

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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January 2024

Senior Center Services

Elder Resource Specialist
Amanda LaPlante

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams-Hackney

Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC

Office hours: Tuesday, Thursday and Friday 9AM-2PM

Registered Dietitian

Ann Marie Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory Transportation
Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

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

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Worker

gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson

Napoleon Debarros

Transportation:

Joe Serodio

Christopher Januario

Dennis Price

Tom Taylor

Richard Wood

MISSION STATEMENT:

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



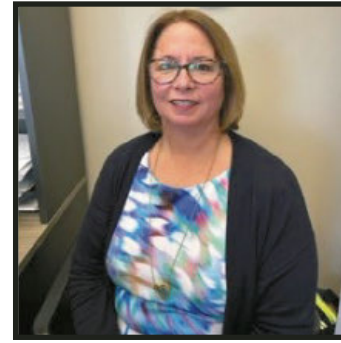
Message from the Mayor:

Welcome 2024!

I hope everyone enjoyed the holidays and were able to spend time with friends and family. I am very excited to begin a new year. Please continue to stay tuned on our City's website at <https://eastprovidenceri.gov/>. Here you will see a tab labeled 'calendar'. If you click the 'calendar' tab, you will find all the events and happenings around the City of East Providence. Thank you to Director, Laura Jones for the successful completion of the renovated kitchen at the Senior Center. This was a big project that was paid for completely with grant funding. I know you all are enjoying your improved dining experience now that the Center is serving meals on beautiful dishes rather than using wasteful disposable table settings. Another needed project that was completed this Fall at the Senior Center was the replacement of the windows in the older part of the Senior Center building. The windows not only look beautiful but will provide improved energy efficiency needed to keep the building warm in the winter and cool in the summer. These improvements are a wonderful way to start the new year!

Happy New Year,

Mayor Bob DaSilva



Letter from the Director:

Happy New Year!

We have new programs planned for 2024 including many health related programs coming up that we are very excited about. Turn to page 5 of this month's newsletter to review the Health Related programming coming in January. This year I challenge you to participate in one class you have not participated in before. You never too old to try something new and to meet new friends. We have Mah Jongg training/lessons available on Tuesdays from 1PM-3PM. We are also looking for more participants for our co-ed billiards league. If you are interested, please reach out to me for more information. If your New Year's resolution is to pay more attention to your health, why not schedule an appointment to have your hearing screened. A hearing clinic is scheduled for January 17 & 18. There are limited spots so please sign up at the front desk to reserve your appointment. I am looking forward to another successful year at the Senior Center!

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:

Monday, Jan. 1: New Years Day- **CLOSED**
Monday, Jan. 15: Martin Luther King Jr. Day- **CLOSED**

BINGO INFORMATION EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM

Games start at 1:30PM

Dabbers: \$2.00 each



PULL TAB INFORMATION:

Pull Tabs available on Tuesdays only.

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM

All transactions **MUST** be completed by 1:25PM.

SHOPPING TRIPS SCHEDULE

JANUARY 2024:

Jan. 4: Stop & Shop
Jan. 5: Shaw's
Jan. 11: Stop & Shop
Jan 12: Shaw's
Jan. 18: Stop & Shop
Jan. 19: Shaw's
Jan. 25: WALMART
Jan. 26: 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!

Are you interested in learning how to play Mah Jongg?



Tuesdays beginning February 7.

Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons beginning in February.

Late bus transportation will be offered.



**VETERAN COAT DRIVE
STAY TUNED!**

Are you a Veteran in need of a warm winter jacket?

Daniel from Veteran's Inc. will be hosting a coat drive at the Senior Center for Veteran's. Date/Time to be determined. Keep an eye on our Facebook page for more updates!



WOULD YOU LIKE TO PARTICIPATE IN A CO-ED BILLIARDS LEAGUE?

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



We will be showing:
In the Dining Room on:

SLEEPLESS IN SEATTLE

JANUARY 22, 2023 1:00PM

Popcorn will be served.



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

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



Basic hearing screenings being done at the Senior Center. *These tests are a quick and easy way to determine how well you can hear different sounds and if any hearing loss is present.* Please call our Healthy Aging Nurse Coordinator if you have any questions:
401-270-1792.

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

Limited to 15 minute appointments. Sign up is REQUIRED.



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



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

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

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

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

Health Related Programs:

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

FRIDAYS 1:00PM

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



**Blue Cross
Blue Shield**
of Rhode Island

Blood Pressure Checks in December 2023:

Tuesday, Jan. 2:
Orchard View is coming to assist with blood pressure checks.

Tuesday, Jan. 30:
Hattie Ide Chaffe is coming to assist with blood pressure checks.



ARE YOU HAVING TROUBLE FINDING THE ENERGY AND MOTIVATION TO COOK FOR YOURSELF?



Dining out, fast food, or even microwaves meals may seem like a good solution but those foods are loaded with sodium and bad fats putting your health and waistline in trouble.

Savory Fare, a local at home meal delivery service, offers another solution: locally sourced, locally cooked meals packed with nutrient dense foods.

Come in and try their food at a free tasting event on **TUESDAY, JANUARY 23 10:30AM.**

Registration is required.

TAI JI STARTS JANUARY 23, 2024!

Classes will run Tuesday and Thursdays from
9:30AM-10:30AM.

Pre-assessment screenings will be held on
Wednesday, January 17 and Thursday, January 18
By appointment only!



TEA TIME WITH KATHY

Let Herbs and Food Guide You Towards Wellness in 2024.



Join Kathy as she shares her tips on the health benefits of juicing and herbal teas. For years, Kathy has used alternative remedies to help boost her immune system. She'll share her stories over tea.

WEDNESDAY, JANUARY 17, 2024 AT 1:30PM

DO YOU SUFFER FROM HIGH BLOOD PRESSURE?

New guidelines now define high blood pressure for adults as 130/80. Overtime, elevated blood pressure puts people at risk of heart disease, heart attack, and even stroke.

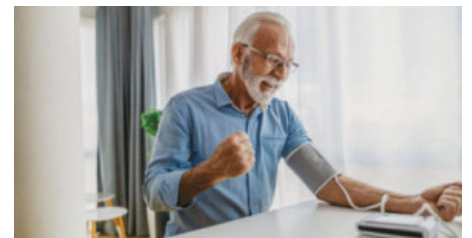
Take control of your health by joining our Blood Pressure Self-Monitoring Program!

This 4-month program is designed to empower participants through education, consistent monitoring, and increased access to the Senior Center Nurse.

Don't wait until it's too late, act now and sign up today!

PROGRAM STARTS JANUARY 30, 2024.

TO REGISTER CALL OUR HEALTHY AGING NURSE COORDINATOR AT 270-1792.



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

NEW HAPPENINGS AT THE SENIOR CENTER:

Warm Water Pool Time at **PODS SWIMMING**

Mondays
2:00 pm-3:00 pm

11 Commercial Way
East Providence

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

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

COST:

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

TRANSPORTATION:

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

MEDICAL SUPPLIES & EQUIPMENT OPEN HOUSE

**MONDAY, JAN. 29, 2024
10AM-1PM**

The Robert Rock Senior Center will be hosting an open house for medical supplies and equipment. All supplies and equipment are **FREE**.

Inventory ranges from walkers, commodes, shower chairs, briefs, wound care supplies, ostomy supplies, straight cath supplies, bed pads, and more!






First come, first serve. Free and open to the public.

A LOOK BACK FROM DECEMBER:



Robert Rock Senior Center Activities

JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1 Senior Center Closed  New Year's Day	2 8A: Nutritionist No Water Color Paint today 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO!	3 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	4 9A: Nurse Hours 9:30A: Senior Shopping 10A-12P:1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet	5 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
8 10:30A: Stress Reduction Presentation 2P: PODS Swimming	9 8A: Nutritionist 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO! 2P: Creative Art Studio	10 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage	11 9A: Nurse Hours 9:30A: Senior Shopping 10A-12P:1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet 1P: Get Set Up Virtual Class	12 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
15 Senior Center Closed  Martin Luther King Jr. Day	16 8A: Nutritionist 9A: Nurse Hours 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	17 8A: Nutritionist 9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Hearing Clinic 9:30A: Tai Ji Screenings 10:45A: PACE Chair Exercise 1P: Cribbage 1:30P: Tea w/ Kathy	18 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: Hearing Clinic 9:30A: Tai Ji Screenings 10A-12P 1:1 Computer Assistance 10:30A: Creative Connections 12:30P: Bridge 1P: Knit & Crochet	19 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
22 8A: VITA Tax Assistance 10: The Pointe Assistance 1P: Movie Showing 2P: PODS Swimming	23 8A: Nutritionist 8A: VITA Tax Assistance 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: Savory Food Presentation 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	24 8A: Nutritionist 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	25 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: Tai Ji 10A-12P 1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet	26 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 1P: BCBS Balance 1:30P: Hi Lo Jack
29 8A: VITA Tax Assistance 10A: Medical Supply Open House 2P: PODS Swimming	30 8A: Nutritionist 9A: Nurse Hours 10A: Water Color Paint 10A: Smartphone Help 10A: BP Clinic 10:30A: BP Self Monitoring Class 10:45A: Chair Yoga 1:30P: BINGO! 1P: Mah Jongg Class 2P: Creative Art Studio	31 8A: Nutritionist 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage		

Healthy Aging Nurse Coordinator

Part time Nurse is on site to assist you with health related or dietary needs. Stop in to see Nurse Shahnee today to learn more about maintaining a healthy lifestyle.

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 10- 10:30AM

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

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps.
Drop-in on Tuesdays 10:00AM- 11:00AM.
No registration required. No fee.

Chair Yoga

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

Creative Art Studio

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

PACE Chair Exercise

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

No registration required. No fee.

Senior Shopping

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

\$1 transportation fee. Registration is required.

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM.

No registration required. No fee.

Gym Orientations- Robin/Sandra

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

For fitness members only

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

No registration required. No fee.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Wednesdays 9A-10A No registration required. **\$3.00 per class**

Hi Lo Jack

A game of chance, Registration required.
Call 401-435-7800 for more information or if you are interested in being a sub to play.
Fridays 1:30PM-3:30PM.

\$3.00 to play
.25 ups or bumps

Craft Club

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

Registration required. Next Craft Club in December 2023.

Cribbage, Bridge, Scrabble, Mah Jongg

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

No registration required. **\$3.00 fee for Cribbage.**

555 Pawtucket Ave., East Providence, RI 02914

434-3885

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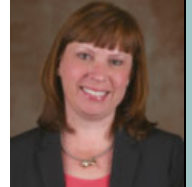


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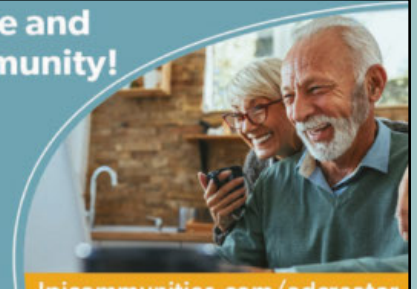
197 Warren Ave., Ste. 102 | www.GatewayHearing.com

Lisa Janicki, MS

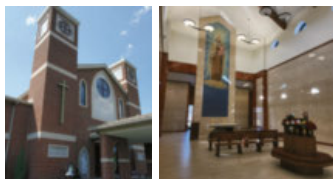
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TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

Drop by the Robert Rock East Providence Senior Center on

TUESDAYS FROM 10AM-11AM

Learn some tips and tricks with your Smart Phone!

No registration required

AGE WELL, GET CONNECTED

Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!



No Registration Required.

January 10, 2024 10:30AM



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

Gilbert, our Community Health Worker can help!

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

AFFORDABLE CONNECTIVITY PROGRAM:

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



**USAC
Affordable
Connectivity Program**

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



“Any sufficiently advanced technology is equivalent to magic.”

Arthur C. Clarke

DID YOU KNOW?

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

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

401-434-2453



**THURSDAY,
JAN. 11**



1:00PM

CREATING HEALTHY BOUNDARIES

This is a virtual class projected on Zoom!

A boundary is a way you communicate what is and isn't acceptable, or how others should and shouldn't treat you for the sake of your and their mental well-being. Learn how boundaries make life better, and how to set them.

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. 5, 2024 APRIL 8, 2024.

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, 2024 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.**

VITA will be at the East Providence Senior Center on Mondays and Tuesdays

January 22, 2024– April 9, 2024

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

GUARDIAN ANGEL AWARD



Anne McKinnon has been warming the hearts and heads of hundreds of people for years. You can often find Anne busy at work knitting in the dining room. Her hats come in all different colors, patterns and sizes. She has gifted hats to local churches for the homeless, to fellow seniors at the Senior Center, for neighborhood children and so many other people. It is that kind of care and compassion that has her being recognized and awarded the Good Samaritan Award. Thank you, Anne, for all you do to keep those in need warm during the cold winter months.

Our other recipient, **Christine Davis**, helped save a life by taking home a free Narcan kit! Christine was able to share with someone in need a Narcan kit which in turn helped save someone's life. Narcan is a drug that reverses the effects of opioids. Opioids are found in pain medication such as oxycodone, hydrocodone, morphine, and diluadid. Opioids are also found in recreational drugs such as heroine and fentanyl. In 2022, there were 436 overdose deaths in Rhode Island. 66 of those deaths were in East Providence. Since then, Narcan kits have been widely dispersed throughout the state including here in East Providence at many city locations. As a result of those kits being available, the number of overdoses in 2023 were significantly cut down to 267 with December's numbers still pending.

Thank you, Christine, for taking home a Narcan kit and helping save a life!



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

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

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

**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

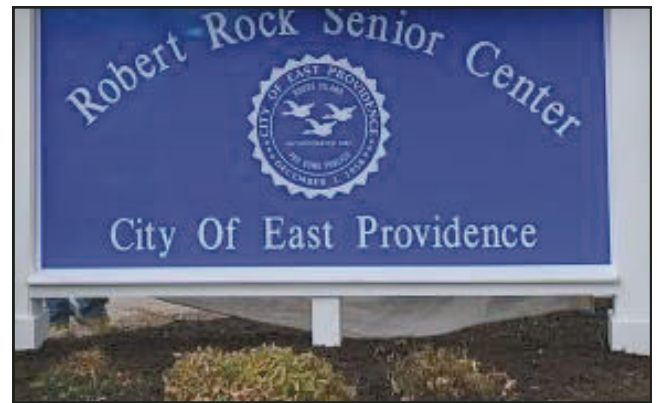
GENERAL MEMBERSHIP:

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!**



AVAILABLE RESOURCES:

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

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

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



FIRE SAFETY  **FREE SMOKE ALARMS** 

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

Call 1-877-287-3327 option 1



American Red Cross

SHIP COUNSELING

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

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

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



east bay community
action program

THE POINT

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

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

Monday, Jan. 22: 10A-12P



Apple Cinnamon Wrap and Roll

Prep time: 5 minutes
Cook time: 2 minutes
Servings per recipe: 4
Serving size: 1 wrap



Directions

- 1) Mix cinnamon and sugar in a small bowl. Set aside.
- 2) Wash and cut apples into thin slices. Place in medium bowl and add yogurt, stirring to combine.
- 3) Lay tortilla flat on plate. Lightly coat one side with about ½ teaspoon oil. Sprinkle with one spoonful of sugar and cinnamon mixture.
- 4) Flip tortilla so un-oiled side is up. Using ¼ of apple mixture, fill half of tortilla, folding other half over mixture.
- 5) Place folded tortilla in frying pan and cook on medium heat for about 1 minute, or until lightly browned. Flip to cook other side.
- 6) Remove from pan and cut in half.
- 7) Repeat with remaining tortillas.

Ingredients

1 teaspoon cinnamon
 3 tablespoons sugar
 2 apples (2 cups sliced)

⅓ cup low-fat vanilla yogurt
 4 (6 inch) whole grain flour tortillas
 2 teaspoons vegetable oil

- This recipe can make a healthy dessert that is also low in fat.
- You can make this roll with different kinds of apples for added color and flavor.

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Lunch is served at
12:00 pm

January 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 New Years Day</p>  <p>Senior Center Closed</p>	<p>2 Tomato Soup Shepard's pie Mashed Potatoes Roll Oatmeal Cookie Chicken Salad on Rye</p>	<p>3 Lentil Soup Open Turkey Sandwich Cole Slaw Potato Wedge WW Bread Fruit Greek Salad w/chicken</p>	<p>4 Mushroom barley soup Chicken cacciatore Roasted potatoes Green beans Cake Roll Chef salad</p>	<p>5 Split Pea soup Potato crusted fish Mixed Vegetables Spanish rice Roll Pineapple chunks Roast beef with/ roll</p>
<p>8 Vegetable soup Honey glazed chicken Roasted potatoes Baby carrots w/ green beans Sliced cake Roll Egg salad on wheat</p>	<p>9 Escarole bean & sausage soup Lasagna roll up w/meat sauce Waxed beans Oatmeal cookie Garlic bread Seafood salad plate</p>	<p>10 Vegetable lentil soup Sloppy Joe Macaroni Salad Broccoli Roll Sliced pears Turkey & Swiss cheese</p>	<p>11 Chicken noodle soup Pork roast w/ gravy Rice Pilaf Mixed Vegetables WW Roll Sliced peaches Chicken salad plate</p>	<p>12 Fish chowder Swedish meatballs Mashed potatoes Peas & onions Roll Cookies Cobb salad</p>
<p>15 Martin Luther King Jr. Day</p>  <p>Senior Center Closed</p>	<p>16 Pasta Fagioli Baked Tuscan chicken Rice Pilaf Zucchini w/ tomatoes WW Roll Cake Corned beef on rye</p>	<p>17 Chicken soup American Chop Suey Wax & Green Beans WW roll Fresh Fruit Chicken Waldorf salad plate</p>	<p>18 Cream of broccoli soup Slow-cooked pulled pork Roasted sweet potatoes Roasted Vegetables Roll Apple slices Tuna salad plate</p>	<p>19 Minestrone Soup Meatball Sandwich Cole Slaw Pasta Salad w/vegies WW Roll Tropical Fruit Ham & Cheese Sandwich</p>
<p>22 Beef barley vegetable soup Baked rigatoni w/ meatballs Green beans w/stewed tomatoes Garlic bread Fresh fruit Seafood salad sandwich</p>	<p>23 Tomato soup Chicken Teriyaki Fried rice Snow peas WW Roll - Pudding Roast beef sandwich</p>	<p>24 Vegetable lentil soup Stuffed shell & meatball Mixed Vegetables WW roll Fruit Chicken salad on rye</p>	<p>25 Kale & bean soup Pot roast w/ gravy Green beans Mashed potatoes Roll – Jello Tuna salad plate</p>	<p>26 Turkey barley soup Pub burger w/ cheese Chips - roll Potato Salad Cookie Chef salad</p>
<p>29 Chicken soup Grilled sweet chicken breast Florentine rice Corn, peas & carrots Roll – pudding Turkey sandwich on wheat</p>	<p>30 Fresh Fruit Beef stew Tossed salad Roll Oatmeal cookie Corned beef on rye Tuna salad plate</p>	<p>31 Potato & leek soup Sweet & sour pork Vegetable fried rice Mixed Vegetables Tropical fruit/roll Tossed salad with/ chicken</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Suggested Donation \$3.00</p>	
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