

Robert Rock Senior Center



July 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

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

610 Waterman Avenue
East Providence, RI 02914

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



Follow us on Facebook!

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

Dennis Price

Christopher Januario

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:

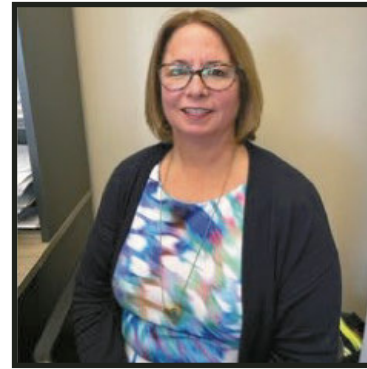
Hope you all are enjoying your summer! East Providence is filled with great activities and events for the whole family to enjoy. I hope to see you all at Pierce Field on July 3 for our 2024 Independence Day Celebration. Food for purchase will be available as well as live music, fireworks, and fun. I would also like to let you all know about the 2024 Cruise Nights at Crescent Park happening every Saturday until September from 4pm-dusk. Come enjoy some classic cars with local residents.

If you are looking for more local events, visit our City calendar online at <https://eastprovidenceri.gov/calendar>

Our monthly calendar highlights all the great activities and events East Providence has to offer!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy Independence Day! I would like to thank everyone that participated in our Senior Wellness Retreat in June. This event was very successful and I have heard a lot of positive feedback. Sometimes we need to slow down and make time in our busy lives for self care. I hope this week long event was helpful and fun for you all.

We are calling to our local East Providence Senior Veterans to provide us with your rank and branch so you can be included in a pinning/appreciation event hosted by Beacon Hospice on Patriot Day (9/11/24). We would love to honor our local Veterans. Please stop by the Resource Center and see Amanda. She will take your branch and rank.

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)



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

JULY 2024:

July 5: Stop & Shop

July 11: Stop & Shop

July 12: Shaw's

July 18: Stop & Shop

July 19: **FARMERS MARKET**

July 25: WALMART

July 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!

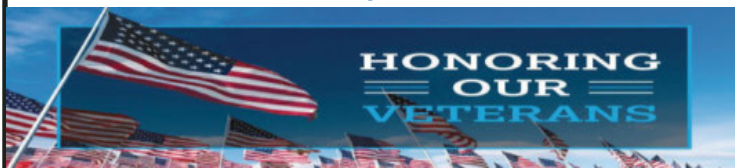


CALLING TO OUR EAST PROVIDENCE SENIOR VETERANS!

If you are a local East Providence Senior Citizen Veteran and would like to be a part of a pinning and appreciation event at the Senior Center on Patriot Day (Wednesday, September 11), reach out to Amanda our Elder Resource Specialist. Amanda will take down your rank and branch so you can be included in the pinning and appreciation event!

The event will take place in the dining room during lunch on Wednesday, September 11.

The Patriot Day Pinning and Veteran Appreciation event will be sponsored and hosted by Beacon Hospice.



We will be showing:

HIDDEN FIGURES

Monday, July 29

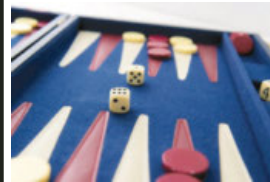
1:00PM

Three brilliant African-American women at NASA serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

Popcorn will be served.



BACKGAMMON



Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress.

This is a game of odds, calculation, patterns, and vision.

Whether you are a seasoned Backgammon player or would like to learn how to play, please join us!

MONDAY MORNINGS:

10:30AM-11:30AM

CREATIVE ART STUDIO EVERY WEDNESDAY

11AM-12:30PM

Looking for new artists to join in this self-guided multi media art class. The class is a very relaxing setting. Work on your art pieces at your own pace with good company.

\$3.00 per class.



CRAFT CLUB

JULY 29

Paint Your Own Jewelry Box



Supplies will be provided. Registration is required & space is limited. Sign up by the front desk.

FIREWORK SAFETY

THIS INDEPENDENCE DAY, PLEASE BE COURTEOUS WHEN SETTING OFF FIREWORKS, WHICH MAY BE UPSETTING FOR DOGS AND MILITARY VETERANS

FOR VETERANS:

PERCENTAGES OF VETERANS THAT RETURN WITH PTSD

IRAQ AND AFGHANISTAN



11-20%

GULF WAR (DESERT STORM)



10%

VIETNAM



30%

LENGTH OF DEPLOYMENT

12-15 months*

210 days**

12 months

* Includes multiple deployments

** Operation Desert Storm lasted 210 days

LOUD, UNEXPECTED NOISES, such as fireworks can remind combat veterans with PTSD of **GUNFIRE OR EXPLOSIONS** they had experienced on the battlefield. Consider your neighbors by not setting them off late at night or close to their homes, or better yet, go to an organized event!



Source: US Department of Veterans Affairs, Department of Defense

FOR DOGS:

1 IN 5 DOGS GO MISSING AFTER BEING SCARED BY FIREWORKS



More dogs go **MISSING** on the 4th of July than any other day of the year because the loud noises can scare even the **BRAVEST** dog.

KEEP YOUR BEST FRIEND AT EASE:

- EXERCISE DURING THE DAY.** Ensure your dog gets plenty of exercise during the day to tire them out
- STAY HOME.** Don't bring them to events where fireworks will be set off
- MAKE THEM FEEL SAFE.** Provide a safe place at home with music or the TV playing
- DISTRACTION.** Entertain them with their favorite toys and treats
- ACT NORMAL.** Don't acknowledge the fireworks, as your dog may be looking to you on how to react
- NAME TAGS.** Make sure your dog is wearing their collar with ID tags (better yet, microchipped!)



Source: www.aspc.org

HAVE A SAFE AND HAPPY INDEPENDENCE DAY

Health Related Programs:

GRIEF SUPPORT AND HEALING

CONTINUED 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, July 25 11AM-12PM

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

IT IS NOT TOO LATE TO LACE UP AND JOIN OUR WALKING CLUB!

Participants do not need to register. The Walking Club takes place every Wednesday at 9:30am

Stretches will take place in the dining room before heading outside to the walking paths.



5 WISHES ADVANCED DIRECTIVES PRESENTATION

TUESDAY, JULY 16 AT 11:00AM

Join us as Beacon Hospice facilitates a presentation on the 5 wishes.

Five wishes is the first living will that talks about your personal, emotional, and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself.

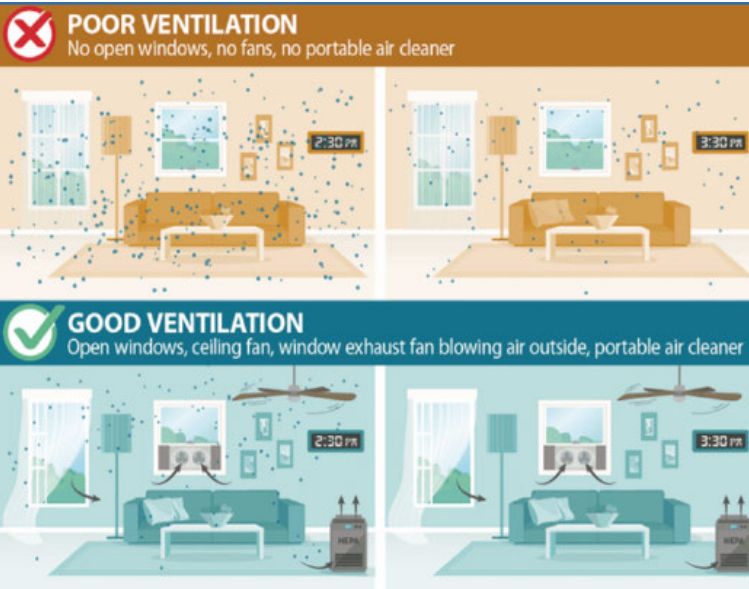
- It's written in everyday language, making it easy to understand and complete.
- It covers personal, spiritual, medical and legal wishes all in one document.
- It allows your family or caregiver to know exactly what you want, so they don't have to guess
- It's legally valid in nearly every state

Sign up is located at the front desk.

COVID-19 UPDATES

Updated COVID-19 Guidelines:

The updated Respiratory Virus Guidance recommends that people stay home and away from others until at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (and are not using fever-reducing medication). Note that depending on the length of symptoms, this period could be shorter, the same, or longer than the previous guidance for COVID-19.



How to Improve Ventilation in Your Home to Reduce Illness:

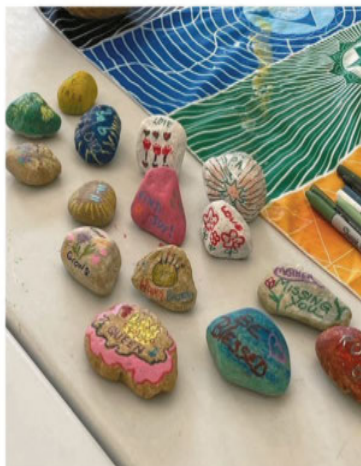
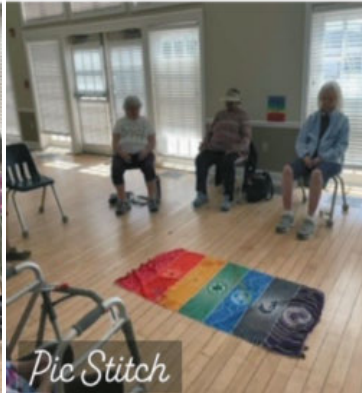
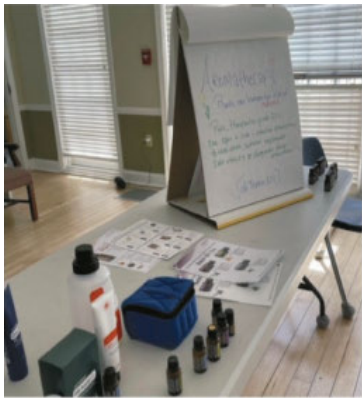
Using as many ways as you can (open windows, use air filters, and turn on fans) will help clear out virus particles in your home faster. You can decrease particles even more by continuing to ventilate after a visitor leaves.

Bringing fresh, outdoor air into your home helps keep virus particles from accumulating inside.

Place a fan as close as possible to an open window blowing outside. This helps get rid of virus particles in your home by blowing air outside. Even without an open window, fans can improve air flow.

If you have one in your home, change your filters every three months or according to the manufacturer's instructions.

A LOOK BACK SENIOR WELLNESS RETREAT:



We would like to thank all the instructors that came out to educate and inform our participants during this week long event. This event was sponsored by [Blue Cross & Blue Shield of Rhode Island](#), and we truly appreciate the assistance to get this program off the ground.

A special thank you to our Healthy Aging Nurse Coordinator, Shahnee who sculpted, networked, and created this unique event.



Robert Rock Senior Center Activities

JULY 2024

Mon	Tue	Wed	Thu	Fri
1 10:30A: Backgammon 10:30A: Pickleball Clinic 10:30a: Chair Yoga w/ Marilyn 2P: PODS Swimming *Tech Assistance by appt only*	2 9A: Bocce 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!	3 8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Club 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	4 <i>Independence Day</i>  Senior Center Closed	5 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Bird Watching 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
8 10:30A: Backgammon 10:30A: Pickleball Clinic 10:30a: Chair Yoga w/ Marilyn 2P: PODS Swimming *Tech Assistance by appt only*	9 9A: Bocce 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga 10:45A: EBCAP Outreach Booth 1P: Beginners Mah Jongg 1:30P: BINGO!	10 8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Club 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	11 9:30A: Senior Shopping 9:30A: Tai Ji 10:30A: Pickleball Clinic 10:45A: Bob Perlow Comedy Show 12:30P: Bridge 12:30P: Knit & Crochet	12 8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
15 10:30A: Backgammon 10:30A: Pickleball Clinic 10:30a: Chair Yoga w/ Marilyn 2P: PODS Swimming *Tech Assistance by appt only*	16 9A: Bocce 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 11A: 5 Wishes Advanced Directives Presentation 1P: Beginners Mah Jongg 1:30P: BINGO!	17 9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Club 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	18 9:30A: Senior Shopping 9:30A: 1:1 Technology Assistance 10:30A: Pickleball Clinic 12:30P: Bridge 12:30P: Knit & Crochet	19 8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
22 10A: The Pointe Assistance 10:30A: Backgammon 10:30A: Pickleball Clinic 10:30a: Chair Yoga w/ Marilyn 2P: PODS Swimming	23 9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!	24 9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Club 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	25 9:30A: Senior Shopping 10:30A: Pickleball Clinic 11A: Beacon Hospice Grief Support 12:30P: Bridge 12:30P: Knit & Crochet	26 8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
29 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Pickleball Clinic 10:30A: Craft Club 1P: Movie Showing 2P: PODS Swimming	30 9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!	31 9A: SHIP Counseling 9A; 20/20/20 Fitness 9:30A: Walking Club 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	**Calendar Items are subject to change based on cancellations and/or inclement weather** 	REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!

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, Friday
9AM-2PM*

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.**

July 17 - 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.

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.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

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McStay**
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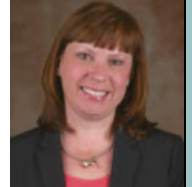


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Lisa Janicki, MS

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Gaps in Coverage? Turning 65? Confused about plans and benefits?



I am an INDEPENDENT agent working with over 30 plans in RI and Mass. We want to assess your needs and find any gaps in coverage or ways to save costs without cutting benefits.

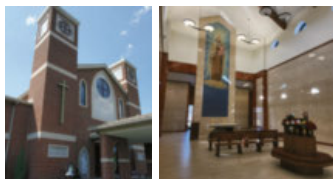
Brenna Mavis Insurance Services inc
MEDICARE SERVICING AGENT

**Benefits Reviews and Explanations • Medicare Advantage and Supplements
Cancer Protection • Skilled Nursing • Hospital Indemnity • Prescription Drug Plans**

**Our Agency is hosting workshops and events in Spring and Summer
FREE to the seniors in this community. Please text, call or email to register for event and see event calendar on our website!**

**Bingo Nights always with prizes! • Companion Opportunities
"STOP the SCAMS!" Technology workshop • Painting Lessons
Expos for the best senior products on the market and much more!**

401-864-4716 - brennamavis@gmail.com



Catholic Cemeteries

Diocese of Providence

Catholic Cemeteries has more options to choose from than ever before.

Numerous opportunities to memorialize your loved one regardless of their resting place. Ensure that YOUR wishes are met, rather than leaving it up to grieving family members. We are here to help you through the process.

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**Gate of Heaven Office:
(401) 434-2579**

**Mention Discount Code
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ricatholiccemeteries.org



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of this space

**CALL
800-477-4574**





TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

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

Gilbert, our Community Health Worker can help!



On Mondays, Gilbert will be available to answer questions about technology. **Appointments are required.** Please call 401-443-4312 to make your appointment. Feel free to bring your own laptop or tablet!

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 17, 2024 10:30AM



**WEDNESDAY, JULY 10
2:00PM**



TIME MANAGEMENT SECRETS: SKYROCKET YOUR PRODUCTIVITY!

Please note: [This is a virtual class projected on Zoom](#)

Whether you're working or retired, how you use your time matters. This class will give you practical ways to take control of your time and become super productive.

SMARTPHONE HELP:



**EVERY TUESDAY
MORNING
10AM-11AM**

Learn some tips and tricks with your Smart Phone!

No registration required



ATEL TECH TIME THURSDAY, JULY 18 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



JULY EVENTS IN EAST PROVIDENCE:



**2024
East Providence
Independence Day
Fireworks**



Wednesday, July 3, 2024
Rain date Friday, July 5, 2024

Pierce Memorial Stadium
201 Mercer Street

Gates open at 6 PM
Food and beverage concessions

Live concerts featuring
Kate & the Mongrels
and
Merchants of Cool

**NO
Pets.
Backpacks
or Coolers**

EBCAP OUTREACH



**TUESDAY,
JULY 9**

**east bay community
action program**

10:45AM-11:45AM

The services East Bay Community Action offers help make sure everyone can reach their full potential. This may mean solving immediate challenges, like access to food or housing. Or, it may mean getting and staying healthy for life. There's medical and dental care, behavioral health care, human services and community programs.

East Bay Community Action will be setting up a table in our dining room at the Senior center informing seniors of their services. We encourage you to stop by the booth and see what great services are offered to East Bay RI residents!



**BOB PERLOW
THE WARM UP GUY**

**THURSDAY, JULY 11
10:45AM**

Bob was born in Pawtucket, RI, attended University of Rhode Island, taught at Johnson & Wales. He is known for his work as a writer on Laverne & Shirley, Bob Newhart Show, Friends, Cheers, Night of the Comet, Mork & Mindy, Love Stinks and has been the "warm up" comedian to open many shows around the world. From the 1970s to the early 2000s, Robert Perlow was the go-to warmup comedian on television sets, where he was responsible for keeping the live studio audience engaged and laughing.

Bob will be coming to the East Providence Senior Center to facilitate a unique presentation that is known to be 'interesting and comical'.

Please join in on the fun!

Crescent Park Looff Carousel



2024 Cruise Night Schedule
Saturday Nights

May 4 - September 7
4pm - Dusk

CONCERTS IN THE PARK:



Concerts in the Park is back! Free weekly concerts at Crescent Park.

Bring your own chair!



FREE! 2024 Concerts in the Park

6PM at Crescent Park

701 Bullocks Point Ave. Riverside, RI 02915



June 6th
Atwater Donnelly
American & Celtic Folk

July 25th
Mixed Emotions
Soft Rock

June 13th
Strictly Sentimental Swing Band
Big Band Swing & Jazz

August 1st
Kelly & The Poor Boys
Credence Clearwater
Revival Tribute

June 20th
RI Wind Ensemble
Patriotic & Contemporary Music

August 8th
Mojo Rising
Classic Rock

June 27th
19th Nervous Breakdown
Rolling Stones Tribute

August 15
Jesse Liam Band
Pop & Original Music

July 11th
Playing Mantis
Pop Standards & Dance Tunes

August 22nd
Robin Hathaway &
Her Big Mouth Blues Band
Classic & Original R&B

July 18th
David Tessier's
All-Star Band of All-Stars
Classic Rock

August 29th
Red Bridge Band
Pop Standards & Classic Rock

All performances are weather permitting.
Questions? Call 401-435-7511

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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!

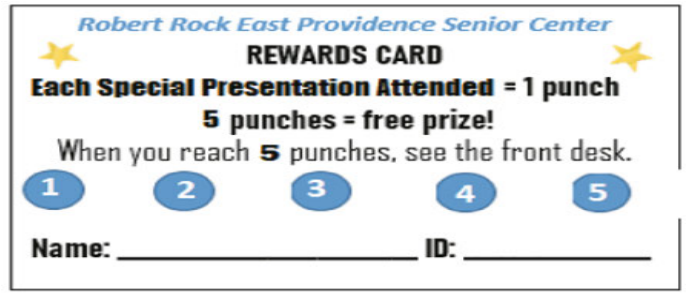


REWARD CARDS

The East Providence Senior Center is excited to announce the return of the Rewards Program beginning in 2024! The program aims to promote and encourage member participation in educational opportunities at the Senior Center.

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.



ADDITIONAL PROGRAMS/PRESENTATIONS:

PICKLEBALL CLINICS BEGINNING JULY 1, 2024!

MONDAYS & THURSDAY MORNINGS 10:30AM-11:30AM

Isabelle, a summer staff member a part of the Mayoral Summer Youth Workforce will be on at the pickleball court teaching Seniors how to play Pickleball every Monday and Thursday mornings during the summer months.



No experience required!
Isabelle will show you how to hit the ball and teach you the rules of the game.
Registration is required. Sign up is located at the front desk.

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.



east bay community action program

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

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

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



BIRDWATCHING AT THE SENIOR CENTER

FRIDAYS BEGINNING JULY 5
10AM-10:30PM

Meet Laura in the dining room on Friday's at 10AM and grab a pair of binoculars to go bird watching! Laura will help identify local birds.



JULY GUARDIAN ANGEL AWARD



Please join us in congratulating **Christine Singleton** on being nominated for July's Guardian Angel Award. Christine is someone who is always looking out for others. Her

kindness and genuine concern for others has left an impact on so many of our members. Her nomination includes many acts of kindness including her special way of motivating others to try new things and to never stop learning. *Thank you Christine for helping spread kindness in our community!*



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\$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.

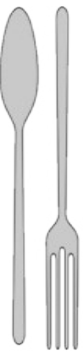
Meals are served at 12PM Monday-Friday.

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!



July 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
1	Chicken soup Baked chicken topped w/ Eggplant Bolognese Roasted potato Garlic bread Cookie Roast beef on a roll	2 Greek cucumber salad Potato crusted fish Green beans Rice Pilaf Ww roll Sliced peaches Ham & cheese on wheat	3 Tossed salad Pub burger w/cheese Pasta Salad Charred Broccoli Ww roll Strawberry shortcake Turkey sandwich on roll	4  CLOSED	5 Tomato soup Sloppy Joe Cole Slaw Potato Wedges Ww roll Melon Egg Salad Plate
8	Navy bean vegetable soup Chicken Marsala Parmesan rice Mixed Vegetables Ww roll Tropical fruit Spinach salad with chicken	9 Mushroom Barley Soup Sausage & pepper sandwich Chips Roasted zucchini Ww roll Pudding Greek salad with chicken	10 Tomato soup Lemon butter pork chop Roasted potatoes Mixed Vegetables Ww roll Sliced pears Seafood Salad Sandwich	11 Vegetable soup Chicken cordon bleu Rice Pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate	12 Fresh fruit cup Baked pasta w/meatballs Sausage & cheese Roasted Vegetables Jello Roll Tuna salad sandwich
15	Minestrone Soup Meatball sandwich 3-bean salad Potato Wedges Pineapple chunks - Ww roll Cobb Salad	16 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Fresh fruit- Ww roll Roast beef sandwich on a roll	17 Clam chowder (red) Fish Sandwich Cole slaw Orzo salad Roll - cake Seafood salad plate	18 Chicken soup Pot roast Mashed potatoes Peas & carrots Sliced peaches - Ww roll Cobb salad	19 Cream of Broccoli Lasagna roll up w/ Meat sauce Roasted vegetables Pudding - Ww roll Tuna salad plate
22	Kale bean & sausage soup Shepard's pie Mashed potato Ww roll Chocolate cookie Egg salad sandwich	23 Tomato soup Marry Me Chicken Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad	24 Vegetable summer salad Beef tips w/ mushroom gravy Mashed potatoes Roasted Zucchini & Tomato Ww roll Melon Chicken salad on wheat	25 Lentil soup w/ vegetables Sliced turkey Stuffing Mixed squash Ww roll Brownie Seafood salad plate	26 Tossed salad Chicken parm Steamed broccoli Spanish rice Ww roll Strawberry shortcake Chef salad
29	Chicken escarole soup Roasted chicken Mashed potato Green beans Ww roll Pudding Roast beef on a Roll	30 Vegetable soup Pork Chop Italian Roasted vegetables Parmesan rice Tropical fruit - Ww roll Spinach salad w/ chicken	31 Tossed salad Pork roast Sweet potato Mixed vegetables/roll Oatmeal cookie Turkey Sandwich	 <p>east bay community action program THE BRIDGE to SELF-RELIANCE</p> <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</p>	