

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!

January 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 you all had a great holiday season. As we welcome 2025, I want to remind everyone to be safe and vigilant when putting their personal information online. As you all know, RIBridges had a cyberattack last month, putting many Rhode Islanders at risk for their personal information to be compromised. The City of East Providence staff has been helping residents freeze their credit and take necessary precautions to protect their personal information. Turn to page 10 of this newsletter to find out how to safely protect your information if you are at risk due to this cyberattack.

Please tune in to our City website for updates regarding the RI data breach <https://eastprovidenceri.gov/>. You will see a red banner on the top of the webpage labeled 'ALERT! What you need to know about: RIBridges Data Breach.' Clicking the link in the red banner will bring you to a page that provides the most updated information.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy New Year to all ! The beginning of a new year can be a time of reflection. Take time to reflect on what you are grateful for. I know I am grateful for the community we have here at the Robert Rock Senior Center. It can be a time when we look to make resolutions. Over the years, I have learned that to be successful in meeting goals, your goal needs to be achievable. You need to identify how your going to achieve it and set a time frame for completion. If you are having trouble achieving your goal, rework the goal. Perhaps you bit off more than you can chew. If that is the case revise your goal and try again. For example, if your goal is to become more organized, you may fail. If you revise your goal to say, I am going to organize my closet by sorting through clothes by what I plan to keep, what I plan to donate and what I plan to discard. I am going to spend 30 minutes each day for the next month to complete. You are more apt to achieve. Once you complete your goal you can work on another goal until you are organized. Good luck!

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 JANUARY:

Wednesday, January 1: New Years Day
(Senior Center Closed)



Monday, January 20: Martin Luther King Jr. 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

JANUARY 2024:

- Thurs, Jan. 2: Stop & Shop
- Fri, Jan. 3: Shaw's
- Thurs, Jan. 9: Stop & Shop
- Fri, Jan. 10: Shaw's
- Thurs, Jan. 16: Stop & Shop
- Fri, Jan. 17: Shaw's
- Thurs, Jan. 23: Stop & Shop
- Fri, Jan. 24: Shaw's
- Thurs, Jan. 30: WALMART
- Fri, Jan. 31: WALMART



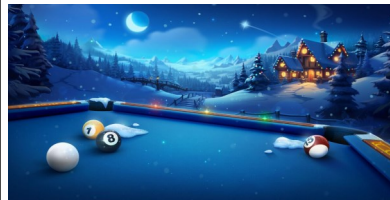
To add your name to our shopping list, please call:
401-435-7800.

*Reservations for grocery shopping **MUST** be made 24 hours in advance!*



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.

From our family to yours, we wish you a Happy New Year! We hope this year is filled with happiness, love, and prosperity for everyone.

May each day be filled with moments that make you smile and fill your heart with happiness.



We will be showing:

THE MOUNTAIN BETWEEN US

Monday, January 27
 1:00PM

Stranded on a mountain after a tragic plane crash, two strangers must work together to endure the extreme elements of the remote, snow-covered terrain.

AGING VIBRANTLY ADULTS

January 16
 10:00AM

Learn to better understand mental health.

Magaziner Introduces Bill to Protect Seniors from Falls

WASHINGTON, D.C. —U.S. Representative Seth Magaziner (RI-02) introduced legislation to improve the safety of older Americans by ensuring that fall-prevention equipment is reimbursable under Medicare Part B.

Each year, 14 million older Americans experience falls, resulting in 3 million emergency room visits and 39,000 tragic deaths. Falls are the leading cause of injury for adults aged 65 and older, with non-fatal falls costing our health care system \$80 billion annually. Seniors can reduce their risk of falling through basic home modifications, daily exercises, and other simple precautions.

“Falls can be serious, and even deadly, for older Americans, and Congress must consider this issue as seriously as we would for any other medical condition,” **said Representative Seth Magaziner.** “Passing this legislation would be a step toward reducing preventable injuries among seniors, reducing costs to the healthcare system, and providing seniors with the resources they need to live safely and independently.”

This bill requires that Medicare Part B cover the cost of fall prevention equipment including, but not limited to: grab bars, non-slip mats, shower chairs, bed rails, and other necessary devices, as prescribed by a licensed healthcare provider.

Rep. Magaziner also introduced a bipartisan resolution with Reps. Lois Frankel (D-FL-22), Carol Miller (R-WV-1), Joe Morelle (D-NY-25), and Gus Bilirakis (R-FL-12) recognizing National Fall Prevention Awareness Week. The resolution seeks to raise awareness, encourage the prevention of falls among older adults, and highlight evidence-based programs that help reduce fall risks and save the lives of seniors.

ARE YOU LOOKING FOR HOME MODIFICATIONS TO AGE SAFELY IN PLACE AT HOME?



There are many local agencies that can assist with home modifications so you can safely age in place at home.

Some examples of home modifications are:

- Stair Lifts
- Walk-in showers/tub cut outs
- Grab bars
- Ramps



If you are considering home modifications in your home and are looking to speak with someone, contact Amanda (Elder Resource Specialist) at 401-270-1788. You may qualify to get these modifications installed at a discounted rate. Amanda can explain the process and refer you to agencies that will be able to help.

Health Related Programs:

WISDOM FOR LIVING

JANUARY 9 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.



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, January 16 11AM-12PM

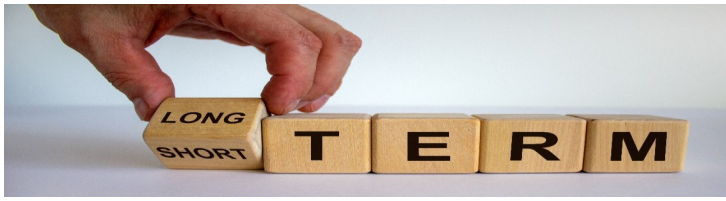


Eastgate
Nursing & Rehabilitation
Center

January kicks off our Healthcare Educational Series sponsored by Eastgate Nursing and Rehab!

January 28th at 10:30AM

Long term care vs short term care: How to know which one is for you. Join us Tuesday, January 28th for an in-depth conversation on the benefits of rehabilitation and staying in your home. Eastgate Nursing and Rehab will also share information on programs within the community to help prevent falls and promote healthy aging.



URI PHARMACY OUTREACH

THE UNIVERSITY OF RHODE ISLAND COLLEGE OF PHARMACY

As we age the signs and symptoms of a urinary tract infection or UTI may not be as noticeable. Often times these infections can go undetected and lead to severe complications.

Learn more about UTIs and other urinary problems in older adults at our presentation.

FRIDAY, JANUARY 31

10:30AM



Give your brain a workout. The more you use your brain, the better it will work. Read and do crossword puzzles.



Be active! Physical activity can be safe and healthy for older adults, even if you have a chronic condition. Try tai chi, water aerobics, walking and stretching.

6 HEALTHY NEW YEAR'S RESOLUTIONS FOR OLDER ADULTS



Consider taking a multivitamin. Consult your healthcare provider for the benefits.



Eat at least 5 servings of fruits and vegetables daily.



Schedule an annual Medicare wellness visit with your healthcare provider to discuss health screenings and any important changes in your health. Staying up-to-date on your screenings such as vision and hearing could reduce the chance of a fall.



Get at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up at night.

THANK YOU, KNITTING AND CROCHET GROUP!



Throughout 2024, our Knitting and Crochet group has handmade items such as hats, gloves, mittens, lap blankets, scarves, and baby clothing. These items have been donated to local Rhode Island hospitals, East Providence Recreation Department, Women and Infants Hospital, Bristol Veterans Home, Adoption Agencies, Hope & Faith Drive, and local Nursing Homes.

*A huge **THANK YOU** to this amazing group for donating to local agencies and keeping our community warm this winter!*

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!



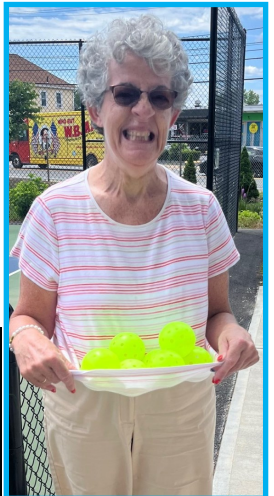
ARE YOU IN NEED OF AT-HOME COVID-19 TESTS?

At the end of September, all U.S households are eligible to order 4 FREE COVID-19 tests at [covidtests.gov](https://www.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.



A LOOK BACK FROM 2024:



WE ❤️ OUR SENIORS



Robert Rock Senior Center Activities

JANUARY 2024

Mon	Tue	Wed	Thu	Fri
<p>REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!</p>	<p><i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i></p>	<p>1</p> <p>New Years Day</p>  <p>2025</p> <p>Senior Center Closed</p>	<p>2</p> <p>9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>3</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (John Hosting) 1P: BCBS Balance 1P: Hi Lo Jack 1:30P: Creative Art Studio</p>
<p>6</p> <p>10:30A: Backgammon 2P: PODS Swimming</p>	<p>7</p> <p>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!</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>
<p>13</p> <p>10:30A: Backgammon 2P: PODS Swimming</p>	<p>14</p> <p>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!</p>	<p>15</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>16</p> <p>9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 10:30A: Bingocize 10A: Aging Vibrantly Adults 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>17</p> <p>8:30A: Scrabble 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1P: Hi Lo Jack</p>
<p>20 Martin Luther King Jr. Day</p>  <p>Senior Center Closed</p>	<p>21</p> <p>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!</p>	<p>22</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>23</p> <p>9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 10A: Visit from Lt, Governor 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>24</p> <p>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</p>
<p>27</p> <p>8A: VITA Tax Assistance 10:30A: Backgammon 1p: Movie Showing 2P: PODS Swimming</p>	<p>28</p> <p>8A: VITA Tax Assistance 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:30A: Long term Care Presentation 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>29</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>30</p> <p>9:30A: Senior Shopping 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>31</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: URI Pharm Outreach- UTI's 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1P: Hi Lo Jack</p>

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.**

JANUARY 8- 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.

TAKING A BREAK IN JANUARY 2025.

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.

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.



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance


**"With technology,
we can achieve
the unimaginable."
- Anonymous**

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 8, 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, JANUARY 16

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

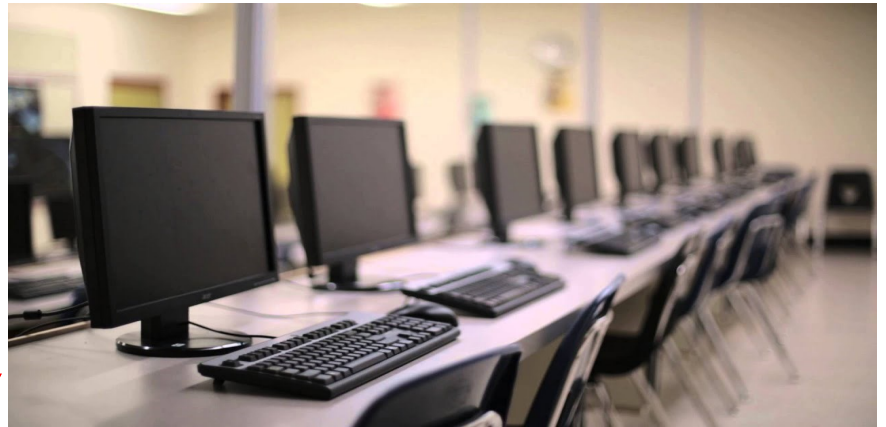



COMING SOON TO THE SENIOR CENTER... COMPUTER LAB!

Beginning in early 2025, we are renovating the former Community Health Worker Suite to become a Computer lab! Our new computer lab will consist 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!



We will keep you informed when the new computer lab will be open for public use.

In the short term, we will be utilizing this space to assist those affected by the RIBridges Data Breach.

DID YOU KNOW THAT THE SENIOR CENTER HAS CHROMEBOOKS AVAILABLE TO USE?

Chromebook laptops are available to sign out at the Senior Center!

The Chromebooks must stay at the Senior Center and cannot be taken home. We have wireless internet throughout the building, so you can sit where ever you would like with a Chromebook laptop and surf the internet.



Do you have access to a computer at home?

If the answer is **no**, Amanda our Elder Resource Specialist can help you get a **free** Chromebook to take home and keep! Call Amanda at 401-270-1788 for more information.



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.

1 2 3 4 5

Name: _____ ID: _____

MARK YOUR CALENDARS!

COMING IN FEBRUARY 2025 WITH MORE INFORMATION TO COME:

February 14: Generations Barbershop Quartet Coming to the East Providence Senior Center

February 25th: Assisted Living Care and Cost for Long-term Care. We'll take a look at insurance options and explain what is covered and what could be an out-of-pocket expense.



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*





Breakfast Power Bowl

Prep time: 3 minutes

Cook time: 2½-3½ minutes

Servings per recipe: 1

Serving size: 1 bowl

Cost: \$0.80 per recipe, \$0.80 per serving

Ingredients

1 large egg

1 cup water

½ cup old fashioned oats

½ mashed banana OR

1 tablespoon dried fruit

½ teaspoon cinnamon

1 teaspoon brown sugar

Pinch of salt

Directions

- 1) Beat egg with all other ingredients in a microwave-safe bowl or mug.
- 2) Microwave on high for 2½ to 3½ minutes.

\$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.

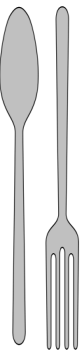
Meals are served at 12PM Monday-Friday.

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!



January 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
	<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>	<p>2025 New Years Day</p>	<p>1 Senior Center Closed</p>	<p>2 Tomato soup Chicken cordon bleu Fiesta rice Sliced carrots Ww roll Chocolate cookie Egg salad on wheat</p>
<p>6 Mushroom barley soup Marry me chicken Roasted potatoes Mixed Vegetables Ww roll Brownie Ham salad on rye</p>	<p>7 Minestrone soup Pepper steak w/ gravy Roasted carrots & broccoli Steamed white rice Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>8 Vegetable lentil soup Breaded chicken breast w/ Southern gravy Sweet potatoes Cole slaw / ww roll Sliced pears Seafood salad plate</p>	<p>9 Tuscan white bean soup Roasted pork loin w/gravy Roasted potatoes Italian green beans Ww roll Oatmeal cookie Chicken salad sandwich</p>	<p>3 Chicken soup Sausage & pepper sandwich Sweet potato salad Ww roll Cake Tuna salad sandwich</p>
<p>13 Vegetable barley soup Swedish meatballs Parmesan rice Broccoli Ww roll Sliced peaches Roast beef sandwich on a roll</p>	<p>14 Tomato soup Greek-style chicken thigh Roasted potatoes Zucchini w/ mixed vegetables Pita Cake Chef salad</p>	<p>15 Cream of broccoli soup Stuffed shell w/ meatball Tossed salad Ww Roll - Pineapple chunks Turkey sandwich on rye</p>	<p>16 BirthDay Celebration Meatball soup Pot roast w/ gravy Mashed sweet potatoes Buttered corn Ww roll Chocolate chip cookie Chicken salad plate</p>	<p>17 Chicken soup Shepard's pie Mashed potato Ww roll Watermelon Tuna salad sandwich</p>
<p>20 Senior Center Closed</p>	<p>21 Corn chowder Sloppy/joe Potatoes O'Brien 3 - bean salad Ww roll Fresh melon Ham & cheese on rye</p>	<p>22 Escarole & bean soup Chicken fajita w pepper& onion Spanish rice Mexican corn Ww Roll Tropical fruit Seafood salad sandwich</p>	<p>23 Chicken soup Meatloaf w/ gravy Mashed potatoes Peas & onions Ww roll Cake Chopped salad w/chicken</p>	<p>24 Cauliflower tomato soup Meatball sandwich Broccoli salad Ww roll Sliced peaches Corned beef Reuben sandwich</p>
<p>27 Martin Luther King Jr. Day</p>	<p>28 Tomato soup Roasted chicken Roasted potatoes Peas & carrots Brownie / Ww roll Cobb salad</p>	<p>29 Kale & bean soup Pork roast w/ gravy Parsley potatoes Mixed vegetables Ww roll Mixed fruit Chicken salad plate</p>	<p>30 Lemon chicken orzo soup Salisbury steak w/ gravy Rice pilaf Green beans Ww roll Cake Chef salad</p>	<p>31 Minestrone soup Chicken parm Roasted vegetables Pasta salad Ww roll Pineapple chunks Turkey sandwich</p>