

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914

401-435.7800

Fax: 401-563-7024

www.eastprovidenceri.gov



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December 2023

Senior Center Services

Elder Resource Specialist
Amanda LaPlante

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams-Hackney

Monday-Friday 401-443-4312

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 Transportation
Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

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

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Worker

gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson

Napoleon Debarros

Transportation:

Joe Serodio

Christopher Januario

Dennis Price

Tom Taylor

Richard Wood

MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform and enrich the lives of all persons 55 years of age and older or persons with disabilities in the East Providence area.

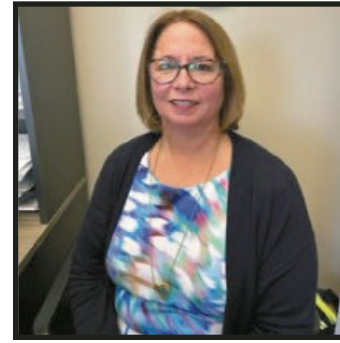


Message from the Mayor:

What a great successful year! Looking back on the year 2023, we have accomplished so much in a short amount of time. We have so many great holiday events coming up this season. Please join us at City Hall on Dec. 2nd from 4PM-7PM for our annual Holiday /Tree lighting Celebration. There will be food, vendors, entertainment by local dance groups, free hot chocolate for the kids and photos with Santa. I have also been very excited to celebrate our 13th annual WinterFest Celebration happening on Dec. 9th. This is a free event that begins at 3PM. Festivities will begin with Dave Marchetti's Animal Experience. The East Providence Recreation Department is also providing free popcorn, hot chocolate, live music, and fun activities for children/grandchildren. Hope to see you there! Have a happy and healthy holiday season.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy Holidays!

Thank you to all our members for yet another successful year. New memberships have been continuously coming in, and we already have some great events in store for the year 2024. I would like to take the time to thank all our volunteers for all their hard work throughout the year. We really appreciate everything you do for our center! I would also like to thank our sponsors for supporting us throughout the year. It takes a village! The Open Enrollment period for Medicare ends on December 7th. We have extra assistance during this time to assist with the Open Enrollment process. After Open Enrollment, we will still have SHIP Counseling assistance available at the Senior Center. If you are looking for a SHIP Counseling appointment to go over your medical insurance for the upcoming year, please call 401-435-7876 x1137. Wishing you all a very Merry Christmas and a Happy and Healthy New Year. See you in 2024!

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 DECEMBER:

Friday, Dec. 22: Christmas Eve Observed - **CLOSED**
 Monday, Dec. 25: Christmas Day - **CLOSED**
 Friday, Dec. 29: New Years Eve Observed - **CLOSED**
 Monday, Jan. 1: New Years Day - **CLOSED**

BINGO INFORMATION EVERY TUESDAY



\$6.00 per card

Doors Open at 1:00PM
 Games start at 1:30PM
 Dabbers: \$2.00 each

PULL TAB INFORMATION:

Pull Tabs available on Tuesdays only.

.50 ¢ per pull tab
 OPEN 1:00PM-1:25PM
 All transactions **MUST** be completed by 1:25PM.

SHOPPING TRIPS SCHEDULE DECEMBER 2023:

Dec. 1: WALMART
 Dec 7: Stop & Shop
 Dec. 8: Shaw's
 Dec. 14: Stop & Shop
 Dec. 15: Shaw's
 Dec. 21 : Stop & Shop
 Dec. 28: 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!



MONDAY, DEC. 18

CRAFT CLUB
10:00A-11:30A

Make your own Mason Jar Snow globe

All materials and supplies will be provided. Sign up today as seats will fill up fast.

Register by calling 401-435-7800 or signing up at the front desk.



Are you interested in learning how to play Mah Jongg?
DEC. 5 & DEC. 12

Mah Jongg training class will be offered at the Senior Center on Tuesday Dec. 5 & 12 from 1PM-3PM.

Late bus transportation will be offered.



A Note of Gratitude for Ann Marie Sabula



Ann Marie,

As you open the door to your next adventure, we would like to thank you for everything you have done for us at the East Providence Senior Center. Your many years of dedication and hard work are very much appreciated.

Congratulations on your retirement.
 Best of luck in your future endeavors.
 We wish you all the best!

ARE YOU INTERESTED IN PARTICIPATING IN A CO-ED BILLIARDS LEAGUE?

If you are interested in learning how to play billiards, please call: 401-435-7800 to inquire today!

MERRY CHRISTMAS



We will be showing:
THE HOLIDAY
 In the Dining Room on:
DECEMBER 18, 2023 1:00PM
 Popcorn will be served.



DO YOU FIND YOURSELF ASKING PEOPLE TO REPEAT THEMSELVES? COME GET YOUR HEARING CHECKED BY A SPECIALIST FROM CARELINK.

Hearing Clinic coming back to the Senior Center in January 2024!

WEDNESDAY, JANUARY 17 9:30AM-11:30AM
THURSDAY, JANUARY 18 9:30AM-11:30AM



Basic hearing screenings being done at the Senior Center. Please call our Healthy Aging Nurse Coordinator if you have any questions:
401-270-1792.

If you are interested in the hearing clinic, please sign up at the front desk. These appointments will fill up FAST.



Limited to 15 minute appointments. Sign up is **REQUIRED.**

BE PREPARED... DO YOU NEED AT HOME COVID-19 TEST KITS?



Get FOUR FREE AT HOME COVID-19 tests this fall!

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home from USPS.

[Covidtests.gov](https://www.covidtests.gov)

Need help placing an order for your free at-home tests?
Contact Gilbert, our Community Health Worker at 401-443-4312.

Health Related Programs:

Blue Cross Blue Shield Strength and Balance classes...
CONTINUED THROUGH THE NEW YEAR!

FRIDAYS 1:00PM

Participants work on muscle strengthening, coordination, and mindful movements.



**Blue Cross
Blue Shield**
of Rhode Island

Blood Pressure Checks in December 2023:

Tuesday, Dec. 5:
Orchard View is coming to assist with blood pressure checks.

Tuesday, Dec. 26:
Hattie Ide Chaffe is coming to assist with blood pressure checks.



TAI JI RETURNS IN JANUARY 2024!



The Robert Rock East Providence Senior Center is excited to announce the return of Tai Ji Quan in January! Tai Ji is a mind-body-energy exercise program that combines movements, meditation and breathing. Research has shown that Tai Chi can improve balance, stability and flexibility in older adults. **This evidence-based program runs twice a week for 6 months. Attendance is crucial in achieving desired outcomes.**

Must be a member of the senior center to sign up. A pre-screening assessment is required.

Anyone who is interested can sign up in the main lobby or call our Healthy Aging Nurse Coordinator at 401-270-1792.

SPOTS FILL UP FAST SO DON'T DELAY!

URI SNAP ED
WEDNESDAY, DECEMBER 20
10:30AM

THIS CLASS IS ALL ABOUT
BEVERAGES AND HOW WE
SHOULD RE-THINK WHAT WE
DRINK.

****This will be the last URI SNAP
Ed class until Fall 2024.****

THE
UNIVERSITY
OF RHODE ISLAND



THE PODIATRIST IS BACK!
FRIDAY, DECEMBER 12
1PM-4PM



Callus removal and nail clipping services. Please contact Shahnee, our Healthy Aging Nurse Coordinator for an appointment **401-270-1792**.

You must be a member of the Senior Center to have a scheduled appointment to be seen.

DO YOU STRUGGLE WITH FOOD? NOT SURE WHICH FOODS TO EAT MORE OF OR WHICH TO CUT BACK ON?



Join Nutritionist Ann Marie on Tuesday, December 19th for an open forum on nutrition. Ann Marie has all the tips and tricks to achieving a healthy, balanced diet to meet your goals.



TUESDAY, DECEMBER 19 10:30AM

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

NEW HAPPENINGS AT THE SENIOR CENTER:

Warm Water Pool Time at PODS SWIMMING

Mondays
2:00 pm-3:00 pm

11 Commercial Way
East Providence

No need to pre-register. Go to PODS on the scheduled day/time. Let them know you are with the East Providence Senior Center to receive the reduced rate.

The Robert Rock, East Providence Senior Center is partnering with PODS Swimming!

PODS Swimming has reserved their warm water pool for East Providence Senior Center members starting Monday, Oct. 16, 2023.

COST:

Senior discount of \$7.00 per session or if you prefer you can purchase a punch card for \$70.00 for 10 sessions.

TRANSPORTATION:

The Senior Center will provide transportation to PODS Swimming. Please contact Member Services for more information and to reserve transportation by calling 401-435-7800.

CREATIVE CONNECTIONS WITH BROWN UNIVERSITY

THURSDAY, DEC. 14
10:30AM

**PAINT YOUR OWN
TOTE BAG**



Registration is required at front desk.



MEET WILLOW!

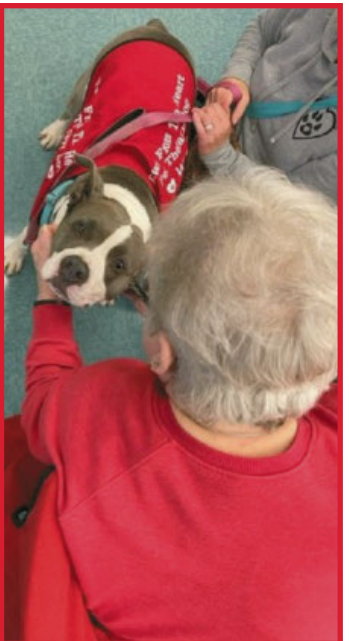
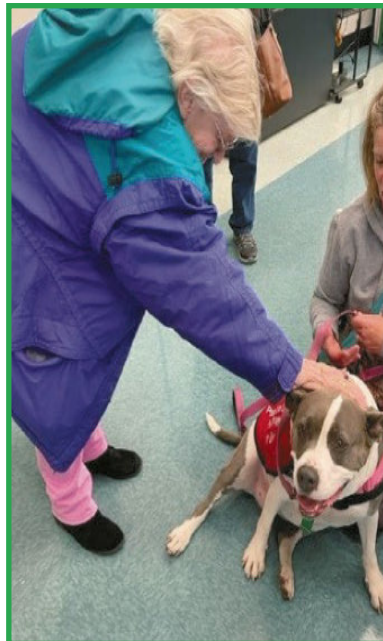
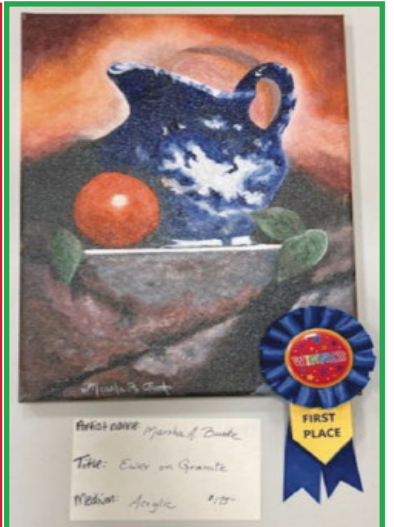
Willow is a Certified Therapy dog that will be visiting the Senior Center this month on **Thursday, Dec. 14 at 10AM.**

Willow comes from Shelter to Sofa RI which is a local non-profit agency that provide an array of services for dogs such as rescuing, foster, and obtaining certification to become a certified therapy animal.






We will be accepting donations of dog food, toys, beds, treats at the Senior Center. Before Christmas, a staff member will drop off the donated items to Shelter to Sofa RI.

A LOOK BACK FROM NOVEMBER:



Robert Rock Senior Center Activities

DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
4 9:30A: Matter of Balance Class 1P: Len Walker Appointments 2:00 PODS Swimming	5 8A: Nutritionist 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO! 2P: Creative Art Studio	6 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Matter of Balance	7 9A: Nurse Hours 9:30A: Senior Shopping 10A-12P:1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet 	8 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
11 9:30A: Matter of Balance 1P: Get Set Up 2:00 PODS Swimming	12 8A: Nutritionist 9A: Nurse Hours 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	13 8A: Nutritionist 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Matter of Balance	14 9A: Nurse Hours 9:30A: Senior Shopping 10A: Willow Therapy Dog Comes for a Visit 10A-12P 1:1 Computer Assistance 10:30A: Creative Connections 12:30P: Bridge 1P: Knit & Crochet	15 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1P: Podiatrist Appts. 1:30P: Hi Lo Jack
18 10A: Craft Club 10: The Pointe Assistance 1P: Movie Showing 2:00 PODS Swimming	19 8A: Nutritionist 9A: Nurse Hours 10A: Water Color Paint 10A: Smartphone Help 10:30A: Nutrition Talk with Ann Marie 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	20 8A: Nutritionist 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP Ed 10:45A: PACE Chair Exercise 1P: Cribbage	21 9A: Nurse Hours 9:30A: Senior Shopping 10A-12P 1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet	22 Christmas Eve Observed  Senior Center CLOSED
25 Christmas Day  Senior Center	26 8A: Nutritionist 9A: Nurse Hours 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio 	27 8A: Nutritionist 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	28 9A: Nurse Hours 9:30A: Senior Shopping 10am-12pm 1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet	29 New Years Eve Observed  Senior Center CLOSED

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. Check the daily activities page to set up an appointment today!

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.**
DECEMBER 6- 10:30AM

SHIP Counseling

State Health Insurance Program (SHIP)
Counselor is available on Wednesday (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

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.

Chair Yoga

Chair Yoga is wonderful for both your mind and body.
Tuesdays with Cyn 10:45AM **\$3.00 per class.**
No registration required.

Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc. Tuesdays 2:00PM
Registration required \$3.00 per class.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE chair exercise are low impact that increase blood flow and strengthen your muscles.

No registration required. No fee.

Wednesday & Fridays 10:45AM-11:30AM

Senior Shopping

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

\$1 transportation fee. Registration is required.

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.

Gym Orientations- Robin/Sandra

Robin and Sandra can provide orientations and show fitness members how to properly use the fitness center equipment. Robin and Sandra can explain proper techniques and demonstrate exercises.

For fitness members only

Tuesdays 9:30A-11:30A Thursdays 9:30A-11:30A

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**

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

Craft Club

Participants are given the opportunity to explore various art-making skills. Activities allow participants to enhance their creative and visual skills. **Fee: \$5.00**

Registration required. Next Craft Club on Dec. 18, 2023.

Cribbage, Bridge, Scrabble, Mah Jongg

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.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

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Senior Agent

Medicare Solutions

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Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

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



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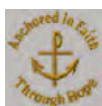
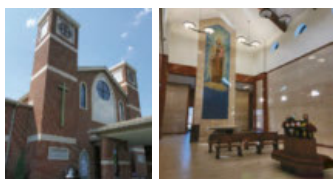
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Diocese of Providence

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TECHNOLOGY ASSISTANCE



Smartphone/Computer 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

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 6, 2023 10:30AM



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

Gilbert, our Community Health Worker can help!

On Thursday mornings from 10AM-12PM, drop in to see Gilbert to get any questions about technology answered. Feel free to bring your own laptop or tablet!

AFFORDABLE CONNECTIVITY PROGRAM:

This benefit provides a discount of up to \$30 per month toward internet service for eligible households.



USAC
Affordable
Connectivity Program

Call Amanda, our Elder Resource Specialist to learn more information and the process of applying:
401-270-1788.



DID YOU KNOW?

The East Providence Library offers additional technology assistance and classes to sharpen your technology skills.

Call to see what classes and assistance is being offered today!

401-434-2453



MONDAY, DEC. 11



1:00PM

SET GOALS, NOT RESOLUTIONS

This is a virtual class projected on Zoom!

Begin the New Year with intention and practicality. Acknowledging that resolutions often fade, this class shifts the focus to setting tangible goals—ones that stick. Learn how to turn hopeful resolutions into solid, actionable plans for the year ahead, ensuring that this New Year truly brings a new you.

EVENTS IN EAST PROVIDENCE IN DECEMBER:

East Providence Residents,
If you lost a loved one to COVID-19, we are inviting you to donate a holiday ornament in their memory to decorate our memorial tree at City Hall Plaza.

Please join us in decorating the tree at the **Tree Lighting Celebration** **December 2, 2023** at **City Hall Plaza** 4pm~7pm

If you are interested in having an ornament placed on the tree in a loved one's memory and cannot attend the event, please drop off your ornament at City Hall by **5:30PM on Thursday November 30, 2023**

Please direct questions to: mayorsoffice@eastprovidenceri.gov


Mayor Bob DaSilva

13TH ANNUAL WINTERFEST
SATURDAY, DECEMBER 9
3PM

The City of East Providence and WinterFest Committee presents the 13th annual WinterFest celebration on Saturday, Dec. 9, at the East Providence Senior Center, 610 Waterman Ave. WinterFest is a free event that promises fun for the whole family!

Festivities begin at 3 PM with Dave Marchetti's "Animal Experiences" petting zoo, free popcorn, hot chocolate and children's crafts and games! Entertainment by Rick Ashman. Food concessions by Joe's Snack Shack.

The public is invited to stroll the beautifully decorated WinterFest landscape while waiting for Santa's arrival by firetruck. Upon his arrival, Santa will preside over the WinterFest tree lighting. Immediately following the tree lighting, children will be able to visit with Santa, receive a candy treat and enter the WinterFest bicycle raffle!



GUARDIAN ANGEL AWARD

Do you know someone who goes above and beyond for someone in need?

Maybe they helped make your day or life better in some special way, and you want to thank them. **Tell us your story!** Nominate a senior today for the Guardian Angel Award.

Nomination forms can be found in the Health Office. Fill it out explaining why this senior is so amazing. Senior Center staff will review each nomination and select a winner quarterly (depending on how many submissions we receive). We will highlight the awardee on the board in the Health Office as well as in our newsletter.

Next Guardian Angel Award will be announced in January 2024!

AVAILABLE RESOURCES:

FIRE SAFETY FREE SMOKE ALARMS

At no cost, American Red Cross will install free smoke alarms within your home.

Call 1-877-287-3327 option 1



iCanConnect is a national program with local contacts to help people stay connected with friends, family, and their community.

iCanConnect provides free equipment to people with both significant vision and hearing loss who meet disability and income guidelines.

For general iCanConnect questions, contact Angelique Landry, Perkins School for the Blind, 617-972-7712.



THE POINT

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

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

Monday, Dec. 18: 10A-12P



SHIP COUNSELING

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

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

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



east bay community
action program

**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

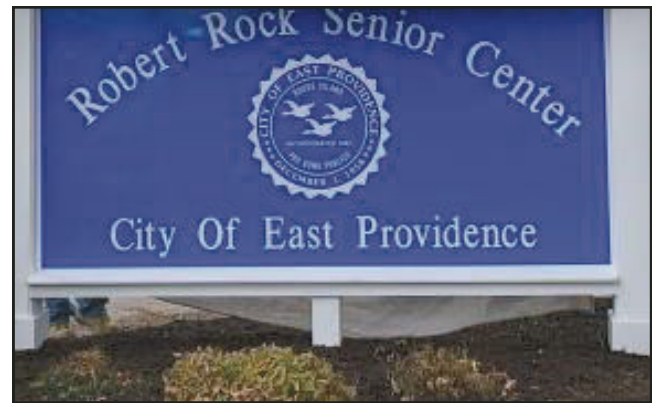
GENERAL MEMBERSHIP:

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!**



A HUGE THANK YOU TO ALL OF OUR SPONSORS FROM 2023!

In Memoriam
never forgotten



JoAnn Lamb passed in January 2023
 Rita Viau passed in January 2023
 Carol Ladeira passed in January 2023
 Herman Ladeira passed in January 2023
 Helen Playe passed in February 2023
 George Furtado passed in February 2023
 Eleanor Kollett passed in March 2023
 Mary Mello passed in March 2023
 Paul Playe passed in March 2023
 Fredericka Athanas passed in April 2023
 Carolyn Arlen passed in April 2023
 Gwendolyn Keller passed in May 2023
 Virginia Gonsalves passed in June 2023
 Mildred Morris passed in August 2023

If we missed someone, please let us know and we will feature them in our next newsletter.

Donald Brown passed in September 2023
 Vincent Spremulli passed in October 2023
 Valerie LaCross passed in October 2023
 Eileen Lennon passed in October 2023
 Bob Fricker passed in October 2023
 Norma Murphy passed in November 2023
 Ron Reposa passed in November 2023



Those we love don't go away, they walk beside us every day ... unseen, unheard, but always near, still Loved, still missed and very dear.

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Lunch is served at
12:00 pm

December 2023

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 24 HOURS IN ADVANCE!!**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>		<p>1 Split Pea soup Potato crusted fish Mixed vegetables Spanish rice Roll Pineapple chunks Roast beef w/ roll</p>
<p>4 Roasted cauliflower soup Meatball sandwich Roasted Yellow squash Mediterranean rice salad Sliced cake Roll Egg salad on wheat</p>	<p>5 Fresh fruit cup Texas style chili Tossed salad White rice Corn muffin Oatmeal cookie Seafood salad sandwich</p>	<p>6 Tomato navy bean soup French onion baked chicken Sweet potato Broccoli florets Oatmeal raisin cookie Roll Turkey & Swiss cheese</p>	<p>7 Minestrone soup Salisbury steak w/ gravy Mashed potato Baby carrots Ww Roll Sliced peaches Chicken salad plate</p>	<p>8 Corn chowder Beef w/ broccoli & mushrooms Roasted potato Green beans Roll Cookies Chicken Waldorf salad</p>
<p>11 Tomato soup Sausage & pepper sandwich Green beans salad Chips Whole Wheat roll Sliced pears Turkey & Swiss</p>	<p>12 Mushroom barley soup Sautéed beef w/ mushroom gvy Mashed potatoes Zucchini w/ tomatoes Ww Roll Cake Corned beef on rye</p>	<p>13 Escarole bean & sausage soup Veal patty parmesan Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate</p>	<p>14 Cream of broccoli soup Maple glazed pork tenderloin Rice pilaf Roasted vegetables Roll Apple slices Tuna salad plate</p>	<p>15 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich</p>
<p>18 Vegetable soup Swedish meatballs Mashed potatoes Baby carrots Fruit Seafood salad sandwich</p>	<p>19 Tomato soup Roasted chicken thighs Sweet potatoes Peas / Cookie Ww Roll Chicken Sandwich</p>	<p>20 Vegetable lentil soup Baked manicotti Roasted potato Mixed vegetables Ww roll – Fruit Chicken salad on rye</p>	<p>21 Italian wedding soup Holiday ham w/ gravy Green bean casserole Mashed potatoes Roll – cup cakes Ham & cheese sandwich</p>	<p>22  Senior Center Closed</p>
<p>25 Senior Center Closed </p>	<p>26 Chicken soup Pub burger w/ cheese Cole slaw Potato wedges Ww roll Jello Tuna salad plate</p>	<p>22 Potato & leek soup Chicken teriyaki Vegetable fried rice Stir fry vegetables Fruit Tossed salad w/ chicken</p>	<p>28 Minestrone soup Meatloaf w/ gravy Mashed potatoes Corn - roll Cake Chef salad</p>	<p>29 Senior Center Closed </p>