

Robert Rock Senior Center



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

July 2023

Senior Center Services

Elder Resource Specialist
Amanda Mattress

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
When: The first Wednesday of each month 8:30am-11:30am.
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 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 Counseling- Monday Mornings
Daniel Lepore- Call 508-769-7321

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

Virginia Twomey
Member Services Resource Specialist
vtwomey@eastprovidence.ri.gov

Facilities:
Kenny Atkinson
Ed Lachance Jr.

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.

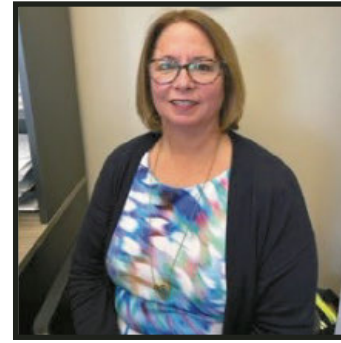


Message from the Mayor:

I hope you all are enjoying the weekly Concerts in the Park hosted by the East Providence Recreation. It was wonderful to see so many residents of East Providence come out to watch the performances by some very talented musicians. We have a wonderful lineup scheduled for July. If you would like to see a complete lineup of our 2023 Summer Concert Series, please go to: <https://eastprovidenceri.gov>. Also, please join us on Monday, July 3 as the City of East Providence is celebrating Independence Day at 201 Mercer Street, East Providence, RI 02914. (Rain date Wednesday, July 5). The gates open at 6pm. There will be a free concert followed by fireworks. Fireworks are set to go off after dark at 9:30PM. The show will be spectacular! Hope to see you there! Wishing everyone a happy and safe Independence Day.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

I would like to take the time to thank everyone who participated in our Reward Card Program launched in the beginning of 2023. The program sponsored by Pawtucket Falls Healthcare Center, was a huge success and encouraged members to attend classes they may not have otherwise without the rewards program. The program encouraged members to step out of their comfort zone and try something new! I am hoping everyone will continue to take advantage and participate in educational presentations we have planned for the future. We are happy to announce we are now adding Walmart to our grocery shopping trips on the last Friday of the month! There are more details on page 3 of our newsletter. Please remember to make your shopping reservation up to 24 hours in advance to secure your spot! I hope you all have an enjoyable and safe Independence Day!

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 JULY:

July 4: Independence Day, Senior Center Closed



DVD's are no longer available in the library.



-CRAFT CLUB-

July 17, 2023
10:15AM



Craft sample to be displayed at the coffee bar in Lobby Area.

Register for Craft Club by 7/10/23.

COMING TO BLOOM: GARDENING CLUB

Do you love gardening and are interested in a Gardening Club at the Senior Center?

Call the front desk today to add your name to the list of those interested in our gardening club!

401-435-7800



BINGO INFORMATION

EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM

Games start at 1:30PM

Dabbers \$2.00ea 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.

RIPTA BUS PASS ASSISTANCE

Tuesday, July 18

RIPTA will be on site to discuss their Senior Rider Bus Pass Programs as well as provide assistance with bus pass applications.



WE ARE ADDING WALMART TO OUR GROCERY SHOPPING TRIPS!

Once a month on the last Friday of the month, we will be going to Walmart for shopping! This will take place of a Shaw's grocery shopping trip once per month.

July shopping schedule is listed below:



July 6: Stop & Shop

July 7: Shaw's

July 13: Stop & Shop

July 14: Shaw's

July 20: Stop & Shop

July 21: Shaw's

July 27: Stop & Shop

July 28: WALMART



If you would like to add your name to our shopping list, please call 401-435-7800 to add your name to the shopping list.

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

We invite all members to sign in, thus connecting the past with the present.

'THE ARK TO THE FUTURE CERTIFICATE OF VOYAGE'

SENIOR CENTER TIME CAPSULE

For the month of July, visit the Dining Room to sign the Senior Center time capsule!

If you wish, bring in an item to put in the time capsule! **More details to come.**

For more information, visit Pat at the front desk!

COMMUNITY HEALTH WORLD:

WHAT IS A COMMUNITY HEALTH WORKER?

They provide outreach, health education, linkages to programs and services, advocacy, and hands-on enrollment assistance. Through their role as system navigators, CHWs make an important contribution to the goal of health system integration. They apply a unique understanding of the experience to their work, language and/or culture of the population that they serve.

Specific roles of Community Health Workers include the following:

- Bridging/culturally mediating between individuals, communities and health and human services, including actively building individual and community capacity;
- Providing culturally appropriate health education and information;
- Assuring that people get the services they need; or providing direct services, including informal counseling and social support; and advocating for individual and community needs.

COVID TESTING/COVID VACCINES

IF YOU NEED ASSISTANCE BOOKING YOUR COVID TEST OR COVID VACCINE, PLEASE SEE GILBERT!

COVID testing and COVID vaccines are done at the following local pharmacies: Walgreens, CVS, Walmart. Appointments must be scheduled online.

Do not have a computer? No problem! Gilbert, our Community Health Worker will assist you with booking online.



Mental illness doesn't choose who is affected by it, but culture, race, gender or sexual orientation can affect access to treatment, support and quality of care for many.

Minority Mental Health Month

Learn More at NAMI.org/mmh

Let's change this. #MinorityMentalHealth

Learn more about National Minority Mental Health Awareness Month

1 IN 5 PEOPLE
EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.
You can make a difference.

SYMPTOMS OF HEAT EXHAUSTION:

THIRST

With the onset of thirst you've already lost approximately 2% of bodyweight in fluid.

FATIGUE

A critical symptom, it puts you at risk on site, affecting your ability to concentrate, stay focus & reduces reaction times

SWEATING

Fluid & electrolytes help retain fluids but are lost from sweat

- OTHER SYMPTOMS TO LOOK OUT FOR -

<ul style="list-style-type: none"> • Dry mouth • Dry skin • Irritability • Light-headedness • Decreased urination 	<ul style="list-style-type: none"> • Dark coloured urine • Muscle cramps • Headaches • Nausea 	<ul style="list-style-type: none"> • Speech confusion • Poor concentration • Lapses in memory • Sleep impairment • Fainting
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JULY MENTAL HEALTH CHECK IN CHALLENGE

ASK YOURSELF..

- Am I getting enough quality sleep?
- Am I isolating myself from others?
- Have I felt more happy or sad lately?
- Do I have more anxieties or worriers than usual?
- What do I need to feel better?
- How am I practicing self care?
- Am I hungry, Angry, Lonely or tired?
- What is one thing I can do to bring joy to myself?

MENTAL HEALTH MATTERS

Tips for Talking With a Health Care Provider About Your Mental Health

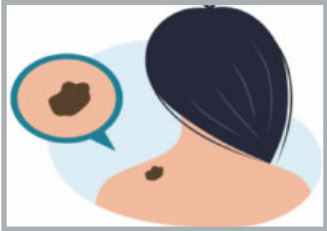
<p>Talk to a primary care provider</p>	<p>Prepare ahead of your visit</p>	<p>Consider bringing a friend or relative</p>	<p>Be honest</p>	<p>Ask questions</p>
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nimh.nih.gov/talkingtips

Health Related Programs:

Spending time outside is a great way to be physically active, reduce stress, and get Vitamin D. However, time in the sun can come with certain health risks.



Join us for a presentation on common types of skin cancers. We'll share important information on what to look for and how to do a thorough skin check. We'll also have tips on how to be sun safe this summer!

TUESDAY, JULY 18
10:00AM



THE FOOT DOCTOR RETURNS
ON AUGUST 4, 2023!

1:00PM-3:30PM

Call Shahnee, our Healthy Aging Nurse Coordinator to schedule an appointment with Podiatrist Dr. Ruggiero.

*These appointments fill up **FAST!** Call today to reserve your appointment today!*

401-270-1792



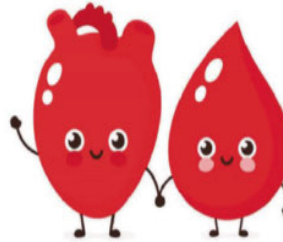
THE SENIOR MEMOIR PROJECT
STARTING THURSDAY AUGUST 3 10AM-11AM
YOUR STORY. YOUR LIFE. YOUR OWN WORDS.

Writing a memoir can be therapeutic as it allows you to pause and reflect on the moments in your life that helped shaped you into the person you are today. It also allows for healing through some of life's challenges and a sense of gratitude for overcoming those challenges.

The Robert Rock Senior Center is excited to host a 6-week memoir writing workshop every Thursday starting August 3rd. Writers will document their lives either on paper or with Chromebooks provided by the Senior Center. Options to print memoirs will be offered at the end of the workshop.

Registration is required for this class!
Please call 401-435-7800 today to register!

A1C CLINIC
TUESDAY, JULY 25
10AM-11AM



Are you a diabetic or prediabetic?
If so, come have your A1C checked! A1C is a quick and easy blood test that captures your average blood sugar levels over the last 3 months. No fasting required. This is a walk-in clinic, no appointment necessary.

Located in the Health Office!

Blue Cross Blue Shield Strength and Balance classes have been extended through the end of the year!

If you struggle with balance and coordination, this class is for you!

Blue Cross Blue Shield Strength and Balance classes offer lower-body workout techniques to increase stability and improve balance. Incorporates exercises for strength, balance, endurance, and flexibility.

FRIDAYS 1:00PM



Blue Cross
Blue Shield
of Rhode Island

Blood Pressure Checks in July 2023:

July 11, 2023 10:30AM

Grace Barker coming to the Senior Center to assist with Blood Pressure checks.

July 25, 2023 10:30AM

Hattie Ide Chaffee coming to the Senior Center to assist with Blood Pressure checks.



UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:



Eye Cancer



Cataracts



Sunburned Eyes



Growths On or Near the Eye

MARK YOUR CALANDERS!

The Robert Rock Senior Center is partnering up with Blue Cross Blue Shield RI to offer a flu clinic at the end of September 2023. More information to come. **REGISTRATION IS REQUIRED!**

Please register with our Healthy Aging Nurse Coordinator, Shahnee by calling 401-270-1792.

PICKLEBALL COURT UPDATES:

We are currently awaiting the last surface to be laid on the pickleball court. At this time, pickleball lessons are pushed back while we wait for the court to be done. We are currently not registering anyone for lessons at this time until we have a definite date of completion.

Rest assured– if you previously signed up and/or paid for your lessons, there will be a spot for you in the rescheduled classes.

Stay tuned for further updates on our pickleball court.



DID YOU KNOW?

Pickleball provides all the benefits of regular exercise plus some extra perks: Stronger muscles, lower blood pressure, improved flexibility, better footwork and agility, improved hand-eye coordination.

Pickleball also forces you to use your brain in different ways!

“Life is Good, Pickleball Makes it Better”

CONCERTS IN THE PARK:



City of East Providence
145 Taunton Ave.
East Providence, RI 02914



East Providence Recreation announces 2023 Summer Concert Series

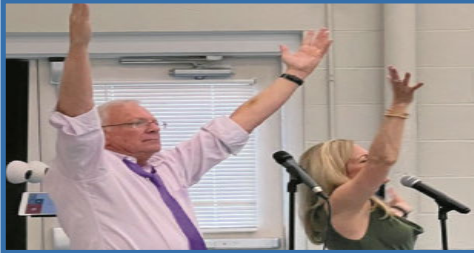
EAST PROVIDENCE, RI – The East Providence Recreation Department announces the 2023 Summer Concert line-up. Shows are weather permitting and take place at Rose Larisa Memorial Park located at 701 Bullocks Point Ave. in Riverside. Concerts are held on Thursday evenings from June 1 – August 31 and start at 6:00 PM, unless otherwise noted.

The 2023 “Concerts in the Park” series is sponsored by Navigant Credit Union. The schedule is as follows:

- June 1, *6:30 PM, The Strictly Sentimental Swing Band. Big band jazz and swing.
- June 8, 6:00 PM, Rick Ashman. Oldies and Pop standards.
- June 15, 6:00 PM, RI Wind Ensemble. 50-piece orchestra playing classical, jazz, and contemporary music.
- June 22, 6:00 PM, Playing Mantis. R&B, Classic Rock and Dance covers.
- June 29, 6:00 PM, Atwater-Donnelly. American and Celtic Folk.
- July 6, 6:00 PM, The Reminders. Classic Rock and Pop from the 50’s to today.
- July 13, 6:00 PM, Kelly & the Poor Boys. Creedence Clearwater Revival tribute.
- July 20, 6:00 PM, David Tessier’s All-Star Stars. Classic Rock.
- July 27, 6:00 PM, Vinyl Frontier. Vintage Rock n’ Roll.
- August 3, 6:00 PM, Mixed Emotions. Classic Rock.
- August 10, 6:00 PM, 19th Nervous Breakdown. Rolling Stones tribute.
- August 17, 6:00 PM, The Jesse Liam Band. Pop hits and originals.
- August 24, 6:00 PM, Vini Ames. Oldies Rock n’ Roll Show.
- August 31, 6:00PM, Mojo Rising. Classic Rock.




For more information, please call the Recreation Department at 401-435-7511.

A LOOK BACK FROM JUNE:



Robert Rock Senior Center Activities

JULY 2023

Mon	Tue	Wed	Thu	Fri
<p>3 10A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>4 Center Closed</p> 	<p>5 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>6 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>7 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>10 10A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>11 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>12 8A: Nutritionist 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>13 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>14 8A: SHIP Counseling 8:30A: Scrabble 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>17 10A: Chair Yoga with Marilyn 10:15A: Craft Club 1P: Movie Showing: Forrest Gump</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>18 8A: Nutritionist 9A: Bocce 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10A: Skin Safety Presentation 10:45A: Chair Yoga 11A: RIPTA Bus Pass Assistance 1:30P: BINGO! 2P: Multimedia Art</p>	<p>19 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>20 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>21 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>24 10A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>25 8A: Nutritionist 9A: Bocce 10A:A1C Spot Checks 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>26 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>27 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>28 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>31 10A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>				

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. **Registration not required. No fee.**

SHIP Counseling

State Health Insurance Program (SHIP)

Counselor is available on 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.

Mondays with Marilyn 10:00AM. **No fee.**

Tuesdays with Cyn 10:45AM **\$2.00 per class.**

No registration required.

Multi-Media Art Class

Oriented for personal choice media such as collage, acrylic, pastel, etc. Tuesdays 2:00PM

Registration required \$2.00 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.

Certified Fitness Instructor- Robin

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

For fitness members only

Tuesdays 9:30A-11:30A Thursdays 10:45A-12:45P

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. Thursday's 9:30A-10:30A **No registration required. \$2.00 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

Meets monthly. Participants are given the opportunity to explore various art-making skills. Activities allow participants to enhance their creative and visual skills.

Registration required. Fee is dependent on monthly craft being done.

Cribbage, Bridge, Scrabble, Moh 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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Brian & Alessa

Brian@MyGreeneTeam.com
MyGreeneTeam.com
License #0041590

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LEN WALKER

Senior Agent

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Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

https://myhst.com/agent/Leonard-Walker/

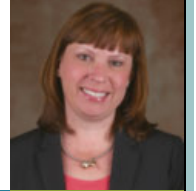
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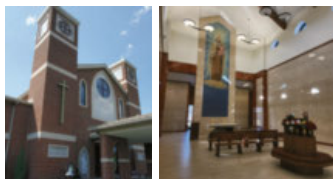


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Diocese of Providence

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spersichetti@lpicommunities.com • (800) 888-4574 x3403

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com East Providence Senior Center, East Providence, RI 04-0741

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.

July 12, 2023 10:30AM

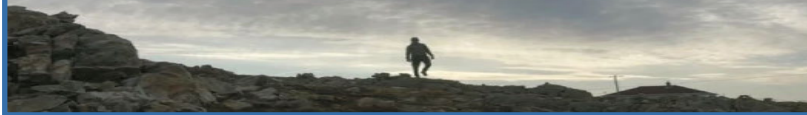


LOOKING FOR COMPUTER/TABLET ASSISTANCE!?

Gilbert, our Community Health Worker is available on **Thursday's from 10AM-12PM** to assist with computer and tablet questions. Feel free to drop by Gilbert's office located next to the front desk for technology assistance!



"THE ELEVATOR TO SUCCESS IS OUT OF ORDER. YOU'LL HAVE TO USE THE STAIRS... ONE STEP AT A TIME."
— JOE GIRARD



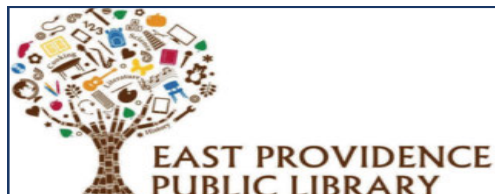
THURSDAY JULY 6, 2023 2:00PM

Biking Pittsburgh to Washington D.C. on Rails to Trails
This is a virtual class!

Learn about the 335 mile Great Allegheny Passage and the C&O Towpath, the preeminent "Rails to Trails" route in the Eastern U.S. Guide Russ Eanes will share his experiences riding the length of this trail in 2020.

Additional technology assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment:

401-434-2453



FREE EVENTS IN EAST PROVIDENCE:



SUNDAY JULY 9, 2023

187 NORTH BROW STREET

Join PVD Food Trucks for their second season in East Providence at the Sacred Cow Ice Cream Shop at Munroe Dairy!

Attendance is free and tickets are not required, just pay for what you eat and drink from a great variety of food trucks accepting cash, credit, and debit cards.

Make yourself at home in the green spaces and the closed streets. Enjoy the murals and some of the freshest ice cream around.

In addition to great food, there will be live music and Trinity Brewhouse will be serving up local beer and wine.



**EAST PROVIDENCE INDEPENDENCE DAY
CELEBRATION**

MONDAY JULY 3, 2023

(RAIN DATE JULY 5, 2023)

GATES OPEN AT 6:00PM



**201 Mercer Street
East Providence, RI 02914**

Enjoy a **free** concert featuring 'The Reminders' and 'Kate & the Mongrels' followed by fireworks!

Fireworks are scheduled to go off at approximately 9:30PM.

There will be food and beverage concessions.

NO pets, coolers, or backpacks please!

INFO: EP Recreation 401-435-7511



We will be showing:
In the Dining Room on:
FORREST GUMP
JULY 17, 2023 1:00PM
Popcorn will be served.



NEWPORT CREAMERY DINE OUT VOUCHER PROGRAM MENU OPTIONS:

Newport Creamery vouchers are still available at the East Providence Senior Center.

Suggested donation of \$7.50 per voucher.

You are welcome to drop by the Senior Center M-F 8AM-4PM to pick up a Newport Creamery voucher.

DINE OUT FOR BREAKFAST!

East Bay Community Action Program's
Restaurant Voucher Program
suggested donation of \$7.50
Must be 60/+ years of age or Differently
Abled

***valid for dine-in only, no take-out**

Participating Restaurant Locations

296 County Road, Barrington, RI
208 West Main Road, Middletown, RI
Monday-Friday, 7 am - 11 am

--CHOICE OF 5 MENU ITEMS--

TEXAS FRENCH TOAST

2 thick Texas-style French toast slices with choice of bacon or
lean sausage

EBCAP LUMBERJACK STACK PANCAKES

Stack of 3 buttermilk pancakes with 1 egg

EBCAP BREAKFAST

2 eggs, any style, 1 sausage link or 1 slice of bacon & 1 slice of
wheat toast or English muffin

GARDEN OMELETTE *

Cholesterol-free egg substitute with onion, pepper, mushroom,
tomato & spinach with wheat toast

GARDEN WHEAT WRAP *

Cholesterol-free egg substitute wrapped up with onion,
pepper, mushroom, tomato and spinach

* Healthy Options

Each meal includes choice of small fruit juice, milk, coffee, tea, or mandarin
orange slices.



East Bay Community Action Program
is a non-profit organization funded in
part by Administration on Aging and state funds through the
Rhode Island Office of Healthy Aging
For more information or to purchase call 401-437-1000, ext. 1121

DINE OUT FOR DINNER!

East Bay Community Action Program's
Restaurant Voucher Program
suggested donation of \$7.50
Must be 60/+ years of age or Differently
Abled

***valid for dine-in only, no take-out**

Participating Restaurant Locations

296 County Road, Barrington, RI
208 West Main Road, Middletown, RI
Monday-Friday, 4 pm - 8 pm

--CHOICE OF ENTREES (1)--

SENIOR CHEESEBURGER

SENIOR CHICKEN SALAD SANDWICH on wheat

SENIOR TUNA SALAD SANDWICH on wheat

SENIOR BLT SANDWICH on wheat

SENIOR TURKEY SANDWICH on wheat

SENIOR FISH & CHIPS DINNER

NEW ENGLANDER FISH SANDWICH on wheat

SENIOR SOUP & HALF SANDWICH on wheat

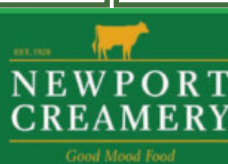
(Turkey, Tuna, or Chicken Salad)

Each meal includes milk or coffee or tea and 1 scoop of ice cream

**For more information or to purchase a voucher
call 401-437-1000, ext. 1121**



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Rhode Island Office of Healthy Aging



**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: \$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 and renewal forms can be picked up at the front desk!**

WHEEL OF FORTUNE

TAKING A PAUSE FOR A FEW MONTHS.

**4TH OF JULY
WORD SEARCH**

T M N W Q J E T A R B E L E C D Y
I M T Q H H Y M Q R Q U D U E I A
O Q T A W Q M Z Y E X U C C N T D
I N D E P E N D E N C E L C J A I
A S I O U O R H A M U A A T U Q L
N K S A M E R I C A R P P S O S O
U R P U F U B E E A Y S T R U B H
P O A Y D L D W T O E C I N C I P
K W R W E A A I L P O E A U E O N
F E K H T F O G I A D E U S D I H
Y R L I I N T R B E M D T N A T L
L I E T N P T Z E U R A E T R S C
U F R E U S L Q R R R U I U A A E
J V S O D L K V T S L R O K P J B
W I T O E O M O Y B B F I U P J L
I A S V Y E M R E D R E M M U S E



Mark your Calendars

AARP
Rhode Island



AUGUST 4, 2023

9AM-12PM

SHRED EVENT

East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914

AUGUST 16, 2023

10:30AM

RI LEGAL SERVICES PRESENTATION

Please join us for a presentation on Elder law. A RI Legal Services Representative will be on site and available to answer questions.



Rhode Island
LEGAL SERVICES
50 CELEBRATING FIFTY YEARS
Since 1969

America	Red	Independence
Blue	Sparklers	July
Britain	Stars	Liberty
Celebrate	Stripes	Parade
Declaration	Summer	Picnic
Fireworks	Fourth	Freedom
Flag	United	Holiday
	White	



FOLLOW THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER ON FACEBOOK!

Give us a 'like' and a 'follow' to stay up to date on activities and announcements!



East Providence Senior Center

19 likes • 22 followers

Call Now

Message

Liked

Yogurt Parfait

Prep time: 5 minutes
Cook time: 0 minutes
Servings per recipe: 1
Serving size: 1 parfait

Ingredients

- 1 cup low-fat vanilla yogurt
- ½ cup chopped fruit (for example, fresh or frozen berries, banana, or peaches)
- ¼ cup whole grain cereal



Directions

- 1) In a small cup, spoon in half of the yogurt. Layer half of the fruit in next.
- 2) Spoon in the rest of the yogurt, then the rest of the fruit.
- 3) Top with the cereal. Enjoy!



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LUIS A. MATEUS

Eu Falo Portugues

Off: 401-434-8399
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- Rides to and from center appointments
- Connections to trusted insurance agents.

Call today for more information | 401-488-7145



\$3.00 Suggested Donation

July 2023

Lunch is served at
12:00 pm

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 24 HOURS IN ADVANCE!!**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken soup Sweet & sour meatball Fried rice 3 – bean salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	4 	5 Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans Roll Cookie Chef salad	6 Minestrone soup Lasagna roll up w/meat sauce Roasted potato Broccoli florets Snowflake roll Fruit Chicken salad on wheat	7 Tomato soup Salisbury steak w/gravy Mashed potato Mixed vegetables Fruit Roll Spinach salad w/ chicken
10 Pasta & bean soup Shepard's pie Mashed potato Multi grain roll Pudding Ham & cheese club	11 Lentil & bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread	12 Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Grilled vegetables salad w/chicken	13 Minestrone soup BBQ pulled pork sandwich Cole slaw Orzo salad Roll Cake Turkey on wheat	14 Tomato soup Sausage & pepper sandwich Green bean salad Roasted potato Wheat roll Jello Egg salad sandwich
17 Vegetable soup Chicken cacciatore Roasted potato salad Mixed vegetable Roll Fruit Seafood salad plate	18 Mediterranean rice salad Baked rigatoni w/mini meatballs Green beans Roll Fruit salad Turkey & swiss on rye	19 Chicken soup Meatball & pepper sandwich Roasted potato Cucumber cranberry apple salad Roll - cookie Tuna salad plate	20 Tomato soup Sloppy joe 3 – bean salad Chips - roll Cake Chicken sandwich	21 Tossed salad Fruit cup Beef stew Wheat roll Pudding Ham & cheese on rye
24 Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed vegetables Garlic bread Cake Cobb salad	25 Mushroom barley soup Smothered pork chop w/apples & peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	26 Navy bean soup Liver & onions Mashed potatoes Peas Watermelon - roll Hot dog w/roll	27 Minestrone Soup Chicken marsala Roasted broccoli & cauliflower Rice pilaf Cookie Chicken salad sandwich	28 Fresh fruit w/ cottage cheese Open turkey sandwich Stuffing Cole slaw Wheat roll - pudding Spinach salad w/chicken
31 Vegetable soup Lemon chicken Potatoes O'Brien Sliced carrots Whole Wheat roll - cookie Turkey & Swiss/whole wheat			<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>				