glucometer Presentation 10:30A: Age Well, Get Connected Computer Class 10:45A: PACE Chair 1P: Cribbage</p>	<p>15</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet</p>	<p>16</p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 11:30A: Holiday Concert 1:30P: Hi Lo Jack</p>
<p>19</p> <p>10:15A: Craft Club</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p>20</p> <p>8A: Nutritionist 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>21</p> <p>8A: Nutritionist 10:30A: URI SNAP ED 10:45A: PACE Chair 12P: AARP Board Meeting 1P: Cribbage</p>	<p>22</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet</p>	<p>23</p> <p>Christmas Eve Observed – Senior Center Closed</p>  <p><u>No Meal Program</u></p>
<p>26</p> <p>Christmas Day Observed – Senior Center Closed</p>  <p><u>No Meal Program</u></p>	<p>27</p> <p>8A: Nutritionist 9A: Nurse OFF 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>28</p> <p>8A: Nutritionist 10A: Book Club 10:45A: PACE Chair 1P: Cribbage</p>	<p>29</p> <p>8A: Nutritionist 9A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 10:45A: PACE Chair 12:30P: Bridge 1P: Knit & Crochet</p>	<p>30</p> <p>New Years Eve Observed – Senior Center Closed</p> <p>2023</p> <p><u>No Meal Program</u></p>

Program Descriptions:

Check the calendar for dates!

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle.

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. 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.

Only offered to East Providence residents

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.

Knit & Crochet

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM Free of cost sponsored by Blue Cross Blue Shield.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30A-10:30A \$2.00 per class.

Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM.

Craft Club

Craft club is held monthly. Various crafts will be done. New crafts announced monthly. Working with a variety of mediums while socializing with friends. Prices fluctuate between \$5-\$10 per craft. Registration is required.

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. Free class.

Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!

555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/McStay
FUNERAL HOME

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PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL



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Fax 401 723 9670
www.pawtucketfalls.com

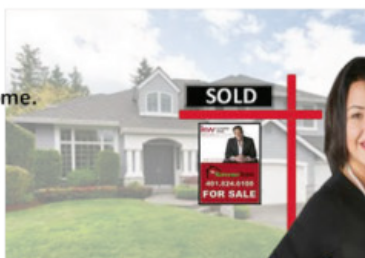
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or sell your home.
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You'll be glad
you did!



401.824.6100

**Brian
&
Alessa**

Brian@MyGreeneTeam.com
MyGreeneTeam.com
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Lisa Janicki, MS

LEN WALKER

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

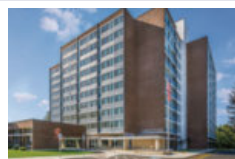
Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

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

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Let us shop your Medicare
options for you!

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- ✓ Dental
- ✓ Hearing Aids
- ✓ Gym Membership



Plans Starting at \$0 Premium

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Call today (401) 210-2727 | Falo Português / Hablo Español

Or visit our office at 75 Newman Avenue, Suite L1, East Providence, RI 02916

Representatives are Member Agents of WeCanHelpYou.Org

A 501(c)(3) non-profit organization

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



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

TECHNOLOGY ASSISTANCE



Smartphone Assistance



**Drop by the Robert Rock East
Providence Senior Center on**

TUESDAYS FROM 10AM-11AM

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

No registration required

**Sorry I didn't pick up my phone,
I got carried away dancing
to the ringtone.**



Computer/Tablet Assistance



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.

December 14, 2022 10:30AM

**YOU CAN NOW ENJOY SURFING THE
INTERNET THROUGHOUT THE SENIOR
CENTER BUILDING!**

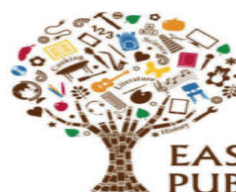
If you would like to sign out a Chromebook,
please see Amanda in the Resource Center.

Chromebooks must be returned to the
Resource Center by the end of the day.



**“TECHNOLOGY IS
BEST WHEN IT
BRINGS PEOPLE
TOGETHER.”**

*Additional technological assistance
can be found at the Weaver Library
on Grove Avenue. Call to schedule
an appointment (401) 434-2453.*



**EAST PROVIDENCE
PUBLIC LIBRARY**

EVENTS/EXTRA HELP:



BACK BY POPULAR DEMAND...

WHEEL OF FORTUNE!

BEGINNING JANUARY 23, 2023

11AM-12PM

Please call the Senior Center if you would like to register or if you have any questions!

MEDICARE OPEN ENROLLMENT
OCTOBER 15– DECEMBER 7

CALL TODAY TO SCHEDULE AN APPOINTMENT:

401-435-7876 x1137

**Free unbiased Medicare appointments
by Trained & Certified Counselors.*

The program is a project of the East Bay Community Action Program, "funded in part by the United States Department of Health and Human Services Administration for Community Living and state funds through the R.I. Office of Healthy Aging.

LEN WALKER,

SENIOR MEDICARE BROKER

AVAILABLE AT THE SENIOR CENTER:

Len Walker, Senior Agent from Healthcare Solutions is available to meet with Seniors at the Robert Rock Senior Center on Tuesdays from 1:00PM-4:00PM by appointment during open enrollment.

Len can assist with new to Medicare enrollees or to review your current Medicare plan to see which 2023 plan will best meet your needs.

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

Office: 508-283-7957

Cell: 774-210-2060



VETERAN BENEFITS COUNSELING

Available every Monday at the Robert Rock East Providence Senior Center.

Call Michael for an appointment today to see if you are getting the maximum benefits you deserve as a Veteran!

Michael Rhilinger- (401) 208-5484

Michaelrhilinger@veteransinc.org





CONGRATULATIONS to
our November BINGO
raffle winner!

*A huge thank you to Pawtucket
Falls for sponsoring our BINGO
days!*



PAWTUCKET FALLS
HEALTHCARE CENTER



OAK
STREET
HEALTH

*Also a huge thank you to Oak
Street Health for sponsoring
our BINGO days!*

12th Annual WinterFest!

Saturday, December 3rd, 2022 3-7 PM

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

**Info: EP Recreation 401.435.7511
facebook.com/EPProvWinterFest**



Dave Marchetti's

"Animal Experiences" petting zoo 3-6 pm

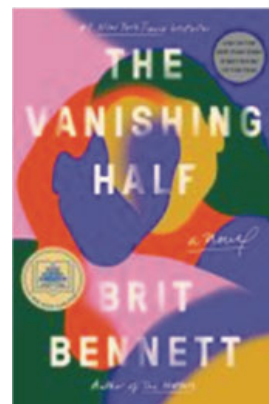
Santa's Arrival & WinterFest Tree Lighting 5:30 pm!

**Free Popcorn, Hot Chocolate
& Tree Ornament Craft!**

**Free Holiday Treat
& Kid's Bicycle Raffle!**



BOOK CLUB



Pick up your book at the front
desk today if you are interested
in participating in the book club!

Book club meeting is:

**Wednesday, December 28
10AM-11AM**

Brit Bennett produces a story
that is at once a riveting,
emotional family story and a
brilliant exploration of the
American history of passing.
Looking well beyond issues of
race, *The Vanishing Half*
considers the lasting influence of
the past as it shapes a person's
decisions, desires, and
expectations, and explores some
of the multiple reasons and
realms in which people
sometimes feel pulled to live as
something other than their
origins.

**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:

GENERAL MEMBERSHIP:

Residents of East Providence: \$15.00/year

Non-residents: \$20.00/year

**GENERAL MEMBERSHIP INCLUDING
FITNESS CENTER:**

Residents of East Providence: \$55.00/year

Non-residents: \$65.00/year

** Membership forms can be picked up at
the front desk!**

Mark your Calendars

East Side Clinical Lab

The East Side Clinical Laboratory visits the Robert
Rock Senior Center on the first Wednesday of the
month. All you need to bring is your lab slip and East
Side Clinical Lab will take your bloodwork right at the
Senior Center!

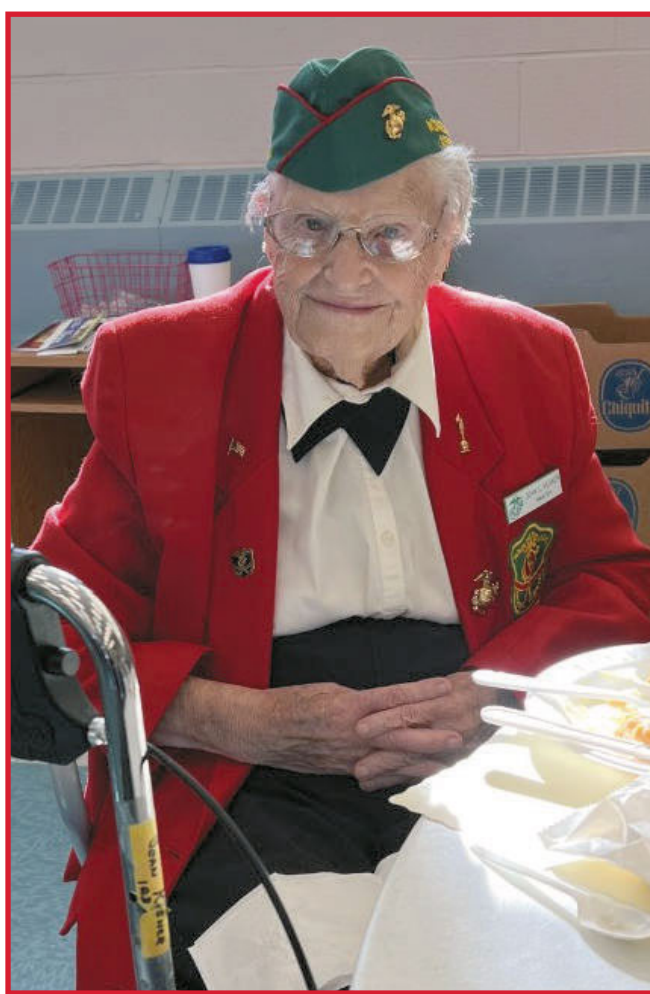
WEDNESDAY DECEMBER 7, 2022 8:30AM-11AM

DECEMBER 16, 2022

11:30AM

HOLIDAY CONCERT

Janine D'Angelo will be singing, holiday
music, standards and music from the
50's and 60's.



Oatmeal Zucchini Muffins

Ingredients

Non-stick cooking spray
1 cup sugar
3 eggs
 $\frac{2}{3}$ cup vegetable oil
1 teaspoon vanilla
 $1\frac{1}{2}$ cups all-purpose flour
1 cup uncooked old fashioned oats
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
2 teaspoons cinnamon
1 teaspoon nutmeg
3 cups shredded zucchini
1 cup chopped walnuts (optional)



Prep time: 10 minutes
Cook time: 20 minutes
Servings per recipe: 24

Directions

- 1) Preheat oven to 350°F. Spray two muffin tins with non-stick cooking spray.
- 2) In a large bowl, beat together sugar, eggs, oil, and vanilla. Add flour, oats, baking powder, salt, cinnamon, and nutmeg. Mix slightly until dry ingredients are moist.
- 3) Squeeze excess liquid from shredded zucchini. Stir zucchini and walnuts, if using, into batter.
- 4) Spoon batter into muffin tins to make 24 muffins. Bake 15 minutes or until inserted toothpick comes out clean. Cool completely before removing from pan.



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Please call our dining room at
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December 2022

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal reservations are needed a day in advance by 11:00am <u>Monday – Friday</u> with Cindy 401-270-1814	Please remember if you are unable to attend to call and cancel your meal reservation Thank you	 east bay community action program THE BRIDGE IS SELF-RELIANCE	1 Tomato Vegetable Soup BBQ Beef Mashed Potatoes Mixed Vegetables Fresh Fruit Rye Bread (<i>Salmon Salad on Rye</i>)	2 100% Juice Broccoli & Cheese Quiche Turkey Sausage Tomato Half Greek Yogurt (<i>Turkey & Cheese on Wheat</i>)
5 Lentil Soup Roast Pork w/Gravy Stuffing Capri Blend Vegetables Lemon Pudding Wheat Bread (<i>Shrimp Salad on Wheat</i>)	6 Vegetable Barley Soup Meatloaf w/Mushroom Gravy Whipped Potatoes Roasted Brussel Sprouts Sliced Peaches Marble Bread (<i>Salami & Cheese on Marble</i>)	7 Chicken Escarole Soup Veal w/Marinara Sauce Pesto Whole Grain Pasta Italian Blend Vegetables Fresh Fruit Pumpnickel Bread (<i>Bologna & Cheese on Pumpnickel</i>)	8 Onion Soup w/CROUTONS Turkey Chili Corn Bread Broccoli Spears Mandarin Oranges Multi Grain Bread (<i>Meatloaf on Multi Grain</i>)	9 Red Chowder Seafood Salad Baked Lays Chips Broccoli Slaw Ice Cream Dinner Roll (<i>Ham Salad on a Roll</i>)
12 Chicken Vegetable Soup Beef Tips w/Mushroom Gravy Seasoned Noodles Asparagus Tips Fruit Cocktail Rye Bread (<i>Chicken Loaf & Cheese on Rye</i>)	13 100% Juice Low Sodium Hot Dog w/Mustard Baked Beans Cole Slaw Greek Yogurt Multi Grain Bread (<i>Turkey & Cheese on Multi Grain</i>)	14 Beef Noodle Soup Stuffed Chicken w/ Broccoli & Cheese w/Gravy Seasoned Sliced Potatoes Mixed Vegetables Apricot Half Wheat Bread (<i>Shrimp Salad on Wheat</i>)	15 Happy Birthday Chicken Soup w/Anci de Pepe French Meat Pie w/Ketchup Seasoned Spinach Frosted Cupcake Oatmeal Bread (<i>Egg Salad on Oatmeal</i>)	16 Christmas Dinner Pasta Fagioli Stuffed Chicken w/Gravy Red Bliss Mashed Potatoes Green Beans Almondine Coffee Cake Wheat Bread (<i>Seafood Salad on Wheat</i>)
19 Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Winter Blend Vegetables Pudding Wheat Bread (<i>Tuna on Wheat</i>)	20 100% Grape Juice Turkey Chili w/Cheese Corn Bread Tossed Salad w/Dressing Fruit Cocktail Rye Bread (<i>Corned Beef & Cheese on Rye</i>)	21 Vegetable Soup Stuffed Cabbage w/Sauce Seasoned Brown Rice Mixed Vegetables Sliced Peaches Pumpnickel Bread (<i>Corned Beef & Swiss Pumpnickel</i>)	22 Beef Barley Soup Roasted Airline Chicken Oven Roasted Potatoes Buttered Carrots Coffee Cake Wheat Bread (<i>Tuna on Wheat</i>)	23 CLOSED Christmas Holiday 
26 CLOSED Christmas Holiday 	27 Butternut Squash Soup Chicken Marsala Seasoned Brown Rice Broccoli Cuts Diced Pears Multi Grain Bread (<i>Honey Ham & Cheese on Multi Grain</i>)	28 Venus de Milo Soup Italian Sausage Seasoned Ziti Ratatouille Fruit Cocktail Wheat Bread (<i>Tuna on Wheat</i>)	29 Broccoli & Cheese Soup Beef Wellington w/Ketchup Garlic Spinach Sliced Peaches Oatmeal Bread (<i>Pastрами & Swiss on Oatmeal</i>)	30 CLOSED New Years Eve Holiday 