

# Robert Rock Senior Center



610 Waterman Avenue  
East Providence, RI 02914  
401-435-7800  
Fax: 401-563-7024  
www.eastprovidenceri.gov



*Follow us on Facebook!*

## February 2025

### 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 hope everyone is staying warm. I would like to thank everyone that has been volunteering at the East Providence Warming Center & Winter Hub. We have been able to provide resources, necessities, and a warm place to rest for those who need it. I also want to thank all of the generous community members that have donated necessities and/or their time to make this mission possible.

We will continue to post updates regarding when the Winter Hub is open at the Senior Center.

Stay warm and safe.

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

I would like to thank the Lt. Governor's office and Lt. Governor Sabina Matos for visiting the Senior Center last month to host a Resource Fair. This fair was a great way for our seniors to get connected with representatives and have their questions answered regarding various programs in the state of Rhode Island. We have heard positive feedback regarding this event.

If you are a member of our Fitness Center, you may notice a new piece of equipment. The Recumbent Stepper is newly purchased with grant funding to enhance your workout. Robin and Sandra are available on Tuesdays, Thursdays, and Fridays if you need a tutorial on how to properly use this new equipment.

February is the month of love! February is not only about Valentine's Day and sweethearts, but it is a good time to reflect and practice self care. Please join us on Friday, Feb. 14 to see a performance from the Barbershop Quartet. This will be a great performance. I hope to see you there!

**Best,**

**Laura Jones**

**Director of Senior Services**

**Robert Rock East Providence Senior Center**

**-Advisory Group-**

Judy Phillips  
Ann Fagundes  
Donald Senna

Jan Kinder  
Ken Goucher  
Dick Wood

Jim Phillips  
Elaine Robinson  
Christine Singleton

**DAYS TO REMEMBER IN FEBRUARY:**



Friday, February 14: Valentine's Day

Monday, February 17: President's 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



**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**

**FEBRUARY 2024:**

Thurs, Feb. 6: Stop & Shop

Fri, Feb. 7: Shaw's

Thurs, Feb 13: Stop & Shop

Fri, Feb. 14: Shaw's

Thurs, Feb. 20: Stop & Shop

Fri, Feb. 21: Shaw's

Thurs, Feb. 27: WALMART

Fri, Feb. 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!**

**COMING TO THE SENIOR CENTER ON FRIDAY, FEBRUARY 14..**



**THE BARBERSHOP QUARTET!**

**12:00PM**

The Barbershop Quartet is an a cappella music group that will come sing during lunch on Valentine's Day.

*Sign up for your lunch early to guarantee your lunch reservation!*

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

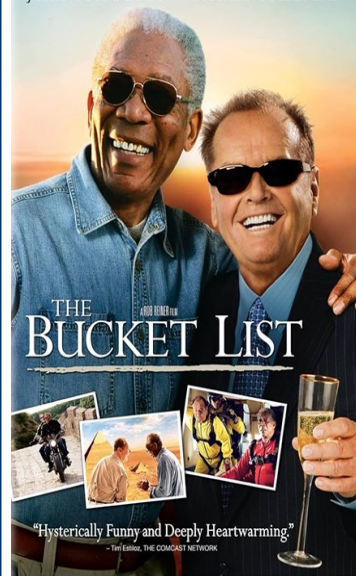


Our Billiards group is looking for more players. Join in on the fun. Our Billiards Room is located downstairs. Stop by today for more information.

Our Billiards Group welcomes everyone!

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

JACK NICHOLSON MORGAN FREEMAN



We will be showing:  
**THE BUCKET LIST**

**Monday,  
January 27  
1:00PM**

Billionaire Edward Cole and car mechanic Carter Chambers are complete strangers, until fate lands them in the same hospital room. The men find they need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die.

Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.



# NEW HEALTH PROGRAMMING COMING IN MARCH 2025:



## DEMENTIA Live®

**FRIDAY, MARCH 7TH**  
**1 PM**



A glimpse into the life of someone living with dementia. Participants will take part in an interactive experience that will show them what it looks, feels and sounds like to be living with memory loss.

Caregivers of those living with dementia may find this experience helpful in their understanding of the disease.

This program does require registration.

Anyone interested should contact our Nurse at  
**401-270-1792.**

*Bus transportation home can be provided after the program ends.*



## TOOLS FOR HEALTHY LIVING

*Are you living with chronic conditions such as diabetes, heart failure, pain or COPD? If so, we have a new program that aims to help you manage your symptoms and improve your quality of life!*

Join us for a six week program called Tools for Healthy Living.

This evidence-based program runs every Wednesday starting March 5th and ending April 9th from 9:30a-12p.

**Registration is required.**

Call Nurse Shahnee to sign up today!  
**401-270-1792.**



We are looking for more individuals that are interested in podiatry appointments with Dr. Ruggiero.  
**Call Shahnee to get your foot in the door!**  
**401-270-1792.**

**MEDITATION**  
Every Friday Morning  
**11AM**



# Health Related Programs:

**NURSE NOT IN OFFICE FEB 11 - FEB 20.**

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

## WISDOM FOR LIVING

**FEBRUARY 13 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.

## 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, February 20 11AM-12PM**

## SUPPORTING GOOD BRAIN HEALTH TUESDAY, FEBRUARY 18TH 10:30AM-11:30AM

Rhode Island Mood and Memory will join us for a presentation on normal changes we experience in cognition as we get older, the eight pillars of brain health and some of the things that people can do to try and stave off cognitive decline.

The team will also provide information on what to do if someone is experiencing abnormal changes in memory & thinking abilities.



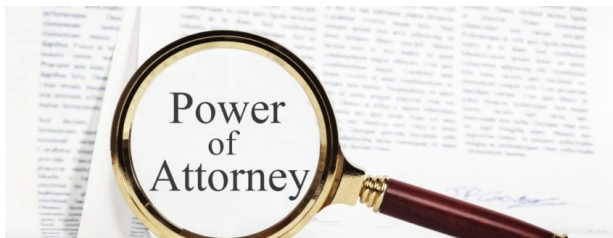
## Healthcare Educational Series sponsored by Eastgate Nursing and Rehab

**TUESDAY, FEBRUARY 25 10:30AM-11:30AM**

Knowing when it's time to transition to assisted living or long-term care can be a difficult decision.

Eastgate Nursing and Rehab will join us on Tuesday, February 25th from 10:30a-11:30a to provide insight and share some signs that it may be time to move.

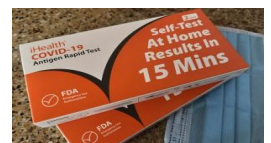
Learn more about the costs for assisted living, insurance options, and the importance of having a power of attorney (POA).



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

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. The order is placed online through USPS. They will be delivered to your residence.

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



**YOU'RE INVITED!**

# SENIOR SAFEGUARD

## **Knowledge is Power!**

Learn how to protect you and your loved ones from financial exploitation, fraud and scams.

**March 3<sup>rd</sup> • 10:30 - 11:30am**

## **East Providence Senior Center**

610 Waterman Ave, East Providence, RI 02914

## **RSVP**

401-435-7800 \*Space is limited



Federally insured by NCUA.

# RI DATA BREACH: HOW TO KEEP YOUR PERSONAL INFORMATION PROTECTED

On December 13, 2024, the State was informed by its vendor, Deloitte, that there was a major security threat to RIBridges, the system that manages many of the state's social services programs. Additionally, Deloitte confirmed that there is a high probability that a cybercriminal has obtained files with personally identifiable information.

## HOW DO I KNOW IF MY PERSONAL INFORMATION WAS COMPROMISED?

Any individual who has received or applied for state health coverage or health and human services programs or benefits could be impacted by this breach.

The programs and benefits managed through the RIBridges system include but are not limited to:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
  - Child Care Assistance Program (CCAP)
  - Health coverage purchased through HealthSource RI
- Rhode Island Works (RIW)
- Long-Term Services and Supports (LTSS)
- General Public Assistance (GPA) Program
  - At HOME Cost Share

**WEBSITE WITH MORE INFORMATION:**

<https://admin.ri.gov/ribridges-alert#what-you-can-do>

## WHO CAN I CALL IF I HAVE QUESTIONS ABOUT THE RI DATA BREACH?

*Households that have had personal information compromised will receive a letter by mail from the State that explains how to access free credit monitoring.*

In response to the RIBridges data breach, a call center which is open Monday-Friday from 9 a.m. to 9 p.m.

*If you have questions, call 833-918-6603. RI Incident Code is B137035.*

Call center staff will be able to provide general information about the breach as well as steps customers can take now to protect their data. Unfortunately, as the analysis of the data involved is still happening, call center staff will not be able to confirm whether a particular individual's data is or is not included in the breach at this time.

## WHAT CAN I DO TO PROTECT MY PERSONAL INFORMATION?

- 1. Freeze Your Credit:**  
Reach out to all three credit reporting agencies to freeze your credit. This is free and means no one else can take out a loan or establish credit in your name. You won't lose access to your money or credit cards. You can lift the freeze at any time.
- 2. Monitor Your Credit:**  
Contact one of the three credit reporting agencies to order a free credit report. You can also access a free credit report through AnnualCreditReport.com
- 3. Request a Fraud Alert:**  
Ask one of the credit reporting agencies to place a fraud alert on your files. This is free and lets creditors know to contact you before any new accounts can be opened in your name. Asking one agency to do this will cover this step for all three agencies.
- 4. Use Multifactor Authentication:**  
This means instead of having just one password to access your information, you have a safety backup to help prove that it's really you before you can log into your account.



# Robert Rock Senior Center Activities

## FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b> 8A: VITA Tax Assistance-by appt. 9A: AARP Tax Assistance-by appt. 10:30A: Backgammon 2P: PODS Swimming	<b>4</b> 8A: VITA Tax Assistance 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>5</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>6</b> 9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 12:30P: Bridge 12:30P: Knit & Crochet	<b>7</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (John Hosting) 1P: Hi Lo Jack
<b>10</b> 8A: VITA Tax-by apt. Assistance 9A: AARP Tax Assistance-by appt. 10:30A: Backgammon 2P: PODS Swimming	<b>11</b> 8A: VITA Tax Assistance 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>12</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>13</b> 9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom for Living Talks	<b>14</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: Hi Lo Jack  <b>THE BARBERSHOP QUARTET PERFORMANCE 12PM</b>
<b>17</b> Senior Center Closed    President's Day	<b>18</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help <b>10:30 Brain Health Presentation</b> 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>19</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>20</b> 9:30A: Senior Shopping 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet	<b>21</b> 8:30A: Scrabble 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation <b>11A: Capable Program Presentation</b> 1P: Hi Lo Jack
<b>24</b> 8A: VITA Tax-by appt. 9A: AARP Tax Assistance-by appt. 10:30A: Backgammon 2P: PODS Swimming	<b>25</b> 8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help <b>10:30A: Eastgate Presentation</b> 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>26</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	<b>27</b> 9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit & Crochet	<b>28</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Insight Support Group 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: Hi Lo Jack
	<b>REWARDS CARDS:</b> Every event in <b>RED BOLD FONT</b> will count towards your reward card!		<b>**Calendar Items are subject to change based on cancellations and/or inclement weather**</b>	



## 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.**

**FEBRUARY 12- 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.**

# INCOME TAX ASSISTANCE:



## **AARP TAX ASSISTANCE:**

DO YOU NEED HELP WITH YOUR TAXES?  
MAKE AN APPOINTMENT WITH PATTY FROM AARP  
TO GET THE BALL ROLLING.

**APPOINTMENTS ARE MANDATORY.**

THE AARP TEAM WILL BE AT THE  
EAST PROVIDENCE SENIOR CENTER  
EVERY MONDAY FROM:

**FEB. 3, 2025- APRIL 14, 2025.  
9AM-12PM.**

*The AARP Tax-Aide Program does **not** assist  
with business returns or returns dealing with  
rental property.*

FOR MORE INFORMATION OR  
APPOINTMENTS, CALL PATTY BREEN AT  
401-246-1678.

Once you schedule your appointment with  
the AARP Tax-Aide team, there will be  
packets available at the Senior Center for you  
to pick up. Please pick up these packets  
before your appointment to fully prepare your  
tax information for the AARP tax-aid team.

east bay community action program  
THE BRIDGE TO SELF-RELIANCE



## **VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA):**

### **Free Income Tax Preparation**

To schedule an appointment  
please call EBCAP's Office of  
Volunteer Services

**401-435-7876 ext. 6602**

East Bay Community Action Program's (EBCAP)  
Volunteer Income Tax Assistance (VITA) program  
delivers FREE, confidential, and secure tax preparation  
and e-filing services for qualifying taxpayers -  
**individuals and families earning less than \$67,000  
annually.**

VITA volunteers cannot prepare Schedule D  
(Complex), Schedule E, Employee Business Expenses,  
Moving Expenses, Nondeductible IRA, Recent  
Bankruptcy, Rental Property, Electric Vehicle  
Purchase, or Solar Tax Credits returns.

**For a complete list of "What to bring to your tax  
appointment" please visit: [www.ebcap.org](http://www.ebcap.org)**





# 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.

**February 12, 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, FEBRUARY 6**

**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)



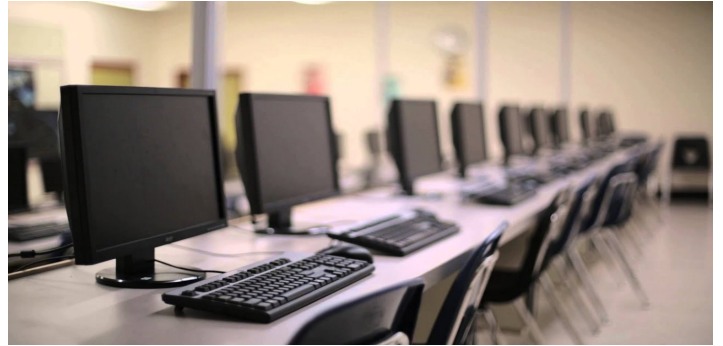



## SENIOR CENTER... COMPUTER LAB!

We have renovated the former Community Health Worker Suite to become a Computer lab! Our new computer lab consists of four large desktop computers. This room will now be home to all your technology needs.

Feel free to pop by the Computer Lab anytime Monday-Friday 8am-4pm. No registration will be required to jump on a computer. We are working towards getting more technology and computer assistance in the Senior Center to show you tips and tricks on how to use a computer.

*It is always advised and reminded to never put any personal information on a public computer!*



## CAPABLE PROGRAM INFO SESSION AT SR. CENTER:



# CAPABLE

The **CAPABLE** program helps older adults live safely in their homes. This program was developed at John Hopkins and is backed by research. You will receive home visits from an Occupational Therapist, Registered Nurse and a home modification specialist. This team works with you to identify goals to make your day-to-day activities easier. The Occupational Therapist works on tasks like dressing, bathing, cooking, grooming and moving around your house. The Nurse works on your pain, mood, medications, fall prevention and incontinence. The home modification specialist will make minor home repairs based on your functional goals.



### Services include:

- Up to 6 home visits from an **Occupational therapist**
- Up to 4 home visits from a **Registered Nurse**
- Minor home repair, modifications & assistive devices

**CAPABLE is a FREE, grant-funded program provided by CareLink with funding from BCBS Rhode Island**

## CAPABLE PROGRAM INFORMATIONAL SESSION AT THE SENIOR CENTER:

**FRIDAY, FEB 22 at 11:00AM**

**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 Rewards Program aims to promote and encourage member participation in educational opportunities at the Senior Center.*

**YOU MUST STAY FOR THE DURATION OF THE PRESENTATION TO GET A REWARDS STAMP!!**

**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.\*\*

*Robert Rock East Providence Senior Center*

**REWARDS CARD**

**Each Special Presentation Attended = 1 punch**

**5 punches = free prize!**

When you reach **5** punches, see the front desk.



Name: \_\_\_\_\_ ID: \_\_\_\_\_

**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.**



**WHAT IS THE POINT?**

The Point is the Rhode Island's free aging and disability resource center. Specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs.

**DID YOU KNOW THAT THE SENIOR CENTER HAS A SPECIALIST FROM THE POINT COME MONTHLY TO ASSIST WITH BENEFIT APPLICATIONS?**

**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**



Susan Cady will be at the Senior Center on:

**WEDNESDAY, FEB. 19**

**10:30AM-12:30PM**

*The virtual EP Military Service Honor Roll is being updated.*



Please submit new submissions, corrections, and updates.

You can also stop by the Senior Center on Feb. 19 to check that your prior submission is correct.

Local Veterans are encouraged to provide as much info as possible to be added into the EP Military Service Honor Roll

ex.: **basic info:** in memory of Martin, Sergeant Joseph, WWII, Army, Infantry

**extra details optional:** Invasion of Normandy, France, Battle of the Bulge. Silver Star

Longer biographical information and a military photo can be submitted now to this virtual collection.

Bring a military photo so it can be photographed and returned on same day.

Review the Honor Roll tab on the EPVMER2021 website: [www.sites.google.com/view/epvmer2021](http://www.sites.google.com/view/epvmer2021)



*A copy of the reference book "Veterans With Individual War Memorials In E. Prov., RI" is available in the Robert Rock East Providence Senior Center library.*

*Sponsored by the EPVMER2021 Committee*

*Goal: to remember and honor our veterans and military members so their sacrifices and efforts are not forgotten.*



**\$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.

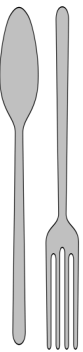
**Meals are served at 12PM Monday-Friday.**

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!**



**February 2025**  
**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
<p>3 Corn chowder Chicken Teriyaki Rice Pilaf Steamed broccoli Ww roll Sliced peaches Seafood salad plate</p>	<p>4 Vegetable soup BBQ beef Mashed sweet potato Buttered corn Ww roll Brownie Turkey Sandwich</p>	<p>5 Chicken soup Swedish meatballs Mashed potatoes Green beans Ww roll Tropical fruit Tossed salad w/chicken</p>	<p>6 Tomato soup Honey-glazed pork loin Fiesta rice Brussel sprouts Ww roll Chocolate cookie Egg salad on wheat</p>	<p>7 Mushroom barley soup Chicken Marsala Potato wedges Mixed Vegetables Ww roll Pineapple chunks Chef salad</p>
<p>10 Tuscan white bean soup Sloppy joe Roasted potatoes Cole slaw Ww roll Brownie Horn salad on rye</p>	<p>11 Minestrone soup Pepper steak w/ gravy Peas Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>12 Vegetable lentil soup Breaded chicken breast w/ gry. Sweet potatoes Roasted zucchini Ww roll Sliced peaches Seafood salad plate</p>	<p>13 Vegetable barley soup Caprese chicken Roasted potatoes Italian green beans Ww roll Cake Chef salad</p>	<p>14 Kale &amp; bean soup Shepard's pie Mashed potato Mixed fruit Ww roll Chicken salad sandwich</p>
<p>17 <b>Senior Center Closed</b>  President's Day</p>	<p>18 Tomato rice soup Greek-style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Ham &amp; cheese sandwich</p>	<p>19 Cream of broccoli soup Pork roast w/ gravy Rice Pilaf Peas &amp; carrots Ww Roll - Pineapple chunks Turkey sandwich on rye</p>	<p>20 <b>BirthDay Celebration</b> Meatball soup Open turkey sandwich w/gravy Stuffing Butternut squash Ww roll Chocolate chip cookie Cobb salad</p>	<p>21 Escarole &amp; bean soup Veal parmesan Florentine rice Italian mixed vegetables Ww roll Watermelon Tuna salad sandwich</p>
<p>24 Cauliflower tomato soup Grilled chicken Spanish rice Roasted carrots Ww roll Sliced peaches Seafood salad sandwich</p>	<p>25 Vegetable soup Baked Rigatoni w/meatballs &amp; Sausage Italian roasted vegetables Ww roll Chocolate cookie Ham &amp; cheese on rye</p>	<p>26 Chicken escarole soup Mongolian pork White rice Broccoli Ww Roll Tropical fruit Tossed salad w/chicken</p>	<p>27 Vegetable barley soup Meatloaf w/ gravy Mashed potatoes Peas &amp; onions Ww roll Cake Chicken salad sandwich</p>	<p>28 Lentil &amp; bean soup Meatball sandwich Cole slaw Sweet potato Ww roll Sliced peaches Egg salad sandwich</p>
<p><b>east bay community action program</b> THE BRIDGE to SELF-RELIANCE</p>  <p><b>Suggested \$3.00 Donation</b></p> <p>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</p>				