

East Providence Senior Activity Center

July 2021

Message from the Mayor:

Welcome back to the East Providence Senior Center! We had a wonderful grand reopening last month with many partners and local organizations. The turnout was amazing and it was so nice to see all the support coming together for our wonderful seniors. I want to thank everyone for their patience over the last six months. Our staff, with assistance from the state, worked hard to vaccinate our seniors and to reopen the Senior Center doors. The staff continues to work extra hard to restart many of your favorite programs and activities. We have many exciting things in the works not only at the Senior Center (such as walking path improvements and a Chromebook for Seniors program) but throughout East Providence. I look forward to sharing all of the exciting news via our online newsletter, website, and social media.

Please have a safe and memorable summer!

Sincerely,

Mayor Bob DaSilva

**EAST PROVIDENCE
CELEBRATES
INDEPENDENCE DAY
ON
SATURDAY, JULY
3RD**

(Rain date Monday, July 5)

**PIERCE STADIUM
201 MERCER STREET
EAST PROVIDENCE**

**GATES OPEN AT
6:00PM**

**NO PETS OR COOLERS
ALLOWED**

610 Waterman Ave.
East Providence, RI
02914
401.435.7800
Fax: 401.435.7803
www.eastprovidence.ri.gov

Letter from the Director:

It was wonderful to see so many attendees at our Welcome Back Celebration! The Senior Center staff and City Employees all pitched in to prepare and plan for your celebration.

The building looked beautiful! Floors were shined, flowers planted, walks were swept and food prepared. We hoped you all would show up. We were not disappointed. We had over 200 community members attend!

I want to thank all of our partners who set up tables and provided raffles, services and giveaways at your celebration. We had music, dancing and even a photo booth! Everyone had a good time including myself.

It was so satisfying to see so many of you hugging and catching up after being away from each other for way too long. I look forward to seeing you all again soon.

Sincerely,

Laura Jones, Director of Senior Services
City of East Providence



Staff

Laura Jones

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Transportation

Richard Wood Tina Johnson Joe Serodio
Lee Wilber Christopher Januario

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Maryann Leonardo	Eleanor Monteiro
Judy Phillips	Jim Phillips
George Furtado	Jan Kinder
Ann Fagundes	Ken Goucher
Elaine Robinson	Donald Senna

East Providence Senior Center Reopening Questions and Answers

Question: Do I need to be fully vaccinated to return to the Senior Center?

Answer: Although we encourage all to get vaccinated, we also know that getting vaccinated is a personal choice and there are many reasons one may choose not to be vaccinated. Those who are fully vaccinated, those who are partially vaccinated and those who are not vaccinated will be allowed participation.

Question: Will I be required to wear a mask when attending the Senior Center?

Answer: If you are fully vaccinated, meaning you have completed the required number of doses and it has been two weeks since you have been completely vaccinated, you will not be required to wear a mask. If you are not vaccinated or are partially vaccinated, you are required to wear a mask. All persons are still required to wear masks when providing or using services of any ride-sharing or similar ride service. Therefore, the Senior Center will require masks to be worn for all ride services.

Question: Will I be required to show proof of vaccination?

Answer: No, you will not be required to show proof of vaccination. We trust that you will follow the protocols kept in place as recommended by the CDC and the Rhode Island Department of Health by wearing a mask if not completely vaccinated or partially vaccinated.

Question: Will the Senior Center practice and require physical distancing?

Answer: Physical Distancing is not required of those who are fully vaccinated as stated in Governor Daniel McKee's Executive Order dated, May 18, 2021. If you are not vaccinated or are only partially vaccinated, the CDC recommends you continue to practice social distancing to protect yourself.

Question: What protocols will be put in place to maintain a safe and clean Senior Center?

Answer: The City of East Providence is committed to keeping the Senior Center clean and safe. All high touch areas will be cleaned throughout the day. Hand sanitizer will be provided for use by all staff and Senior Center visitors. All staff and visitors are asked to stay home if feeling sick for the protection of all. We continue to recommend Covid-19 testing for all who have been exposed to or who are experiencing Covid-19 symptoms to stop the spread. If you have been exposed to someone who has tested positive you must quarantine for 14 days from the date of the last exposure date.

You do not however, need to quarantine if:

- You have been fully vaccinated and have no Covid-19 symptoms
- You have had Covid-19 in the last 3 months, have recovered and have no symptoms

Please note that guidance, protocols and rules may change based on Covid-19 positivity rates, deaths and vaccine coverage both nationally and in Rhode Island. Please stay informed of all CDC guidelines, and updated Executive orders for the most updated information.

SENIOR CENTER MEMBERSHIP DRIVE



If you are looking to improve your physical fitness and health, spark your creative juices or looking for a place to connect with friends or make new ones, you have come to the right place. Our hope is for you to feel at home and make this your Center. We are always open to new ideas for programming so don't be shy, if you have an idea let us know.

If you are a **returning member** we are asking all returning members to fill out a new membership application. It has been over a year that the Center has been closed for activities and this will allow us to update your information. All membership transactions will be handled at the reception desk at our main entrance. Our reception team, Patricia Thomas and our newest team member Stephanie Walsh are there to assist you. Memberships have been extended for those who had paid membership dues at the time we closed in March of 2020. Please check with our reception team staff to get your new membership expiration date.

If you are a **new member**, we would like to personally welcome you to the East Providence Senior Center. If you have never been to the Center or if it has been a while since you last visited us, we would love to offer you a tour. For more information on Senior Center membership, please contact our membership services staff, Patricia Thomas or Stephanie Walsh at 401-435-7800, Monday through Friday 8:00 am-4:00 pm.

Best,
The East Providence Senior Center Staff

Age Well Get Connected

Computer Classes

EAST BAY COMMUNITY ACTION

DONALD BROWN (RSVP VOLUNTEER)

WILL BE HOLDING OUR FIRST CLASS

ON JULY 28TH FROM 10:30 AM-11:30 AM



AT THE EAST PROVIDENCE SENIOR CENTER

TO RESERVE A SPOT CALL : 401-435-7800



MEDITATION CLASSES ARE BACK!

**JOIN US EVERY FRIDAY AT
11:00AM FOR A JOURNEY TO
RELAXATION.**

**LEARN NEW TECHNIQUES TO HELP REDUCE YOUR STRESS AND PUT YOU ON A
PATH TO PEACE AND TRANQUILITY**

STRETCH IT OUT

EXERCISE PROGRAMS FOR ALL TYPES AND AGES

PACE Chair Exercise with Muriel Woodcock

Monday & Friday Mornings at 10:45am

Chair Yoga on the Lawn

Monday Mornings at 10:00am

Instructor: Marilyn Thetonia

Certified Yoga Instructor

Call 401—435-7800 to register



Chair Exercise with Cyn

Tuesday Mornings at 10:45am

Blended Yoga

with Susan Bayley Friday Mornings at 8:45am (must pre-register)



COMING UP:

Better Balance Lecture

FREE lecture from a licensed professional on how to improve balance and reduce falls.

July 7th

9:00 am-10:00 am

Please call the Nurse to reserve a spot, 270-1972.

BOCCE



Come Play Bocce at the East Providence Senior Center
Meet up with friends or make new friends

Tuesday Mornings

9:00 am-12:00 pm

Please call 401-435-7800 to reserve your spot

SENIOR SHOPPING SERVICE

Who is eligible?

- City of East Providence residents
- Seniors 55 years or older or disabled.

How do I sign up?

- Call 401-435-7800 to make an appointment.

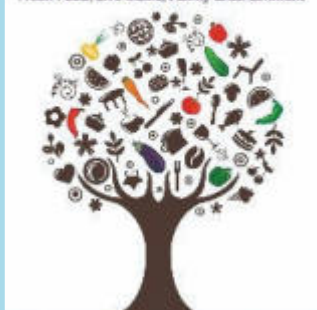
Service is offered on Tuesdays to Stop and Shop and Shaws in East Providence.

For more information or to make an appointment call the Senior Center at 401-435-7800.

MASKS MUST BE WORN FOR ALL RIDE PROGRAMS



Weaver Library
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4:00pm-7:00pm

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M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
			1 12:30 Bridge 1:00 Knit and Crochet	2 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 PACE Chair Exercise with Muriel 11:00 Meditation 1:30 Hi-Lo Jack
5 CLOSED Independence Day Observance 	6 SENIOR SHOPPING BY APPOINTMENT 8:00 –4:00 Nutritionist 9:00 Bocce 10:45 Chair Yoga with Cyn	7 8:00-4:00 Nutritionist 9:00 Better Balance Lecture 10:45 PACE Chair Exercise with Muriel 1:00 Cribbage	8 12:30 Bridge 1:00 Knit and Crochet	9 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 PACE Chair Exercise with Muriel 11:00 Meditation 1:30 Hi-Lo Jack
12 8:00-4:00 SHIP 10:00 Outside Chair Yoga with Marilyn 11:30 Blood Pressure Self-Monitoring Program	13 SENIOR SHOPPING BY APPOINTMENT 8:00 –4:00 Nutritionist 9:00 Bocce 10:45 Chair Yoga with Cyn	14 8:00-4:00 Nutritionist 10:45 PACE Chair Exercise with Muriel 1:00 Cribbage	15 12:30 Bridge 1:00 Knit and Crochet	16 8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 PACE Chair Exercise with Muriel 11:00 Meditation

Presentation					1:30 Hi-Lo Jack
<div> <div>8:00-4:00 SHIP</div> <div>10:00 Outside Chair Yoga with Marilyn</div> </div>	<div> <div>20</div> <div>SENIOR SHOPPING BY APPOINTMENT</div> <div>8:00 –4:00 Nutritionist</div> <div>9:00 Bocce</div> <div>10:45 Chair Yoga with Cyn</div> </div>	<div> <div>21</div> <div>8:00-4:00 Nutritionist</div> <div>10:45 PACE Chair Exercise with Muriel</div> <div>1:00 Cribbage</div> </div>	<div> <div>22</div> <div>12:30 Bridge</div> <div>1:00 Knit and Crochet</div> </div>	<div> <div>23</div> <div>8:30 Scrabble</div> <div>8:45 Blended Yoga</div> <div>10:00 Mah Jongg</div> <div>10:45 PACE Chair Exercise with Muriel</div> <div>11:00 Meditation</div> <div>1:30 Hi-Lo Jack</div> </div>	
<div> <div>26</div> <div>8:00-4:00 SHIP</div> <div>10:00 Outside Chair Yoga with Marilyn</div> </div>	<div> <div>27</div> <div>SENIOR SHOPPING BY APPOINTMENT</div> <div>8:00 –4:00 Nutritionist</div> <div>9:00 Bocce</div> <div>10:45 Chair Yoga with Cyn</div> </div>	<div> <div>28</div> <div>8:00-4:00 Nutritionist</div> <div>10:30-11:30 Age Well Get Connected –Computer training.</div> <div>10:45 PACE Chair Exercise with Muriel</div> <div>1:00 Cribbage</div> </div>	<div> <div>29</div> <div>12:30 Bridge</div> <div>1:00 Knit and Crochet</div> </div>	<div> <div>30</div> <div>8:30 Scrabble</div> <div>8:45 Blended Yoga</div> <div>10:00 Mah Jongg</div> <div>10:45 PACE Chair Exercise with Muriel</div> <div>11:00 Meditation</div> <div>1:30 Hi-Lo Jack</div> </div>	



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LOCAL HELP FOR PEOPLE WITH MEDICARE



State Health Insurance Assistance Program

SHIP

Need Help with Medicare/Medicaid forms or applications ?

Have Questions?

Speak with a SHIP Counselor at the East Providence Senior Center.

By appointment only Mondays from 8:00 am-4:00 pm

To schedule an appointment call 401-435-7876

Calling all VOLUNTEERS

The East Providence Senior Center is looking for volunteers for the following areas:

**Volunteer
with
us!**

- *Dining Room Lunch
- *High Low Jack
- *Cribbage
- *Coffee Bar

If interested please contact Senior Center at 401-735-7800

Seeking Scrabble players Friday Mornings at 8:30am.

Chickpea Tuna Salad



High-protein chickpeas are a good source of magnesium and potassium, which may reduce blood pressure.

Ingredients

- 1 (15-ounce) can low-sodium chickpeas, rinsed and drained
- 1 (5-ounce) can tuna, drained and flaked
- 1 tablespoon Dijon mustard
- 3 tablespoons olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol)
- 1 cup halved cherry tomatoes
- ½ cup green or black olives (optional)
- Spinach or torn salad greens

Instructions

1. Add the chickpeas, tuna, mustard, mayonnaise, and cherry tomatoes to a bowl and stir to combine. Season with salt and pepper to your liking. Add olives, if using.

Lay a bed of spinach or greens on a plate and top with salad mixture for an easy dinner. Alternatively, eat the salad between 2 slices of whole-grain bread like a tuna salad sandwich.

East Providence Senior Center Café

call your friends and make it a date!

**Join us for in-person dining starting
July 12th.**

Reservations are required. Please call Cindy to reserve your lunch.
401-270-1814

A suggested donation: \$ 3.00 per meal will help sustain the program.

Checks can be made out to EBCAP .

Mail checks to: East Providence Senior Center
610 Waterman Ave., East Providence RI 02914

Are you homebound?

If you need meal assistance please contact Cindy at 401-270-1814 for help with a referral to the Meals on Wheels program.

Staying hydrated during the summer months is important to your health and well-being. Can you guess the 8 BEST hydrating foods for the summer?

1. WATERMELON
2. CUCUMBERS
3. LETTUCE
4. TOMATOES

5. PEACHES
6. CANTELOPE
7. ORANGES
8. STRAWBERRIES

Blood Pressure Self-Monitoring Program

The East Providence Senior Center is excited to announce the implementation of a 4-month long Blood Pressure Self-Monitoring program designed to help educate members on Hypertension and improve health and well-being. The program includes monthly check-ins with a program facilitator as well as monthly nutrition education seminars. Joining the Blood Pressure Self-Monitoring Program is an investment in your health and a commitment to reducing your risk of *heart attack or stroke*.



Learn more **MONDAY, July 12 at 11:00** in the Seminar Room.

**EP Senior Center offers loaner BP cuffs for participants free of charge*



Concerts in the Park!

2021

Rose Larisa Park 701 Bullocks Pt. Ave. Riverside RI



ROBERTO L. DASILVA
MAYOR

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•All shows begin at 6:00 PM & are weather permitting.

- 6/17 MIXED EMOTIONS (Classic Rock)
- 6/24 RICK ASHMAN (Oldies/Pop Standards)
- 7/1 ATWATER-DONNELLY (Celtic Folk)
- 7/8 MOJO RISING (Classic Rock)
- 7/15 LUV N COUNTRY (Country)
- 7/22 DAVID TESSIER'S ALL-STAR STARS (Rock)
- 7/29 THE REMINDERS (Oldies)
- 8/12 OCTOBER ROAD (James Taylor tribute)
- 8/19 19TH NERVOUS BREAKDOWN (Rolling Stones tribute)

INFO: EPRD 401-435-7511



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All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.

July Menu 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Funded in part by the US Administration on aging and state funds by the Rhode Island Office of Healthy Aging.</i>	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</i>	Reservations must be made 24 Hours in advance (401)-270-1814	1 Juice Corned Beef & Swiss on Rye w/Mustard Chips Fruit Milk	2 Juice Egg Salad on a Croissant Chips Brownie Milk
5 <u>CLOSED</u>	6 Juice Tuna Salad on Wheat Chips Mixed Fruit Cup Milk	7 Juice Chicken Salad on Roll Chips Fresh Fruit Milk	8 Juice Bologna & Cheese on Multi Grain Chips Cookies Milk	9 Juice Seafood Salad on Roll Chips Fruit Bar Milk
12 Onion Soup Meatloaf w/Gravy Mixed Vegetable Mashed Potatoes Lorna Doo ne Cookies Wheat Bread Meatloaf on Wheat	13 Chicken Soup Italian Sausage Roasted Peppers & Onions Seasoned Pasta Peaches Roll Italian Sausage on a Roll	14 Pasta Fagioli Marinated Grilled Chicken Rice Pilaf Seasoned Vegetables Pudding Wheat Roll Grilled Chicken on Wheat Roll	15 Lentil Soup Roast Turkey w/Gravy Stuffing Butternut Squash Cookies Marble Bread Turkey & Cheese on Marble	16 Lemonade LS Hot Dog on a Roll Baked Beans Cole Slaw Fresh Fruit LS Hot Dog on a Roll w/Must
19 Minestrone Soup Tuna Noodle Casserole Mixed Vegetables Fruit Cup Pumpernickel Bread Tuna Salad on Pumpernickel	20 Vegetable Soup Pub Burger w/Mushroom Gravy Mashed Potatoes Broccoli Cuts Granola Bar Dinner Roll Hamburger on Roll w/Relish	21 Split Pea Soup Baked Ham w/Pineapple Glaze Sweet Potatoes Brussel Sprouts Fresh Fruit Rye Bread Ham & Cheese on Rye	22 Chicken Escarole Soup Pot Roast w/Gravy Oven Roasted Potatoes Sliced Carrots Jello Wheat Bread Pot Roast & Cheese on Wheat	23 Beef Noodle Soup Herb Roasted Chicken Mashed Potatoes Mixed Vegetables Chocolate Chip Cookies Roll Herb Roasted Chicken on Roll
26 Lentil Soup Roast Turkey w/Gravy Stuffing Butternut Squash Cookies Marble Bread Turkey & Cheese on Marble	27 Barley Soup Seafood Salad Pasta Salad Carrot Slaw Mixed Fruit Pumpernickel Bread Seafood Salad on Pumpernickel	28 Tomato Vegetable Soup Roast Beef w/Gravy Rice Green Beans Cake Multi Grain Bread Roast Beef & Cheese on Multi Grain	29 Chicken Soup Italian Style Chicken Cutlet Seasoned Pasta Mixed Vegetables Cookies Italian Bread Italian Style Chicken Cutlet on Italian	30 Red Chowder Baked Fish w/Tartar Sauce Mashed Potatoes Broccoli Slaw Wheat Dinner Roll Fish Sandwich on Roll w/Tartar Sauce

\$3.00 Suggested Donation