

# 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 2024

### 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

**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

**Cheryl Balasco**  
Admin. Assistant  
cbalasco@eastprovidenceri.gov

**Shahnee Lagor**  
Healthy Aging Nurse Coordinator  
slagor@eastprovidenceri.gov

**Amanda LaPlante**  
Elder Resource Specialist  
alaplante@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:**

I was amazed by all the talented artists we have in East Providence! Thank you for inviting me to attend the Senior Art Show. I had a great time visiting with you all and admiring the artwork. This is a great event that I look forward to every year.

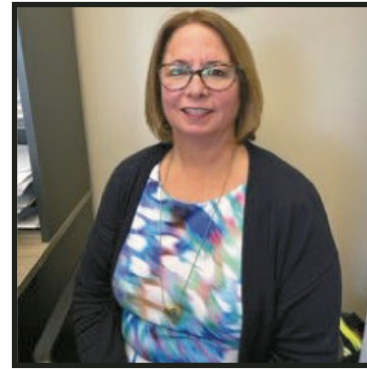
As we approach the holidays, I want to wish you and your family a wonderful holiday season. We have some great holiday events lined up in East Providence. Please join us on Saturday, December 7 for our annual tree lighting event happening at City Hall. There will be free hot cocoa, community bonfire, and a visit from Santa.

Winterfest is right around the corner. On Saturday December 14, we will have our annual Winterfest at the Senior Center. There will be something for everyone.

*Wishing you all a safe and happy holiday season!*

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

Happy Holidays! It is hard to believe we are already back into the holiday season. I want to thank everyone for coming out to see the Senior Art Show last month. We have so many talented artists here in East Providence. A big thank you to East Providence Heritage Arts for sponsoring this event.

The Senior Center has purchased a Christmas tree for Winterfest. We welcome all of you to help decorate. Feel free to bring in an ornament you would like to place on the tree. The tree must be fully decorated by December 13.

Please join us on Friday, Dec. 20 during lunch to see the Very Merry Christmas Dickens Carolers. They will be coming to spread holiday cheer throughout the Senior Center.

*I hope you all have a wonderful holiday season that is filled with happiness & cheer!*

**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:**

**Tuesday, Dec. 24:** Senior Center Closes at 11:30AM  
**Wednesday, Dec. 25:** Christmas Day (Senior Center Closed)  
**Tuesday, Dec. 31:** Senior Center Closes at 11:30AM  
**Wednesday, Jan. 1:** New Years Day (Senior Center Closed)

**BINGO INFORMATION EVERY TUESDAY**

*\$6.00 per card*

Doors Open at 1:00PM.

Games start at 1:30PM

Dabbers: \$2.00 each

**NO BINGO ON TUES, DEC 24**

**NO BINGO ON TUES, DEC 31**



**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 2024:**

Thurs, Dec. 5: Stop & Shop  
 Fri, Dec. 6: Shaw's  
 Thurs, Dec. 12: Stop & Shop  
 Fri, Dec. 13: Shaw's  
 Thurs, Dec. 19: Stop & Shop  
 Fri, Dec. 20: Shaw's  
 Thurs, Dec. 26: WALMART  
 Fri, Dec. 27: 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!**



**FRIDAY, DECEMBER 20  
12PM**

**THE VERY MERRY DICKENS CAROLERS ARE COMING TO THE EAST PROVIDENCE SENIOR CENTER!**

*The Very Merry Dickens Carolers is comprised of professional singers who love the music of the season and enjoy bringing seasons greetings to you. All of the songs are performed a cappella.*



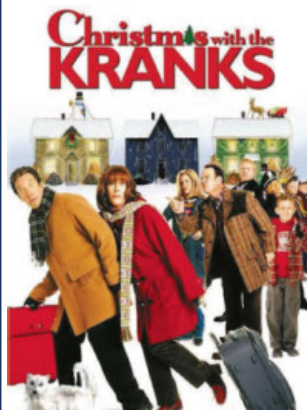
**Come enjoy this festive event with us!**



**DO YOU KNOW THE SENIOR CENTER HAS A BILLIARDS ROOM?**

Our Billiards group is looking for more players. Join in on the fun. Our Billiards Room is located downstairs. Stop by today for more information. Our Billiards Group welcomes everyone!

*No experience needed. The Billiards group meets up daily M-F at 8:30AM.*



We will be showing: **CHRISTMAS WITH THE KRANKS**

**Monday, December 23  
1:00pm**

*Finally alone for the holidays, Luther and Nora Krank plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors...*

**CRAFT CLUB**

**Monday, December 23**

**10:30AM-11:30AM**

**DIY CHRISTMAS ORNAMENTS**



# THANK YOU TO OUR 2024 SPONSORS!



HATTIE IDE CHAFFEE HOME



east bay community action program  
THE BRIDGE TO SELF-RELIANCE



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East Bay Regional Coalition  
Member of Rhode Island Regional Coalitions



EPPC

East Providence Prevention Coalition  
Promoting Healthy Lifestyles in East Providence



beacon  
HOSPICE  
an Amedisys company



PUBLIC LIBRARY



THE UNIVERSITY OF RHODE ISLAND  
web.uri.edu/SnapEd



Blue Cross Blue Shield  
of Rhode Island



Lifespan

# Health Related Programs:

## WISDOM FOR LIVING

DECEMBER 12 FROM 1PM-2PM

Do you ever just want to grab a coffee or tea and talk with other like minded individuals about topics that interest you?

*Well, now you can!*

Wisdom of Living is a series of monthly gathering to support socialization, challenge your thinking and allow you to engage in meaningful conversation.



NEW NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM

## GRIEF SUPPORT AND HEALING

### WITH BEACON HOSPICE

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.



**Thursday, December 19 11AM-12PM**



**Don't let the hustle and bustle of the holiday season stress you out. Rejoice in the sound of peace and tranquility.**

Come enjoy a holiday meditation sound bath and gong offering.

**Friday, December 20th**

**10:30am**

NO meditation on Friday December 20.

## URI SNAP ED

Wednesday, Dec. 18  
10:30AM

THE UNIVERSITY  
OF RHODE ISLAND



With the way food prices are going up, some may think it's easier and cheaper to eat out.. but fast food comes at a cost to your health.



## Understanding Alzheimer's Disease

**FRIDAY, DEC. 20**  
**10:00AM**

Alzheimer's disease is a hereditary disease that targets the brain and affects memory, thinking and behavior. Next year, health officials estimate 27,000 Rhode Islanders will be diagnosed with Alzheimer's disease.

Join us for a special presentation from the Alzheimer's Association of Rhode Island and Deb Burton of Rhode Island Elder Info to learn more about the signs and symptoms plus community resources to help you or a loved one living with memory loss.



**Staying active and strong through the winter months is so important for older adults. That's why Aldersbridge Physical Therapy and Wellness Center is making you a priority!**

Conveniently located less than a mile from East Providence Senior Center, we are not just another facility—we're your neighbors. Our dedicated team of therapists treats every client like family, tailoring treatments to meet each person's specific needs. We look forward to continuing our mission of enhancing the quality of life for every member of our community who entrusts us with their care. At Aldersbridge Physical Therapy and Wellness Center, we take pride in being a small, community-focused practice that puts the wellbeing of each client at the heart of everything we do. We are committed to providing individualized care that is as unique as the people we serve.

*Join us for a presentation on the services offered and learn how you can get approved for 1:1 balance and strengthening sessions.*

**MONDAY DEC. 23 AT 10AM.**

# City of East Providence Annual Tree Lighting Festival



**When:** Saturday December 7, 2024

**Vendors open:** 4 PM to 7PM

**Santa arrives:** 6 PM

**Where:** City Hall Plaza - 145 Taunton Ave

Enjoy holiday performances, free hot cocoa, community bonfire, shopping with local artisans, delicious food vendors, Santa's arrival on a firetruck, and more!

## Interested in participating as a vendor?

Scan the QR code or visit

<https://forms.office.com/g/r8RYWPbss7>

to apply



Vendor applications close  
November 23rd



# WinterFest!

Dec. 14, 2024 \* 3 - 7 PM

*Robert Rock Senior Center—610 Waterman Ave  
East Providence RI 02914*

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



**Dave Marchetti's**

**"Animal Experiences" petting zoo!**

**Music by  
Joey Marshall**

**Singing all your  
Holiday favorites!**



**Kid's Bicycle Raffle! Free Popcorn & Hot Chocolate!  
Kids Games & Crafts!**



**Info: EP Recreation 401.435.7511**

# Robert Rock Senior Center Activities

## DECEMBER 2024

Mon	Tue	Wed	Thu	Fri
<b>2</b> 10:30A: Backgammon 10:30A: Bingocize 2P: PODS Swimming	<b>3</b> 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help <b>10:30A: AARP Presentation Brain Health</b> 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>4</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>5</b> 9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	<b>6</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Bird Watching 10:45A: PACE Chair 11A: Meditation (John Hosting) 1P: BCBS Balance 1P: Hi Lo Jack
<b>9</b> 10:30A: Backgammon 10:30A: Bingocize 2P: PODS Swimming	<b>10</b> 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>11</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>12</b> 9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom for Living Talks	<b>13</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1P: Hi Lo Jack
<b>16</b> 10:30A: Backgammon 10:30A: Bingocize 2P: PODS Swimming	<b>17</b> 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>18</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP Ed 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>19</b> 9:30A: Senior Shopping 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet	<b>20</b> 8:30A: Scrabble 10A: Mah Jongg <b>10A: Dementia Presentation</b> 10:30A: Sound bath Gong Meditation 10:45A: PACE Chair Exercise <b>11:30A: Very Merry Dickens Carolers</b> 1P: BCBS Balance 1P: Hi Lo Jack
<b>23</b> <b>10A: Aldersbridge PT Presentation</b> 10:30A: Backgammon 10:30A: Bingocize 10:30A: Craft Club 1P: Movie Showing 2P: PODS Swimming	<b>24</b> <b>SENIOR CENTER CLOSSES AT 11:30AM TODAY. BREAKFAST WILL BE SERVED AT 10:30AM.</b> <b>NO TRANSPORTATION TODAY.</b>	<b>25</b> Senior Center Closed  Christmas Day	<b>26</b> 9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 12:30P: Bridge 12:30P: Knit & Crochet <b>NO LUNCH TODAY</b>	<b>27</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1P: Hi Lo Jack
<b>30</b> 10:30A: Backgammon 2P: PODS Swimming	<b>31</b> Cyn to hold Chair Yoga today at 10:30AM <b>SENIOR CENTER CLOSSES AT 11:30AM TODAY. BREAKFAST WILL BE SERVED AT 10:30AM.</b> <b>NO TRANSPORTATION TODAY.</b>	 <b>Happy Holidays!</b>		<b>REWARDS CARDS:</b> Every event in <b>RED BOLD FONT</b> will count towards your reward card! <i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i>



## 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.

**\$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.**

**DECEMBER 18- 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 and Fridays (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**

Tuesdays 1P-3P Thursdays 8:00A-11:30AM

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.

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.

**WEDNESDAYS 11AM-12:30PM**

**Registration required \$3.00 per class.**

## Craft Club

Participants are given the opportunity to explore various art making skills. Activities allow participants to enhance their creative and visual skills.

**Registration required. Limited space available.**

## 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.**

## Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon

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.**

*2555 Pawtucket Ave., East Providence, RI 02914*

**434-3885**

**Perry/**  
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FUNERAL HOME

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Lisa Janicki, MS

## YOUR STORY INTERVIEWS

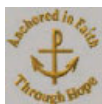
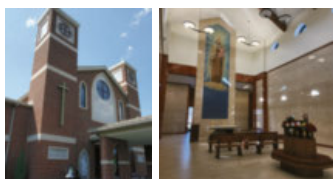


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# Catholic Cemeteries

**Diocese of Providence**

*Catholic Cemeteries has more options to choose from than ever before.*

*Numerous opportunities to memorialize your loved one regardless of their resting place. Ensure that YOUR wishes are met, rather than leaving it up to grieving family members. We are here to help you through the process.*

**Main Office: (401) 944-8383**

**Gate of Heaven Office:  
(401) 434-2579**

**Mention Discount Code  
EPSC at time of purchase**

**ricatholiccemeteries.org**

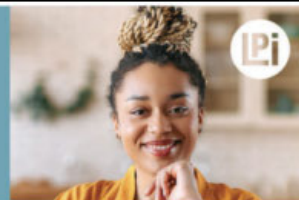
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**careers@4ipi.com or  
www.4ipi.com/careers**

### **Gaps in Coverage? Turning 65? Confused about plans and benefits?**



I am an INDEPENDENT agent working with over 30 plans in RI and Mass. We want to assess your needs and find any gaps in coverage or ways to save costs without cutting benefits.

*Brenna Mavis Insurance Services inc*  
MEDICARE SERVICING AGENT

**Benefits Reviews and Explanations • Medicare Advantage and Supplements  
Cancer Protection • Skilled Nursing • Hospital Indemnity • Prescription Drug Plans**

**Our Agency is hosting workshops and events in Spring and Summer  
FREE to the seniors in this community. Please text, call or  
email to register for event and see event calendar on our website!**

**Bingo Nights always with prizes! • Companion Opportunities  
"STOP the SCAMS!" Technology workshop • Painting Lessons  
Expos for the best senior products on the market and much more!**

**401-864-4716 - brennamavis@gmail.com**





# TECHNOLOGY ASSISTANCE



## Smartphone/Computer 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 18, 2024 10:30AM**



### Weaver Library Offers Technology Assistance!

Schedule an appointment to help you learn how to use the computer or ask any other computer or device question.

*Call Weaver Library to schedule your appointment today!*

**401-434-2453**



### 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*



## ATEL TECH TIME

**THURSDAY, DEC. 12 & DEC. 26**

**9:30AM-11:30AM**



*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.

**Sign up for your appointment slot by the front desk!**

To borrow a device, or see if you may be eligible to receive a no cost smart device from the ATEL Program, please contact Denise Corson, 401-486-3325 or email [Denise.Corson@ors.ri.gov](mailto:Denise.Corson@ors.ri.gov)



# ART SHOW PHOTOS:

*The 2024 Senior Art Show was a huge success! We seen many wonderful pieces created by local East Providence residents. A special thank you to Alba Curti for being the judge this year. Also a big thank you to Heritage Arts for sponsoring this event!*



# LIBRARY NEWS:



***Our Holiday Collection of Books are available to loan at the Senior Center Library!***

***Stop by to take a look.***

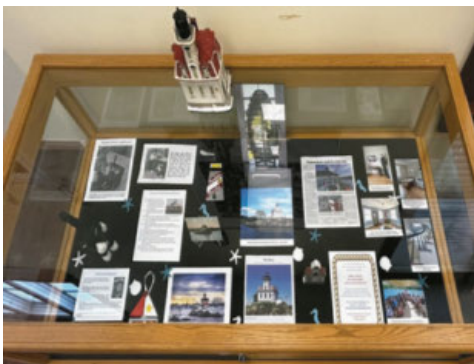
*The Senior Center also has a program partnered with the Weaver Library. If you wish to read a book we do not carry at the Senior Center, call the Weaver Library at 401-434-2453. Weaver Library will deliver the book to the Senior Center. Once you are finished with the book, return to the Senior Center library.*

*We have many dedicated volunteers in the library that can help you choose a book.*

***Donations are accepted of current books and magazines. Feel free to drop by with your book donations between the hours of 8AM-4PM Monday-Friday.***

## **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.



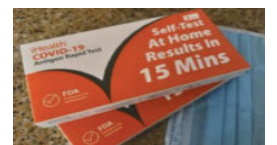
***Do you have a collection you would like to have featured in our display case?***

***Please contact Amanda at 401-270-1788 to coordinate. We would love to feature your collection!***



## **ARE YOU IN NEED OF AT-HOME COVID-19 TESTS?**

At the end of September, all U.S households are eligible to order 4 FREE COVID-19 tests at [covidtests.gov](https://covidtests.gov). The COVID-19 tests will detect current COVID-19 variants and can be used through the end of the year.



***If you need assistance ordering your free test kits, please call our Elder Resource Specialist Amanda at 401-270-1788.***

**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!*

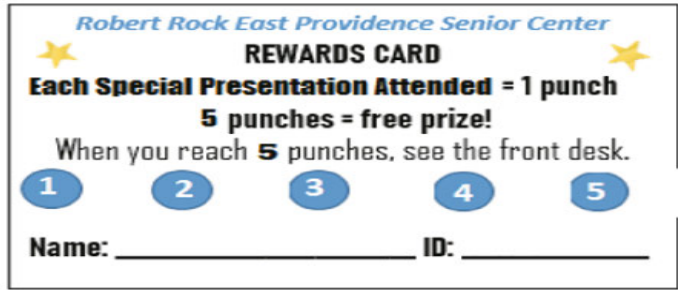


**REWARD CARDS**

The East Providence Senior Center is excited to announce the return of the Rewards Program beginning in 2024! The program aims to promote and encourage member participation in educational opportunities at the Senior Center.

**Here's how the program works:** Stop by the Resource Center to pick up your rewards card. Find a class on the monthly calendar that is in **red bold font**. Attend the class and receive a stamp on your Rewards Card. Once you earn 5 stamps, turn your card in for a gift card at the Resource Center. Any staff member can stamp your card once you complete the class that is eligible for a stamp.

\*\*The rewards program at the Senior Center is funded by Blue Cross Blue Shield RI. The rewards program is subject to change or end if/when all funding for the program is spent down.\*\*



Medicare Open Enrollment Ends December 7. Take a look at the resources below if you still need to speak with a Medicare Specialist regarding your Medicare plan:

**SHIP COUNSELING**

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost, 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).**

**All appointments are currently full with East Providence for the remainder of Open Enrollment. Please call The Point for assistance: 401-462-4444.**



east bay community action program



Len Walker  
lwalker@myhst.com  
**774-210-2060**



**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**



**3 INGREDIENT NO-BAKE DESSERT PERFECT FOR THE HOLIDAYS!**

**Peanut Butter Butterscotch Rice Krispie Treats**

**INGREDIENTS:**

- 1 cup peanut butter
- (12 ounce) package butterscotch baking chips
- 6 cups crisp rice cereal

**DIRECTIONS:**

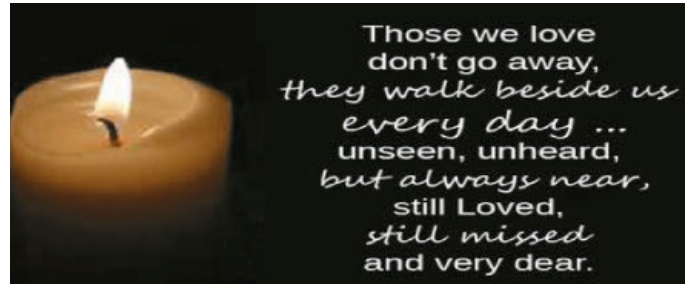
1. Melt peanut butter and chips together in a pan over medium-low heat. You can also heat peanut butter and chips in the microwave in a microwave safe bowl in 30 second intervals. **(Be careful not to over heat!)**
2. Add 6 cups cereal, mix well.
3. Pour into 13x9 pan. Let cool.



# IN MEMORIAM

Ray Anderson passed December 2023  
 Dorothy Kehoe passed in December 2023  
 Joan Senna passed in January 2024  
 Jean Kesner passed in January 2024  
 James D'Onofrio passed in January 2024  
 Mae Mills passed in February 2024  
 Jane Siniscalchi passed in March 2024  
 Larry Kent passed in October 2024  
 James Desorcy passed in May 2024  
 Dorothy Searle passed in June 2024  
 Martha Cote passed in June 2024  
 Yvonne Colasanti passed in June 2024  
 Phyllis Moniz passed in June 2024  
 Myron (Chuck) Dourado passed in August 2024  
 Maria Mendonca passed in August 2024

William Balkcom passed in August 2024  
 Orianne Leary passed in August 2024  
 Barbara Pfeiffer passed in September 2024  
 Maurice Bessette passed in September 2024  
 Charles Fennelly passed in October 2024  
 Barbara Connor passed in October 2024  
 Lenora Mantia passed in May 2024  
 Michael Bedrosian passed in November 2024



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Aldersbridge.org

**\$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.

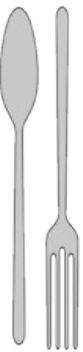
**Meals are served at 12PM Monday-Friday.**

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!**



# December 2024

**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
2 Mushroom barley soup Sloppy Joe Sliced potatoes 3-bean salad Ww Roll Chocolate cookie Turkey sandwich on rye	3 Chicken soup Baked pasta w/ meatballs & sausage Green beans Ww Roll Tropical fruit Chef salad	4 Tomato soup Chicken piccata Sweet potatoes Roasted vegetables Ww Roll Sliced peaches Roast beef on roll	5 Beef lentil soup Honey garlic pork loin Fiesta rice Sliced carrots Ww roll Fresh fruit Tossed salad w/chicken	6 Cauliflower & tomato soup Salisbury steak w/ gravy Rice pilaf Italian mixed vegetable Ww roll Oatmeal cookie Chicken salad sandwich
9 Kale & bean soup Marry me chicken Roasted potatoes Green beans Ww roll Brownie Ham salad on rye	10 Minestrone soup Chicken parm. Roasted carrots & broccoli Steamed white rice Ww Roll Sliced pears Corned beef sandwich	11 Meatball soup Sausage peppers and sweet potatoes Ww roll Fresh melon Chicken salad plate	12 Escarole bean & sausage soup Pork scallopin Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	13 Cream of broccoli soup Meatball sandwich Cucumber salad Macaroni salad Mixed fruit Ww roll Chef salad
16 Tuscan white bean soup Chicken caccatore Parmesan rice Broccoli Ww roll Sliced peaches Corned beef Rueben sandwich	17 Tomato soup Italian steak pizzalola Roasted potatoes Zucchini mixed vegetables Ww roll Cake Chef salad	18 <b>BirthDay Celebration</b> Lentil soup with vegetables Sausage & Pepper sandwich Pasta salad Ww Roll - Pineapple chunks Seafood salad plate	19 Italian wedding soup Stuffed chicken breast w/gravy Mashed potatoes Green bean casserole Ww roll Dessert	20 Vegetable barley soup Pub burger w/cheese Cole slaw Ww roll Cookie Tuna salad Plate
23 Roasted cauliflower soup Swedish meatballs Rice pilaf Roasted mixed vegetables Ww roll Oatmeal cookie Turkey sandwich	24 Fresh fruit Cheese omelet Potatoes O'Brien Ham Muffin <b>NO TRANSPORTS TODAY</b>	25  Senior Center Closed	26  SENIOR CENTER OPEN. NO LUNCH TODAY.	27  There will be no catered lunch today. Instead, we will be ordering pizza. If you would like to come in for pizza, please sign up by 12/24/24.
30 Vegetable soup Baked pasta Florentine w/sausage & cheese Wax beans Ww roll Sliced peaches Roast beef on roll	31 Fresh fruit Scrambled eggs Home fries Ham Muffin <b>NO TRANSPORTS TODAY</b>	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging		 east bay community action program THE BRIDGE IS STRONG-RELIANCE
<b>BREAKFAST SERVED AT 10:30AM. SENIOR CENTER CLOSING AT 11:30AM TODAY!!</b>		<b>BREAKFAST SERVED AT 10:30AM. SENIOR CENTER CLOSING AT 11:30AM TODAY!!</b>		<b>Suggested Donation \$3.00</b>