

# Robert E. Rock, East Providence Senior Center



## July 2025

### Senior Center Services

**Elder Resource Specialist**

**Amanda LaPlante**

Monday–Friday 401-270-1788

**Healthy Aging Nurse Coordinator**

**Shahnee Lagor, BSN, RN-BC**

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

**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](http://www.eastprovidenceri.gov)**



***Follow us on Facebook!***

### **Staff**

**Laura Jones**

Director

[ljones@eastprovidenceri.gov](mailto:ljones@eastprovidenceri.gov)

**Cheryl Balasco**

Admin. Assistant

[cbalasco@eastprovidenceri.gov](mailto:cbalasco@eastprovidenceri.gov)

**Shahnee Lagor**

Healthy Aging Nurse Coordinator

[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

**Amanda LaPlante**

Elder Resource Specialist

[alaplante@eastprovidenceri.gov](mailto:alaplante@eastprovidenceri.gov)

**Cindy DeMedeiros**

Dining Room 401-270-1814

[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

**Pat Thomas & Rhonda Marzetta**

Member Services Representatives

[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)

[rmarzetta@eastprovidenceri.gov](mailto: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:**

It was so nice to see everyone gathering for our first month of Concerts in the Park. I hope everyone is enjoying themselves at these local events. The City of East Providence will hold it's annual Independence Day celebration on July 3, 2025 at Pierce Memorial Stadium, 201 Mercer St. in East Providence. Gates open at 6:00 PM and the evening will feature a concert, food and beverage concession, and fireworks display at 9:30 PM. Admission is free. No pets or coolers allowed. The rain date for this event is Sunday, July 6. For information, contact the Recreation department at 401-435-7511. Hope to see you there!

**Sincerely,**

**Mayor Bob DaSilva**



### **Letter from the Director:**

Thank you to everyone who came to our annual Welcome Summer Celebration Ice Cream Social event on June 20. It was a great turnout, and it was great to see so many smiling faces! We have a lot of great presentations to look forward to this month. Turn to page 4 of this newsletter to see a highlight of special programming and guest speakers we have lined up for the month of July.

Just a heads up that there will be no Watercolor Paint Class for the month of July. Watercolor Paint Class will resume on Tuesday, August 5.

We still have Farmers Market cards available for those who qualify. Stop by the Senior Center to see if you qualify for a Farmers Market card. Staff here at the Senior Center are ready to assist and answer questions about the farmers market cards.

**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:**

Thursday, July 3: HI LO JACK  
 RESCHEDULED TO TODAY!

Friday, 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 2025:**

Thurs, July 3: Stop & Shop  
 Thurs, July 10: Stop & Shop  
 Fri, July 11: Shaw's  
 Thurs, July 17: Stop & Shop  
 Friday, July 18: Shaw's  
 Thurs, July 24: WALMART  
 Fri, July 25: WALMART  
 Thurs, July 31: Shaw's



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

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

**ANNOUNCEMENT:**

THERE WILL BE NO WATER COLOR PAINT CLASS FOR  
 THE MONTH OF JULY! WATERCOLOR PAINT CLASS  
 WILL RESUME ON TUESDAY, AUGUST 5.

**WELCOME CARLEEN!**



Last month, Carleen Ricci was hired at the Senior Center as a Part-Time Member Services Representative.

**Carleen will be working Monday,  
 Thursday, and Fridays 12PM-4PM.**

Carleen comes with a wealth of customer service experience. If you have not met Carleen yet, please stop by the Senior Center front desk and give her a warm welcome!



**BEGINNERS MAH JONGG**

Tuesday Afternoons 1PM-3PM  
 Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons.  
 Late bus transportation will be offered.

**ADVANCED MAH JONGG**

EVERY FRIDAY MORNING 10AM-12PM  
 Friday Mah Jongg is geared for seasoned players. Join us!

**We will be showing:**

**TICKET TO PARADISE**

**Monday, July 28  
 1:00PM**



A man and his ex-wife race to Bali, Indonesia to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.



## SPECIAL PROGRAMMING FOR JULY 2025:



### FOOD WASTE PREVENTION PRESENTATION

**TUESDAY, JULY 8  
11:00AM**

In this presentation from the RI Resource Recovery Company (RIRRC), you will learn how food waste occurs, the impact of wasted food, and simple tools that have been shown to be effective in reducing household food waste. From an impact standpoint, preventing household food waste has the double benefit of decreasing the amount of food waste going to the landfill (where it produces methane, a potent greenhouse gas) as well as saving households' money by preventing edible food from going to waste!



### EMBRACE PREVENTION PRESENTATION

**THURSDAY, JULY 10**

Embrace Prevention Care is an integrated health solution providing personalized preventive care for older adults and their caregivers, with the goal of increased independence and fewer preventable hospitalizations. Embrace Prevention Care engages the individual in the process of staying healthy and out of the hospital. They will assist in the journey from patient to active participant in maintaining independence.



*Join us to hear more on this informative presentation!*



### RHODE ISLAND LEGAL SERVICES PRESENTATION

**TUESDAY, JULY 22  
11AM**

**Visiting volunteer attorney will be coming to the Senior Center to host a brief presentation on Elder Law followed by a question and answer session.**

# The Sun & Your Medications

Communication from the URI Pharmacy Outreach

**THE  
UNIVERSITY  
OF RHODE ISLAND  
COLLEGE OF  
PHARMACY**

#### It's Important to Stay Hydrated in the Sun!

- Seniors are the most at risk of experiencing dehydration
- Dehydration is the most common on a hot day
- Dehydration can feel like: weakness, fainting, dry skin and lips, headache, thirst, decreased amount of concentrated urine
- Your risk of heat exhaustion and heat stroke increases if you are dehydrated
- To prevent dehydration make sure to drink at least 6 to 8 glasses of water per day and avoid alcohol, caffeine and soda

# HEALTH RELATED PROGRAMS:

## MOBILITY EQUIPMENT RECYCLERS

WEDNESDAY, JULY 9

11AM

*Are you tired of looking at all the expensive price tags for mobility equipment that you need?*

*Mobility Equipment Recyclers started in 2013 as a social and sustainability venture aimed to benefit both people and the environment. They save mobility & medical equipment from landfills, refurbish them, and provide them at a considerable discount to individuals that need them.*

*Learn more information at this informative presentation!*



NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM

## GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE

Thursday, July 17 11AM-12PM



## Blood Pressure Clinics in May:

Tuesday July 1 at 10:30AM

Health Care Services in Providence

Wednesday July 9 at 10:30AM

Hattie Ide Chafee



Foot Doctor Dr. Ruggiero Returns Friday July 18th from 1:00pm-4:30pm for nail clipping and callus removal.

**Must have an appointment to be seen.**

Call to schedule today! 401-270-1792.

Accepting new patients.



## Simplifying Final Expenses for Seniors

Tuesday - July 15th, 2025

1:00 PM

*Please join us for Coffee & Pastry and learn how you can plan for final expenses*

### Things you should Know:

- ELIMINATE FAMILY BURDEN
- Benefits are tax free
- Nursing homes & hospitals cannot access cash value
- Life Insurance vs funeral agreements



I look forward to sharing with you how I have helped many seniors with this **important coverage!**

**Terri Pimento**  
General Agent Manager  
508-958-6402

*Individual meetings can be arranged to discuss personal needs*

## 5 Sun Safe Tips

BETWEEN 10AM to 4PM

1  
APPLY  
SUNSCREEN



2  
PUT ON A  
HAT



3  
WEAR  
SUNGLASSES



4  
PROTECTIVE  
CLOTHING



5  
SEEK  
SHADE



## MINDFUL MOBILITY

JULY 3

10:30AM-11:30AM

*Are you preparing to have hip or knee replacement surgery, or maybe spine surgery?*

Learn what you can do before surgery to prepare for a successful recovery!

*Join us for this insightful presentation.*

## Wisdom For Living goes Self-Guided

Thursday, July 10 from 1PM-2PM

Wisdom of Living is a series of monthly gatherings to support socialization, challenge your thinking and allow you to engage in meaningful conversation. This self-led discussion group will be utilizing quotes and other conversational starters. **Late bus available.**

# CONCERTS IN THE PARK:

*Concerts in the Park is back! Free weekly concerts at Crescent Park.  
Bring your own chair!*



## 2025 *FREE!* Concerts in the Park

6PM at Crescent Park

701 Bullocks Point Ave. Riverside, RI 02915



**JUNE 5TH**

RAQUEL & THE WILDFLOWERS  
*COUNTRY*

**JUNE 12TH**

STRICTLY SENTIMENTAL SWING BAND  
*BIG BAND SWING & JAZZ \*6:30PM*

**JUNE 19TH**

NEW PROVIDENCE BIG BAND  
*BIG BAND JAZZ & CONTEMPORARY  
MUSIC*

**JUNE 26TH**

THE DRIFTWOODS  
*BEACH BOY TRIBUTE*

**JULY 10TH**

DAVID TESSIER'S ALL-STAR STARS  
*CLASSIC & CONTEMPORARY ROCK*

**JULY 17TH**

PLAYING MANTIS  
*CONTEMPORARY ROCK AND DANCE  
COVERS*

**JULY 24TH**

LUIS NEVES  
*PORTUGUESE AND AMERICAN POP*

**JULY 31ST**

MIXED EMOTIONS  
*CLASSIC SOFT ROCK*

**AUGUST 7TH**

ROBIN HATHAWAY & HER BIG  
MOUTH BLUES BAND  
*BLUES*

**AUGUST 14TH**

KELLY & THE POOR BOYS  
*CREEDENCE CLEARWATER REVIVAL  
TRIBUTE*

**AUGUST 21ST**

VINYL FRONTIER  
*CLASSIC ROCK FROM THE 50'S - 80'S*

**AUGUST 28TH**

MOJO  
*CLASSIC ROCK*

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

**SPONSORED BY**





## SUMMER EVENTS IN EAST PROVIDENCE:

**THE LAKE COMO SHOW**  
*coming to... East Providence*  
**Rhode Island**

"The reigning queen of women's fiction."  
USA TODAY

"A comedy writer with a heart of gold."  
THE NEW YORK TIMES

WITH BESTSELLING AUTHOR  
**ADRIANA TRIGIANI**

A NIGHT OF COMEDY AND LIVE MUSIC WITH  
Mike Trigiani and THE PREDICTABLES

Friday, July 11 @ 7pm  
East Providence High School Theatre

\$45 ticket includes show + autographed book / VIP tickets available

\*Upon purchase of your ticket, please submit the wedding photograph of your parents, grandparents or a friend you hope to honor during the program.

barrington book  
EAST PROVIDENCE LIBRARY FOUNDATION

THE VIEW  
LAKE COMO



### 2025 Cruise Night Schedule

Saturday Nights  
**May 3 - September 7**  
4pm - Dusk

*No Car Show on August 9, 2024*

## WELCOME SUMMER ICE CREAM SOCIAL

*Thank you to everyone who came to our Annual Welcome Summer Ice Cream Social at the Senior Center in June!*





# Robert Rock Senior Center Activities Calendar

**JULY 2025**

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9A: Bocce 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>2</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10:30A: Skin Series 10:45A: PACE Chair Exercise 1P: Cribbage	<b>3</b> 9A: 1:1 Technology Assistance (appt only) 9:30A: Shopping <b>10:30A: Mindful Mobility Presentation</b> 12:30P: Bridge 1P: Knit & Crochet 1:30P: Hi Lo Jack	<b>4</b> <b>Senior Center Closed</b>  <b>Independence Day</b>
<b>7</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Senior Pickleball 2P: PODS Swimming	<b>8</b> 9A: Bocce 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga <b>11A: Food Waste Prevention Presentation</b> 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>9</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (Self-guided) 10:30A: Age Well, Get Connected 10:45A: PACE Chair 11A: Mobility Equip. Presentation 1P: Cribbage	<b>10</b> 9:30A: Shopping <b>11A: Embrace Prevention Care Presentation</b> 12:30P: Bridge 1: Knit & Crochet 1P: Wisdom for Living Talks	<b>11</b> 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
<b>14</b> 10:30A: Senior Pickleball 2P: PODS Swimming  <b>Chair Yoga w/ Marilyn Cancelled Today!</b>	<b>15</b> 9A: Bocce 10A: Smartphone Help <b>10:30A: Simplifying Final Expenses Presentation</b> 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>16</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10:45A: PACE Chair Exercise 1P: Cribbage	<b>17</b> 9:30A: Shopping 11A: Grief Support & Healing 12:30P: Bridge 1: Knit & Crochet 1P: Wisdom for Living Talks	<b>18</b> 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Reiki Session 1P: Hi Lo Jack 1P: BCBS Balance
<b>21</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Senior Pickleball 2P: PODS Swimming	<b>22</b> 9A: Bocce 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga <b>11A: RI Legal Services Presentation</b> 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>23</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10:45A: PACE Chair Exercise 1P: Cribbage	<b>24</b> 9:30A: Shopping (WALMART) 12:30P: Bridge 1P: Knit & Crochet	<b>25</b> 8:30A: Scrabble 9:30A: Shopping (WALMART) 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1p: BCBS Balance
<b>28</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Senior Pickleball 1P: Movie Showing 2P: PODS Swimming	<b>29</b> 9A: Bocce 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>30</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club (self guided) 10:45A: PACE Chair Exercise 1P: Cribbage	<b>31</b> 9:30A: Shopping 12:30P: Bridge 1P: Knit & Crochet	<b>**Calendar Items are subject to change based on cancellations and/or inclement weather**</b>



## Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

**401-270-1792**

**Nurse Hours: Tuesday & Thursday  
9AM-4PM**

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly and Walmart monthly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior Services will drop you off at home. **Call 401-435-7800 to register.**

**\$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 9- 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 (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**

**Mondays 1P-3P, Tuesdays 8A-12P**

**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.

**Mondays with Marilyn 10:30AM: No fee**

**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.

**TUESDAYS 1PM-2:30PM**

**No Registration required \$3.00 per class.**

## Walking Club

Every Wednesday morning from 10A-11A. Please dress accordingly and wear appropriate shoes. Walks will be led by EPHEZ's Sarah Burde. Meet in the dining room.

**No registration required. No fee.**

## 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.

**WEDNESDAY & FRIDAYS 10:45AM-11:45AM**

**No registration required. No fee.**

## Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon, Board Game Club

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.**



# 2025 EAST PROVIDENCE INDEPENDENCE DAY FIREWORKS



**Thursday, July 3, 2025**  
**Rain date: Sunday, July 6, 2025**

**Pierce Memorial Field**  
**201 Mercer Street**

**Gates open at 6 PM**

**Food and beverage concessions**

**Live concerts featuring:**

**El Bebesito de la Salsa**

**Midnight Metaphor**

**Brother to Brother Band**

**19th Nervous Breakdown**

**NO**  
**PETS,**  
**BACKPACKS,**  
**OR COOLERS.**







# TECHNOLOGY ASSISTANCE



## Smartphone/Computer Assistance

### ATEL COMPUTER ASSISTANCE

**JULY 3**

**9AM-11AM**



*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.

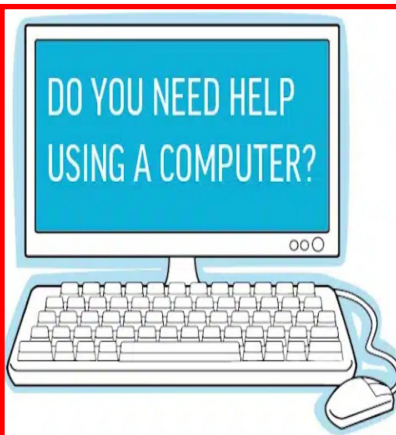
*This service is by appointment only. Sign up is located by the front desk.*

### 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 9, 2025 10:30AM**



### SMARTPHONE HELP:

**EVERY TUESDAY  
MORNING AT THE  
EAST PROVIDENCE  
SENIOR CENTER  
10AM-11AM**

**Learn some tips  
and tricks with  
your Smart  
Phone!**



*No registration  
required*

**WALK-IN COMPUTER ASSISTANCE EVERY WEDNESDAY MORNING 9AM-12PM AT THE SENIOR CENTER!**

### ***Tips for Staying Safe while on the Internet***

Technology has made it easier to communicate, shop, pay bills, and bank. But this convenience comes with the cost of privacy and security.

**Update Passwords.** Make an effort to update your passwords and make them more secure. They should be at least 8 characters and have a combination of upper and lower case letters, symbols, and numbers. Change them on a regular basis, especially for financial and email accounts. Also, don't use the same password for multiple accounts.

**Protect Your Computer.** Make sure that spyware or malware protection is installed on your computer and that it's up to date.

**Secure Shopping.** Only do online shopping through sites with "https" in the browser's address bar. The "s" stands for "secure." Secure sites will also have an icon of a locked padlock in the status bar at the bottom of your Web browser.

**Leave Links Alone.** Don't click on links in emails from credit card companies, banks, or other organizations. Hackers are hoping you do so that they can collect your login credentials and other personal information.

# SENIOR FARMERS MARKETS

## Here is how the 2025 Farmer's Market Nutrition Program Works:

1. Come to the East Providence Senior Center to fill out an application M-F 8AM-4PM.
2. Applications will be collected and reviewed by staff members on site.
3. Staff members will let you know **if** you are approved, and staff will hand you your farmers market card that has \$50.00 preloaded on the card.

There are multiple Farmer's Markets running throughout the summer in Rhode Island.  
A list of all the Farmer's Market locations can be found by the front desk.

### How to use your SFMNP Benefits

Eligible senior participants will receive a benefit card with **\$50** worth of Farmer's Market Benefits for the season that can be used from May through November.

- You will have a card with a QR code for SFMNP benefits.



- You can purchase fresh, unprepared, locally grown fruits and vegetables, fresh-cut cooking herbs, and honey.
- At the time of purchase, the farmer will scan the **QR code** on your card to verify available benefits.



### Senior Farmers Market Nutrition Program Frequently Asked Questions:

1. How can I check the remaining balance of my benefits?
  - Any participating producer will be able to check your SFMNP balance before and after transaction is processed.
2. Do I need a smartphone or tablet to check my benefits?
  - No, all you need is the card! You can think of it as the same as a gift card.
3. Can I still get a box delivered to my home?
  - If you have not received or cannot use a benefit card, you may be eligible for a produce box. Participants can only receive one type of benefit throughout the season.

*For any additional questions, please call customer service for more information at (866) 237-4814*





**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!*

*Parking Passes can be picked up at the front desk.*



# ANNOUNCEMENT

## **STARTING IN AUGUST 2025:**

We are going to finish up our Rewards Program and try a new approach. If you currently have a rewards card, we are honoring those cards, but once you 'cash out' your rewards card, you will not be issued a new card.

Instead, we are going to network with our future community presentators and encourage them to bring a gift card to raffle off at the end of their presentation.

*We are encouraging all to still attend the wonderful special presentations we book monthly!*

## **DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?**

Each month, we search for collectors to take advantage of showing off their collections in our display case located in the lobby area. This gives collectors an opportunity to show their wonderful collections in our locked case. We try to switch out the display case monthly.

***Do you have a collection you would like to have featured in our display case?***

*Please contact Amanda at  
401-270-1788 to coordinate.*



## **RI AGING AND DISABILITY RESOURCE CENTER:**

At the Rhode Island's Aging and Disability Resource Center (formerly known as The Point), specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs.

***DID YOU KNOW THAT THE SENIOR CENTER HAS A  
SPECIALIST FROM THE POINT COME MONTHLY TO  
ASSIST WITH BENEFIT APPLICATIONS?***

### **RI AGING & DISABILITY RESOURCE CENTER**

Maria from the Aging Disability Resource Center (ADRC) 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*



## THANK YOU, RACHEL AND SARAH!

Rachel Stancil and Sarah Burde worked at the Senior Center with a grant opportunity. Unfortunately, this grant ended June 30.



*We would like to thank Sarah and Rachel for all their hard work during their time at the Senior Center!*

### BOARD GAME CLUB

#### RESUMING IN FALL 2025



Our Board Game Club is a welcoming space for anyone to come together, have fun, and enjoy the world of tabletop games, whether you're a seasoned gamer or just curious to try something new. We'll be playing a variety of board games, card games, and even some dice games, fostering a friendly and inclusive environment for all.

#### DID YOU KNOW THAT THE SENIOR CENTER HAS A BOCCE COURT?

Bocce is a great game for seniors who are looking for a low-impact way to stay active. The game is easy to learn and fun for all ages. To play, divide into teams of two and try to get your balls closer to the pallino than your opponents' balls.

***Bocce meets every Tuesday morning at 9am to play at the Senior Center. We are looking for more participants to play! If you are interested in joining our bocce games, please call 401-435-7800.***





**\$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 INS.**

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.

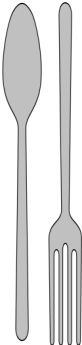
**Meals are served at 12PM  
Monday-Friday.**

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 2025**

**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
 Dinner rolls are served with all meals	1 Tuscan white bean soup Lasagna roll up w/meat sauce Greek cucumber salad Fruit cocktail Chicken salad sandwich	2 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread	3 Creamy tomato chicken soup Pub burger w/cheese Pasta salad w/ vegetables Strawberry short cake Tuna salad plate	4  Senior Center Closed Independence Day
	8 Minestrone soup Shepards pie Mashed potatoes Fresh melon Tossed salad w/ chicken	9 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich	10 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini & tomatoes Cake Spinach salad w/ chicken	11 Vegetable soup Open turkey sandwich w/gravy Stuffing Green beans Cookies Ham & cheese on rye
	15 Escarole & bean soup Sausage & Pepper sandwich Broccoli florets Roasted sweet potatoes Cake Egg salad on rye	16 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate	17 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad	18 Broccoli & cheese soup Stuffed shells Roasted zucchini w/mushrooms Chocolate cake Chicken salad plate
	22 Minestrone soup Beef w/ broccoli & mushrooms Rice pilaf Roasted carrots Sliced pears Chef salad	23 Tomato soup Mediterranean chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich	24 Vegetable soup Baked ham w/ gravy Spanish rice Green beans Cake Chopped salad w/chicken	25 Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches Cobb salad
	29 Mushroom barley soup Roasted chicken thighs Rice pilaf Roasted baby carrots Sliced peaches Chicken salad on wheat	30 Tomato soup Balsamic pork loin Sweet potatoes Mixed vegetables Cake Seafood salad plate	31 Chicken soup Chicken cacciatore Roasted potatoes Broccoli florets Fresh melon Tossed salad w/ chicken	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>