

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

January 2023

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

Thursday Mornings- 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

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda Mattress

Elder Resource Specialist

amattress@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

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.

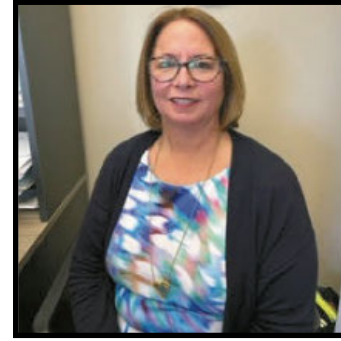


Message from the Mayor:

I hope everyone enjoyed the holidays and were able to spend time with friends and family. Tuesday, January 3rd is the East Providence Inaugural Ceremony which will take place at the East Providence High School Arthur Elmasian Auditorium. Doors open at 5:30 pm and the ceremony starts at 6:00 pm with a reception immediately following in the James T. Kanelos Cafeteria. I am inviting you all to come as our newly elected City Council, School Committee, Probate Judges, Charter Commission, Municipal Judges and myself will be sworn in to office. I look forward to working with the newly elected 2023 administration and serving the City of East Providence and its residents for the next four years.

Happy New Year,

Mayor Bob DaSilva



Letter from the Director:

I can't believe it is already 2023! Happy New Year to all. As I reflect on the past year, I want to thank all of the volunteers who give of their time to making our Senior Center such a success. Volunteers work throughout the year in our dining room, fitness center, library and gift shop. Thank you to our volunteers who organize, assist and facilitate programs and activities such as Chair Yoga, PACE, Multi-Media Art, BINGO, HI Lo Jack, Bridge, Moh Jongg, Knit and Crochet, Pool League, Cribbage and Scrabble. Thank you to those who share their talents such as playing the piano and ukulele. Thank you to the volunteers who pick up donuts and pastries for our coffee bar. I want to also thank the Senior Center Advisory Group who meet monthly, sharing their ideas and communicating what they hear from our members to me so that concerns are addressed and activities reflect what the seniors want and need. Lastly, I want to thank my staff for all their support throughout the year. Their passion to provide excellent customer service and support to our seniors is amazing. They are always willing to roll up their sleeves and go the extra mile. Their dedication is incredible! I am looking forward to another great year.

Best,

Laura Jones

Director of Senior Services
City of East Providence

Robert Rock East Providence Senior Center

-Advisory Group-



Judy Phillips



Jan Kinder

Jim Phillips



Ann Fagundes



Ken Goucher

Elaine Robinson

Donald Senna

Dick Wood



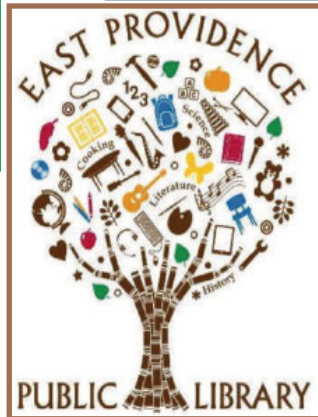
DAYS TO REMEMBER IN JANUARY:

January 2– New Years Day Observed
(Senior Center **CLOSED**).

January 16– Martin Luther King Jr. Day
(Senior Center **CLOSED**).



A Huge **THANK YOU** to Our Sponsors From 2022!



-CRAFT CLUB-

January 23, 2023

10:15AM

\$10.00 fee for the class

CRAFT BEING DONE TO BE ANNOUNCED!

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, January 23, 2023 10:15AM to participate and learn more! **Register at the front desk by 1/17/23.**



MEET GILBERT!

We are very excited to introduce Gilbert, the newly hired Community Health Worker at the Robert Rock East Providence Senior Center. Gilbert, a former Townie, had been a Case Manager at the Providence Center where he helped link low-income and underserved populations with resources in the community. For Gilbert, being able to develop a safe and trusting relationship with his clients is something he strives for. "I remember this one client I had who unfortunately kept losing his housing. His case was challenging, but after building a bond with this person, I helped him not only get but sustain housing." Gilbert hopes to bring similar 'wins' to the City of East Providence.

Gilbert will also be heading to the center's COVID-19 Information Desk. Anyone wishing to book a vaccine booster or searching for the latest information on vaccines or up-to-date COVID-19 guidelines and regulations, please contact Gilbert for assistance.

WHAT IS A COMMUNITY HEALTH WORKER?

Community Health Workers (CHW) help to improve timely access to healthcare and social services, support systems, and social services that affect upstream social determinants of health; CHWs also help to improve quality of care and services.

BINGO INFORMATION:

EVERY TUESDAY

Doors Open at 1:00PM, Games start at 1:30PM
Dabbers are sold at the Senior Center, and we also have BINGO items located in our gift shop to purchase!



MEET ROBIN CULLINAN!

Are you looking to fulfill your New Years resolution of staying fit? Join the Fitness Center today!

Robin is a Certified Fitness Instructor through ACE. Robin will be conducting orientations to our fitness center on:

Tuesdays (9:30AM-11:30AM)

Thursdays (10:45AM-12:45PM)

If you are at the Senior Center on Tuesday or Thursday mornings, pop by the Fitness Center and welcome Robin!

WHAT IS A FITNESS ORIENTATION?

A fitness orientation is an informational session with an instructor providing the basics of how to use the weight machines and cardio equipment properly. This helps gain knowledge of how the machines work and prevent injury.

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.



Health Related Programs:

BLOOD PRESSURE SELF MONITORING IS BACK!

The blood pressure self monitoring program is a *4-month long program* aimed at educating participants on how to safely and correctly take their blood pressure at home. The program also offers participants an opportunity to trend their blood pressure and open the door for discussions with physicians about *blood pressure management through lifestyle changes, diet, and medication.*

Take control of your blood pressure and learn what you can do to help reduce the risk of heart attack or stroke. Call our Healthy Aging Nurse Coordinator Shahnee Lagor for more details on this great opportunity!

401-270-1792.



MEDITATION SCHEDULE FOR JANUARY 2023:

January 6:

John LaCross will host meditation



January 13:

Guided Imagery

January 20:

Movements

January 27:

Motivational Meditation



THE FOOT DOCTOR IS BACK ON JANUARY 20, 2023!

Dr. Ruggiero will be at the Robert Rock East Providence Senior Center on January 20, 2023 between 1PM-3:30PM to provide toenail clippings and callus removal **by appointment only!**



To schedule your appointment, please call our Healthy Aging Nurse Coordinator; Shahnee Lagor at 401-270-1792.

These appointments fill up FAST.. Book your appointment today!

**URI SNAP ED
RETURNING MARCH 15, 2023! STAY TUNED FOR
MORE INFORMATION!**



There are free non-prescription eyeglasses available in the Health Office. Please come to the Health Office if you are in need of eye glasses.



ART EXHIBIT DECEMBER 2022:

On *December 5, 2022* the Robert Rock Senior Center held its 1st Annual Senior Art Exhibit and Show! Twelve artists submitted their works. Paula Most, an art educator, who worked at Hasbro Children's Hospital in their Healing Arts program, judged the show. Congratulations to our winners and thank you to all who submitted art. You are all so talented and an inspiration to us all.



WINNERS SHOWCASE:



Best in Show: Annie Woo, Wild Sunflowers

First Place: Dorothy Hutson, House Call

Second Place: Barbara Avoin, House in Winter

Judge's Recognition: Fran Palazzo, Sete-Cidades- Azores

Judge's Recognition: Emidio Rebelo, Kitchen Door

CONGRATULATIONS TO ALL OF THE WINNERS!



Robert Rock Senior Center Activities

JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2 New Years Day Observed  Senior Center Closed	3 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	4 8A: Nutritionist 8:30A: East Side Clinical Lab 10:45A: PACE Chair Exercise 1P: Cribbage	5 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	6 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack
9 Veteran Benefit Counseling by appointment only*	10 8A: Nutritionist 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Len Walker 1:30P: BINGO! 2P: Multimedia Art	11 8A: Nutritionist 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage	12 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	13 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack
16 Martin Luther King Jr. Day  Senior Center Closed	17 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 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	18 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage	19 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	20 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: Podiatrist Appts. 1:30P: Hi Lo Jack
23 8A: VITA Tax Assist 10:15A: Craft Club 11A: Wheel of Fortune Veteran Benefit Counseling by	24 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 11A: Attorney General Presentation 1:30P: BINGO! 2P: Multimedia Art	25 8A: Nutritionist 10A: Book Club-Canceled 10:45A: PACE Chair Exercise 1P: RSVP Meeting 1P: Cribbage	26 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	27 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: ALZ Assoc. Booth 11A: Meditation 1:30P: Hi Lo Jack
30 8A: VITA Tax Assist Veteran Benefit Counseling by appointment only*	31 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art		Red Bolded activities count towards REWARDS CARDS! If you are interested in our rewards program, please visit the Resource Center.	

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.

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.

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.

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.

Multi-Media Art Class

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

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.

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

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.

Book Club

Book Club meets the 4th Wednesday of each month at the Senior Center Library. Pick up this month's book selection at the Senior Center front desk.

No Book Club in January

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.

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.

Craft Club

Meets monthly. Participants are given the opportunity to explore various art-making activities. These activities allow participants to enhance their creative and visual skills. Fee is dependent on the monthly craft being done.

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!

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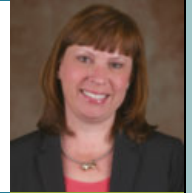
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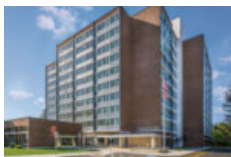
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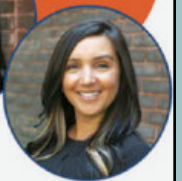
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A 501(c)(3) non-profit organization

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.



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

I use technology for communication, but I don't have a Blackberry or an iPhone. I use an outdated cell phone, but I'm fine with it.

Nicolas Cage

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.

January 11, 2023 10:30AM

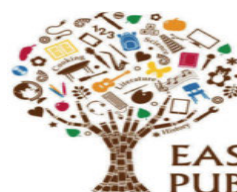
YOU CAN NOW ENJOY SURFING THE INTERNET THROUGHOUT THE SENIOR CENTER BUILDING!

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.



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

COMMUNITY NEWS:



Low-Income Home Energy Assistance Program

LIHEAP (Low-Income Heating Assistance Program) helps income-eligible clients meet the ever-increasing cost of heating/air conditioning and reduce energy burden.

LIHEAP serves income-eligible households in these East Bay cities and towns: Barrington, East Providence, Bristol, Warren, Newport, Middletown, Tiverton, Little Compton, Portsmouth and Jamestown.

LIHEAP helps clients:

- Manage costs associated with home heating bills
- Receive reduced rates on electric bills
- Apply for Appliance Management & Weatherization Services
- Access Crisis Assistance Services

INTERESTED IN HEARING MORE ABOUT THE LIHEAP PROGRAM?

Contact our Elder Resource Specialist Amanda Mattress to explore options for heating assistance this season. (401) 270-1788.

You can also contact the LIHEAP program directly to apply: (401) 437-5102

Protect Your Benefits



A Step-By-Step Guide If You Have Been Affected

Please be aware that there has been an increase in EBT fraud recently. If you believe you have been impacted by skimming or other fraudulent activity targeting your SNAP or RIW benefits please take the following steps immediately:

1. Go to ebtedge.com or call 1-888-979-9939 and change your PIN. You can also request a new card here.
2. File a police report with your local police department.
3. Call 401.574.8175 and file a fraud claim with the Department of Administration's Office of Internal Audit, Fraud Detection, and Prevention.



TAX ASSISTANCE PROGRAMS:



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. 6, 2023- APRIL 10, 2023.

TO BRING WITH YOU THE DAY OF YOUR APPOINTMENT:

PHOTO ID, DRIVER'S LICENSE , LAST YEAR'S TAX RETURN
W2 WAGES – EARNINGS
W2 GAMBLING WINNINGS
1099G UNEMPLOYMENT
1099R PENSION – ANNUITY
SSA-1099 SOCIAL SECURITY STATEMENT (HAS PINK BOX)
1099 INT AND 1099 DIV INTEREST & DIVIDENDS
1099B BROKERAGE STATEMENT AFTER MARCH 15, 2023
1099MISC MISCELLANEOUS INCOME
1099NEC NON EMPLOYEE COMPENSATION
ALIMONY, DATE OF DIVORCE , FORMER SPOUSE NAME & SS#
1098T EDUCATION, TUITION
DEPENDENT CHILD CARE PROVIDER NAME, ADDRESS, EIN #, AMOUNT PAID FOR EACH CHILD
RENT – LANDLORD'S NAME, ADDRESS, PHONE# , AMOUNT PAID - FOR PROPERTY TAX RELIEF CREDIT

FOR INFORMATION OR APPOINTMENTS, CALL PATTY BREEN AT 401-246-1678
CALL AFTER JANUARY 15, 2023 BETWEEN 9AM-12PM

east bay community action program
THE BRIDGE TO SELF-RELIANCE



VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA):

East Bay Community Action's Volunteer Income Tax Assistance (VITA) program will once again have trained and certified preparers available to provide free tax preparation to clients **earning under \$57,000.00**. In 2023 we will have two tax preparation sites.

Please only call the Office of Volunteer Services at 401-435-7876, ext. 1137 to schedule or cancel an appointment.

Please note that a valid Driver's License/Photo ID for the taxpayer and social security cards for the taxpayer and all dependents are mandatory. If possible, please print out and complete the VITA Tax Survey and the Intake/Interview & Quality Review Form and bring them to your appointment.

For more information, please visit the link provided below:

<https://www.ebcap.org/programs/east-bay-volunteer-income-tax-assistance-vita-program/>

If you have issues with the link provided above, please call the Senior Center for assistance accessing the list of documents needed for your appointment.

**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
** New membership forms can be picked up at the
front desk!**

**WHEEL OF FORTUNE
MONDAY JANUARY 23, 2023 11AM**

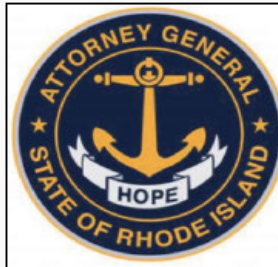
Mark your Calendars

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 JANUARY 4, 2023 8:30AM-11AM

**ATTORNEY GENERAL
PRESENTATION ON SCAMS:**



Please join us on
January 24, 2023 11AM
to hear from the Attorney
General regarding scams
and what red flags to
watch out for.

*In Memoriam
never forgotten*

Janice Lawson Passed June 2022

Richard Birkes Passed February 2022

Ana Farias Passed August 2022

Victor Shaw November 2022

John (Jack) Arruda Passed February 2022

Maria Oliver Passed February 2022

John Valerio Passed April 2022

Russell Lema Passed April 2022

Robert Mason Passed June 2022

Muriel Costa Passed March 2022

Virginia Baxter Passed 2022

Amelia Gugliermo March 2022

Lori Tanzi Passed August 2022

June Mace December 2022



Blueberry Stuffed French Toast

Prep time: 15 minutes

Cook time: 5 minutes

Servings per recipe: 1

Serving size: 1 French Toast



Ingredients

- 1 large egg
- 1 teaspoon ground cinnamon
- 2 slices whole wheat bread
- ¼ cup low-fat blueberry or vanilla yogurt
- 2 tablespoons frozen blueberries, thawed and mashed
- Nonstick cooking spray

Directions

- 1) In a small bowl, beat the egg and cinnamon together.
- 2) On one slice of bread, spread the yogurt. On the other, spread the mashed blueberries.
- 3) Place the 2 slices of bread together making a sandwich.
- 4) Spray a frying pan with nonstick cooking spray and place over medium heat.
- 5) Dip both sides of sandwich into egg batter and place in pan.
- 6) Cook for 1 minute or until golden brown. Flip and cook for an additional minute until other side is golden brown.
- 7) Serve hot.

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Questions about nutrition?
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\$3.00 Suggested Donation

Please call our dining room at
401-270-1814 to place your
lunch order 24 hours in
advance.

January 2023

Lunch is served at 12:00 pm

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Happy New Year! Senior Center CLOSED 	3 Vegetable soup Tossed salad Chicken n gravy Mixed Vegetables Biscuit Fresh fruit Seafood salad on a wheat roll	4 Chicken noodle soup Pepper steak Mashed potato Roasted zucchini w/carrots Italian bread (whole wheat) Chocolate chip cookie Chef salad	5 Tomato soup Salisbury steak w/gravy Roasted sweet potato Green beans Snowflake roll Sliced pears Turkey on Multi grain bread	6 Mediterranean rice salad Fish stew WW Roll Fruit Roast beef sandwich
9	Minestrone soup Meatball sandwich Orzo pasta salad Fresh fruit Multigrain roll Chicken salad on a wheat roll	10 Tomato Soup French onion baked chicken Roasted potatoes Sliced carrots/garlic bread Pudding Salami, ham & cheese/wheat roll	11 Mushroom barley soup Shepherd's pie Mashed garlic potatoes Sliced pears wheat roll Chicken Caesar salad	12 lentil soup Creamy pork chop Sweet potato Mixed vegetables Whole wheat roll /cookie Tuna salad plate	13 Cream of Broccoli soup Chicken cacciatore Green beans Baked potato Roll – Fruit Cobb salad
16	Martin Luther King Jr. Day Senior Center CLOSED 	17 Navy bean soup Sausage & pepper sandwich Zucchini w/carrots W. Wheat roll Pudding Chicken salad on rye	18 Cream of mushroom soup Sloppy joe Cole slaw Pasta salad Whole wheat roll - cookie Turkey & Swiss/whole wheat	19 Chicken soup Pork roast w / gravy Mashed potato Mixed vegetables Mixed fruit - roll Spinach salad w/ chicken	20 Kale & bean soup Chicken parm Roasted Italian vegetables Garlic bread (ww) Fruit salad Tuna salad on ww bread
23	Chicken noodle soup Tossed salad Baked rigatoni w/ sausage & meatballs Garlic bread -Fruit cup Ham & cheese on multigrain	24 Lentil soup Breaded chicken thigh w/gravy Fingering potatoes Green beans Multigrain roll Pudding Egg salad on a multi-grain roll	25 Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ multi-grain bread Seafood salad plate	26 Minestrone Soup Open turkey sandwich w/gravy Stuffing Cole slaw – sliced bread Oatmeal cookie Corned beef on Rye bread	27 Fruit cup Tossed salad Beef stew Biscuit Chef salad Shortbread cookie
30	Beef vegetable soup Chicken Scarparfello w/ sausage & potatoes Mixed vegetables Fruit – ww roll Chicken sandwich on ww roll	31 Greek cucumber salad Sautéed beef w/mushroom gravy Mashed potato Sautéed spinach Cake- roll Sliced turkey on Rye	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 					