

Robert Rock Senior Center



June 2022

Senior Center Services

Elder Resource Specialist
Amanda Mattress
401-270-1788

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC
Office hours: Monday, Thursday and Friday

Registered Dietitian
Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE
Office hours: Tuesdays and Wednesdays by appointment
Call 401-447-6299

Eastside Clinical Laboratory
When: The first Wednesday of each month 8:30 am-11:30 am
Drop In Service: Just bring your lab slip

Notary Public
Pat Thomas, Receptionist
M-F 8:00 am-12:00 pm to notarize documents for our seniors.

Senior Shopping
Thursday 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
The State Health Insurance Assistance Programs (SHIPs) provide local, in-depth,
and objective insurance counseling and assistance to Medicare-eligible
individuals, their families, and caregivers.
By Appointment Only- Call 401-435-7876 x1137

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

Staff

Laura Jones
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ljones@eastprovidenceri.gov

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Elder Resource Specialist
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Cindy DeMedeiros
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Member Services Representatives
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rmarzetta@eastprovidenceri.gov

Facilities
Fernando Dorego
Kenny Atkinson

Transportation
Joe Serodio Dennis Price
Christopher Januario

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 disabled persons in the East
Providence area.

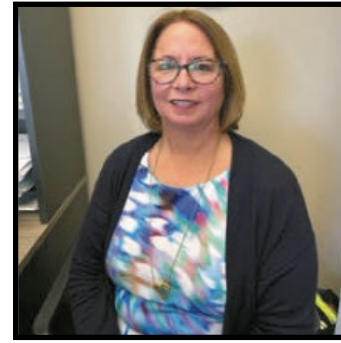


Message from the Mayor:

The sun is out and I hope you are all getting outside and enjoying the beautiful spring weather! As we move into the summer months, we'd like to remind you of all the great happenings in our City from the summer concerts at the park to events happening at Pierce Memorial Stadium. If you have not already, please sign up to receive the City's newsletter to keep updated on all that is happening in East Providence. You can sign up by going onto the City of East Providence's website at www.eastprovidenceri.gov . If you are in need of a COVID-19 vaccine or booster please mark your calendars for Saturday, June 25th. The East Providence EMA will be hosting a vaccine clinic at Rose Larisa Park from 10:00 am-3:00 pm. Please reach out to the Senior Center if you need assistance making an appointment. Do you have a great idea to share? Stop by City Hall. My door is always open.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

It is great to see the Senior Center humming with activity. I see folks outside walking the path around the Senior Center each morning and bocce is being played. The Center has many new exciting changes and improvements coming to our Center that I would like to share. Our dining room will be getting new chairs, in the coming months the Center will be getting a computerized marque system in our lobby to replace our white board . The marque will list all the events happening at the Center each day. I am sure you all have noticed the speed bumps as you either come in on the bus or drive into our parking lot. This was done to decrease the speed of vehicles entering and exiting our campus. The Center will also be getting two youth interns from the Summer Youth Workforce Program who will be with us over the summer months. I have had many requests to add an aerobic exercise class. Our Zumba and Line Dancing instructor left a few months back and many miss those classes. I am looking for an instructor so if anyone knows of an instructor, send them my way. Please use our suggestion box in our lobby or come see me with any ideas you may have. This is your center and your ideas are important to me.

Sincerely,

Laura Jones

Robert Rock East Providence Senior Center

Advisory Group

Judy Phillips

Jan Kinder

Jim Phillips

George Furtado

Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna

DAYS TO REMEMBER IN JUNE:

June 19– Father's Day

June 19– Juneteenth

June 21– First day of Summer

ANNOUNCEMENT

*There has been a change to the days/times for
PACE Chair Exercise.*

Wednesdays 1:00PM-1:45PM

(Late bus will provide transports home)

Thursdays 10:45AM-11:30AM.



***NOTICE SOMETHING COMING IN TO THE
SENIOR CENTER?***

*Multiple speed bumps have been placed
throughout the entrance of the parking lot
coming in from Waterman Avenue. Thank
you for your continued cooperation as we
work on maintaining the safety of everyone
at our Senior Center!*



BINGO INFORMATION:

Doors Open at 1:00PM, Games start at 1:30PM

Dabbers are sold at the Senior Center, and we also have
BINGO items located in our gift shop to purchase!

PULL TAB INFORMATION:

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM TUESDAYS

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

***A HUGE THANK YOU TO PAWTUCKET
FALLS FOR SPONSORING OUR
BINGO DAYS!***

*****Currently looking for BINGO volunteers*****



HAVE YOU DROPPED BY THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER'S FITNESS CENTER?

Exercise and staying active is essential to our health. The Robert Rock East Providence Senior Center is home to many machines to help increase your strength, endurance, and overall physical/mental well-being.



FITNESS CENTER HOURS:

MONDAY-FRIDAY 8AM-4PM

**** MACHINES ARE MAINTAINED AND
SANITIZED ON A REGULAR BASIS!**

Fitness Room Policies

You must be registered as a fitness room member to use the equipment.

NO ONE IS ALLOWED TO WORK OUT ALONE IN THE
ROOM FOR SAFETY REASONS.

There must be at least two people in the room
at all times.

All participants must be able to work the machines
on their own.

All participants must clean machines after each use.

Proper footwear is required.

Participants are required to bring in other
shoes/sneakers during inclement weather.

Thank you for your cooperation

**** Fitness Center memberships must have a
doctors approval. Once becoming a member of
the fitness center, you will receive an
orientation to learn how to navigate the fitness
center and properly use the equipment.**

**** *See the front desk today if you would like
more information on fitness center
memberships!***



Health Related Programs:

Understanding How Tight Diabetic Control Can Save You From the Unwanted Complications Associated with Diabetes:

MONDAY, JUNE 13 10:30AM

Join us for an in-depth class on Diabetic complications. We will hear from local Podiatrist Doctor David Ruggiero as he shares some important tips on foot care and what to look for when you inspect your feet.

Dr. Ruggiero joined Rhode Island Foot Care in 2009. Dr. Ruggiero has developed an expertise in diabetic foot care, limb loss management, general and specialized foot surgery, and systemic diseases of the foot. Come meet Dr. Ruggiero on June 13, 2022 at the Robert Rock East Providence Senior Center!



Join us for a 3 part series taught by Physical Therapist James Welch of Confluent Therapy Solutions. Learn about home safety and senior wellness programs that you do from the comfort of your own home. Our three class series focuses on promoting independent living by restoring/increasing strength, range of motion, flexibility, and coordination. PLUS an in class demonstration on how to safely get yourself up from a fall.

THIS 3 PART CLASS WILL FILL UP QUICK. REGISTER TODAY!!!



James Welch, PT is a licensed Physical Therapist servicing RI & MA for over 20 years. James has worked in acute care, home care, rehabilitation facilities, and is now the owner of Confluent Therapy which provides 1:1 treatment plans specific to client needs as well as in home safety and wellness services.

WEDNESDAY, June 15, 2022 9:30AM: Home Hazards and Proper Use of Assistive Devices

WEDNESDAY, July 13, 2022 9:30AM: Upper and Lower Body Strengthening and Use of Elastic Bands

WEDNESDAY, August 10, 2022 9:30AM: Core Strengthening and How to Get Up if You Fall

URI Pharmacy Program **Diabetes Awareness Series** is designed to educate people who have a family history of diabetes and/or could be at risk of developing prediabetes or diabetes. This program is also available to family members of loved ones who are diabetic or newly diagnosed. This class will provide information on diabetes, disease process, and preventative treatment.

MONDAY JUNE 13, 2022 10:30AM-11:30AM

Call to register: 401-270-1972.

A1C TESTING NOW AVAILABLE AT THE ROBERT ROCK SENIOR CENTER

Do you have a family history of diabetes or are you curious to know if you could be at risk of developing Type 2 Diabetes?

Come have your A1C tested. An A1C test is a blood test that can help identify prediabetes. The test results give you a picture of your average blood sugar level over the past 3 months.

Call 270-1972 to schedule an appointment today.

Disclaimer: This is not an official diagnosis. Participants should follow-up with their Primary Care Provider for additional information and testing.

JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

Activ8 Your Brain



Stay Active



Eat Well



Sleep Well



Connect with Family and F...



Alzheimer's Association
Rhode Island Chapter
24/7 Helpline:
800-272-3900
Alz.org/RI

KNOW THE 10 SIGNS Early Detection Matters

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality

Ways to cope with Alzheimer's:

- Caregiver Support Groups.
- In home assessments for early diagnosis.
- Alzheimer's Associations in your area.
- Couples therapy sessions with others going through similar situations.
- Person centered care
- Home modifications to stay mobile.
- Keep a predictable schedule for your loved one.



THE END OF ALZHEIMER'S
STARTS WITH *you.*



FIND A WALK AT ALZ.ORG/WALK

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

Robert Rock Senior Center Activities

JUNE 2022

Mon	Tue	Wed	Thu	Fri
		1 8A: Nutritionist 8:30A: East Side Lab 9A: Bridge Instruction 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair	2 9A: Nurse Hours 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	3 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
6 9A: Nurse Hours 10A: BUNCO 10:30A: Computer Basics Class 11A: Chair Yoga with Marilyn	7 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 11A: White Cross Presentation 1:30P: BINGO! 2P: Multimedia Art Class	8 8A: Nutritionist 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise	9 9A: Nurse Hours 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	10 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
13 9A: Nurse Hours 10A: BUNCO 10:30A: Computer Basics Class 10:30A: URI Diabetes Awareness Series 11A: Chair Yoga with Marilyn 1P: AARP Safe Driving Course	14 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	15 8A: Nutritionist 9:30A: PT Class on Home Hazards 10:30A: Tai Ji Balance 10:30A: URI SNAP Ed 12:30P: AARP Board Meeting 1P: Cribbage 1P: PACE Chair Exercise	16 9A: Nurse Hours 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	17 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1P: Insight Support Group 1:30P: Hi Lo Jack
20 9A: Nurse Hours 10A: BUNCO 10:30A: Computer Basics Class 11A: Chair Yoga with Marilyn	21 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art	22 8A: Nutritionist 10:30A: Age Well, Get Connected Computer Help 10:45A: RSVP 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise	23 9A: Nurse Hours 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 10:30A: Memory & Aging /Care Access Presentation 10:30A: Beginner Bridge 12:30P: Bridge 1P: Knit & Crochet	24 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
27 10A: BUNCO 10:30A: Computer Basics Class 11A: Chair Yoga with Marilyn	28 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art	29 8A: Nutritionist 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise	30 9A: Nurse Hours 9:30A: Senior Shopping 10:30A: BP Nutrition 10:30A: Beginner Bridge 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	Bolded activities count towards REWARDS CARDS! If you are interested in our rewards program, please visit the Resource Center.

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.

SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM.

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. Free class.

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. 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.

Only offered to East Providence residents

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.

Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM Free of cost sponsored by Blue Cross Blue Shield.

BUNCO

Dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

Chair Exercise with Marilyn

Increase your flexibility and strength at chair exercise class with Marilyn! These chair exercises also help improve posture and balance. Check it out today! Classes held on Mondays at 11:00AM.

Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!

SUPPORT OUR ADVERTISERS!





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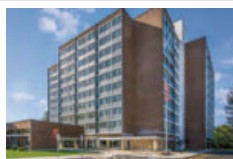
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com East Providence Senior Center, East Providence, RI 04-0741



TECHNOLOGY ASSISTANCE



Smartphone 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

Learn everything
you can, any time you can,
there will always come a time
when you will be grateful you
did



Computer/Tablet Assistance



TECH 1:1

**APPOINTMENTS
AVAILABLE**

Need to learn tech? New software?
New Device? Would you like to learn
how to use Libby on your Kindle/
tablet/ phone? Anything else? Just
ask!



Call (401) 434-2453 OR



Email Amber:
alavallee@eplib.org

HELP



COMPUTER BASICS IS BACK THIS SUMMER!

Beginning on August 1, 2022, Computer Basics with Amanda is starting back up! At the Robert Rock East Providence Senior Center! Learn tips and tricks on how you can get up and running with your computer and/or tablet.

Chromebooks are available to use if you do not have a computer.

REGISTRATION IS LIMITED and class fills up fast!

Call 401-435-7800 to register.

VOLUNTEER OPPORTUNITIES

If you are interested in volunteering for the Robert Rock East Providence Senior Center, please call 401-435-7800. The Senior Center is always looking for volunteers!



Do you enjoy cooking and have an interest in learning more about healthy eating?

Join us on Wednesdays from 1:00 to 2:30 PM on the following dates:

8/24, 8/31, 9/7, 9/14, 9/21, and 9/28

Silver Apron

RSVP:



Sign up for a 6-week training series to become a Silver Apron volunteer! In this free program, you will learn about kitchen and nutrition basics, new recipe ideas, and money-saving tips, as well as how to share what you learn with your friends, family, and community.

Brought to you in partnership by:



Age-Friendly
RHODE ISLAND



PACE
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THE
UNIVERSITY
OF RHODE ISLAND
www.uri.edu/SnapEd



AmeriCorps
Seniors
RSVP

401-435-7876

RECIPE OF THE MONTH

Berry Smoothie

Prep time: 3 minutes

Cook time: 0 minutes

Servings per recipe: 4

Serving size: 1 cup

Cost: \$3.24 per recipe, \$0.81 per serving



Ingredients

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup low-fat vanilla yogurt
- 1 cup low-fat milk

This smoothie is loaded with super nutrients to keep you super healthy!

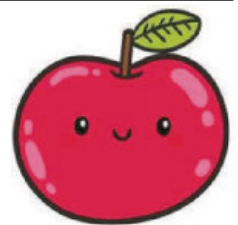
Directions

- 1) Put all the ingredients into the blender.
- 2) Blend until smooth and pour into cups. Enjoy!

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 186mg	15%
Iron 0mg	0%
Potassium 226mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





CONCERTS IN THE PARK



The East Providence Department of Recreation is happy to announce the schedule for the 2022 concerts in the park. Shows are weather permitting and take place at the Rose Larisa Memorial Park located at 701 Bullocks Point Avenue in Riverside. Concerts are held on Thursday evenings from June 2, 2022-July 28, 2022.

Concerts start at 6:00PM. Shows are free of charge!



Concerts in the Park! 2022



ROBERTO L. DASILVA
MAYOR

Rose Larisa Park 701 Bullocks Pt. Ave. Riverside RI **Free!**

Sponsored by

Navigant
CREDIT UNION

*Unless noted, all shows begin at 6:00 PM and are weather permitting.

Thursday Nights! Grab your blankets & lawn chairs!

6/2 **Rick Ashman** (Oldies/Pop Standards)

6/9 *7 PM **Strictly Sentimental Swing Band**

6/16 **David Tessier's All-Star Stars** (Classic Rock)

6/23 **Atwater-Donnelly** (American & Celtic Folk)

6/30 **The Reminders** (pop hits from the 50's to today!)

7/7 **Mixed Emotions** (Classic Rock)

7/14 **19th Nervous Breakdown** (Rolling Stones tribute)

7/21 **MoJo Rising** (Classic Rock)

7/28 **Vini Ames** (Oldies Rock n' Roll Show)



INFO: EPRD 401-435-7511 eastprovidenceri.gov

Mark your Calendars

AARP Chapter 1302

Come Join the fun!
For more information,
call Ken Gagner
401-437-2289



See what resources the Memory
and Aging Presentation has to offer!
THURSDAY JUNE 23, 2022



East Side Clinical Lab

The East Side Clinical Laboratory visits the Robert Rock Senior Center on the first Wednesday of the month to help provide a 'one stop shop' for your medical needs. All you need to bring is your lab slip and East Side Clinical Lab will take your bloodwork right at the Senior Center!

WEDNESDAY JUNE 1, 2022 8:30AM-11AM

BLOOD PRESSURE CLINICS

Monitoring your blood pressure is easy!

Grace Barker **JUNE 14, 2022 10:30AM-11:30AM**

Hattie Ide Chafee **JUNE 21, 2022 10:30AM-11:30AM**



WHITE CROSS
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Come and explore options for medication delivery with
White Cross Pharmacy!

Ask any questions you may have and learn more about how you
can get your medications delivered right to your door!

TUESDAY JUNE 7, 2022 11AM

URI Snap Ed Nutrition Class

SUPERMARKET SAVINGS

With prices of groceries the highest seen in years, URI SNAP Ed will discuss how you can put more food in your grocery carts, and more money in your pockets. See how much you can save at our next URI Snap Ed Nutrition class!

**WEDNESDAY JUNE 15,
2022 10:30AM**

CHANGE OF DATE FOR AARP SAFE DRIVING COURSE:

MONDAY JUNE 13, 2022 1:00PM-5:15PM

610 WATERMAN AVENUE, EAST PROVIDENCE RI 02914

Fee: \$20.00 for AARP Members and \$25.00 for non-AARP Members

No fee for those with United Health Medicare Supplemental Insurance (must bring and show card)

Registration Required: Call the Robert Rock Senior Center to Register at 401-435-7800 or stop by the reception desk to register.

Fees will be collected on June 13, 2022 by Safe Driving Course instructor Tony Ballirano.

Exact change or check is required. Checks can be written out to AARP.

Tony asks that participants be prompt and arrive on time. Late comers will not be allowed into the class and will be asked to register for next session being offered.

Please check with your individual automobile insurance company to see if completion of the course will provide insurance discounts.



Exercise the Mind

Father's Day Word Search

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



CARD
CARING
CELEBRATE
CHILDREN
DAD
FAMILY

FATHER
GIFT
HOLIDAY
JUNE
LOVING
PARENT



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Quick Laugh

On the day I received my learner's permit, my father agreed to take me out for a driving lesson. With a big grin, he hopped in behind the driver's seat. "Why aren't you sitting up front on the passenger's side?" I asked.

"Kirsten, I've been waiting for this ever since you were a little girl," Dad replied. "Now it's my turn to sit back here and kick the seat."



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\$3.00 Suggested Donation

Please call our dining room at
401-270-1814 to place your
lunch order 24 hours in
advance.


June 2022

Lunch is served at 12:00 pm

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

GRAB AND GO LUNCH UPDATE:

Grab and go lunches will be discontinued
beginning June 3, 2022.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Pasta and Bean Soup Entrée Salad Grilled Chicken w/ Strawberry's / Almonds Tomato on Spinach/Iceberg Mix Italian Dressing Sliced Peaches Multi grain bread Grilled Chicken on Multi Grain	7 Vegetable Soup Italian Sausage w/ mustard Pesto Tortellini Peppers & Onions Sponge Cake Sliced Italian Bread Italian Sausage w/ mustard on roll	1 Spilt Pea Soup Corried Beef w/ mustard Boiled Seasoned Potato Carrot and Cabbage Blend Veg Lorna Doones Rye Bread Corried beef and Swiss w/ mustard on rye	2 Venus de Milo Soup BBQ Beef Cut Corn Cole Slaw Pudding Corn Bread BBQ Beef on a Roll	3 Red Chowder Seafood Salad 3 bean salad Tri Colored Pasta w/Minaigrette Fresh Fruit Wheat Dinner Roll Seafood Salad on Wheat
13 Beef Noodle Soup Herb Roasted Grilled Chicken Au Gratin Potatoes Normandy Blend Vegetables Fruit cup Rye Bread Herb roasted grilled chicken on rye	14 Flag Day RED Chowder Chicken Cordon Bleu w/Gravy WHITE Rice Broccoli Cuts BLUE berry Coffee Cake Marble Bread Chicken Salad on Marble	15 Lentil Soup Stuffed Peppers w/Sauce Roasted Potatoes Scandinavian Blend Vegetables Fresh Fruit Dinner Roll Roast beef w/ mayo on Roll	9 Tomato & Brown Rice Soup Pork loin w/ Gravy Mashed Potatoes Seasoned Spinach Shortbread Cookie Garlic Roll Pork sandwich on roll	10 Clear Chowder Beer Battered Fish w/Tartar Sauce Lyonnaise Potatoes Broccoli Spears Fresh Fruit 12-Grain Bread Fish Sandwich w/ tartar sauce on 12 Grain Bread
20 No Lunch Served Today In observance of Juneteenth 	21 First day of Summer Lemonade Low Sodium Hot Dog w/ mustard Baked Beans Carrot and Raisin Slaw Sports Bar Wheat dinner roll Hot Dog w/ mustard on a roll	22 Cream of Broccoli Soup Baked Ham w/Pineapple Slice Sweet Potatoes Roasted Vegetables Pudding Rye Bread Ham and cheese w/ mustard on Rye	23 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Seasonal Fruit Oatmeal Bread Seafood Salad on Oatmeal	24 Minestrone Soup Roast Turkey w/Gravy Corn Bread Stuffing Baby Whole Carrots Cookie Wheat Bread Turkey and cheese on wheat
27 Chicken Soup Veal w/Tomato Sauce Seasoned Whole Grain Pasta Italian Blend Vegetables Sliced Peaches Multi Grain Bread (Bologna & Cheese on Multi Grain)	28 Vegetable Soup Fried Steak w/Gravy Wild Rice Cauliflower Brownie Wheat Bread Fried Steak on wheat	29 100% Orange Juice Spanish Omelet Crispy Cube Potatoes Tomato Half Croissant Greek Yogurt Egg and cheese on Croissant	30 Tomato Vegetable Soup Chicken Marzala Mashed Potato Summer Squash Fruit Cocktail Pumpernickel bread Grilled Chicken on Pumpernickel	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i> <i>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</i>