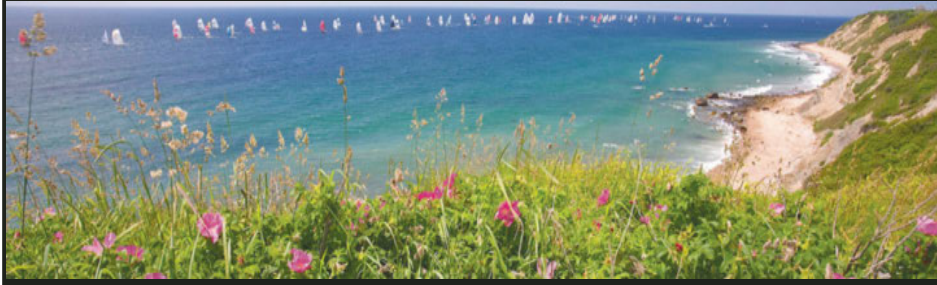


Robert Rock Senior Center



**610 Waterman Avenue
East Providence, RI 02914**

401.435.7800

Fax: 401.563-7024

www.eastprovidence.ri.gov

June 2023

Senior Center Services

Elder Resource Specialist

Amanda Mattress

Monday-Friday 401-270-1788

Community Health Worker

Gilbert Williams-Hackney

Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

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

Registered Dietitian

Ann Marie Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory Transportation

When: The first Wednesday of each month 8:30am-11:30am.

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

M-F 9:00am-12:00pm to notarize documents for our seniors.

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

The Senior Center will pick you up at your home and take you to
Stop and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Veteran Counseling- Monday Mornings

Daniel Lepore- Call 508-769-7321

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda Mattress

Elder Resource Specialist

amattress@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Worker

gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

Virginia Twomey

Member Services Resource Specialist

vtwomey@eastprovidence.ri.gov

Facilities:

Kenny Atkinson

Ed Lachance Jr.

Transportation:

Joe Serodio

Christopher Januario

Dennis Price

Tom Taylor

Richard Wood

MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.



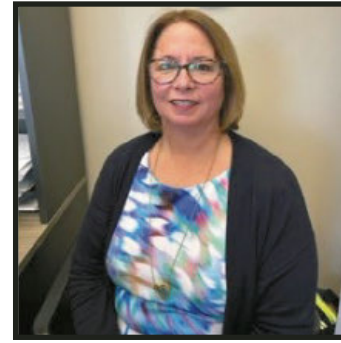
Message from the Mayor:

What a wonderful Spring it has been. As summer weather is approaching, we are excited to bring back our Summer Concerts in the Park! The East Providence Recreation Department announced the 2023 Summer Concert lineup. Please visit our website:

<https://eastprovidenceri.gov> to learn more about the great lineup we have in store for you! Concerts are weather permitting and take place at Rose Larisa Memorial Park located at 701 Bullocks Point Ave. in Riverside. Concerts are held on Thursday evenings from June 1 – August 31 and start at 6 PM unless otherwise noted. Hope to see you there!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

May was a busy month at the Senior Center! We have another busy month coming up in June. Please continue to use the suggestion box located in the lobby at the Senior Center or feel free to contact me directly with any ideas for programming here at the Center. Our members let us know they were struggling with getting motivated with meeting their weight loss and wellness goals. We heard you! Shahnee, our Healthy Aging Nurse Coordinator, got right to work planning a program. The New Year, New You, walking program was a huge success. I would like to thank all the participants for committing to the program and hope you all enjoyed yourselves and made new friends. We loved watching all your successes! Another suggestion from our members was to hold a CPR class here at the Center. Thank you to Captain Potvin for facilitating and to all those who attended. In addition, we heard from you that you would like more entertainment brought into the Center. We hope you enjoyed the May entertainment and are looking forward to a great line up this month with jazz music, a magic/juggling act, and a comedy show. We hope you can join in on the fun! If you are interested in attending the entertainment but need transportation and are an East Providence resident, please call us at 401-435-7800 and we will be happy to arrange transportation for you. Please keep your ideas and suggestions coming.

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 JUNE:

June 18- Father's Day
June 19- Juneteenth, **NO LUNCH PROGRAM!**
June 21- First Day of Summer



BINGO INFORMATION:

EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM

Games start at 1:30PM

Dabbers are sold at the Senior Center-\$2.00ea

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.

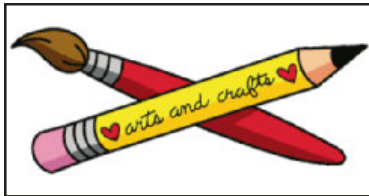


-CRAFT CLUB-

June 19, 2023

10:15AM

Craft and Supply list to be displayed at the coffee bar in Lobby Area.



Register for Craft Club by 6/12/23.

COMING TO BLOOM: GARDENING CLUB

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

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

401-435-7800

Gardening Club



Applications are available for your Farmers Market Produce Box in the Dining Room and front desk at the Senior Center.

Deadline to Apply: Wednesday June 28, 2023

Date of Delivery to Senior Center: Wednesday August 23, 2023

Stop by to fill out an application today!



DVD's are no longer available in the library.



CHANGES TO DINING OUT PROGRAM:

Due to the rising costs and difficulty with food supplies, IHOP will no longer be able to participate in the Dine Out program. IHOP will continue to honor previously sold vouchers until June 1, 2023.

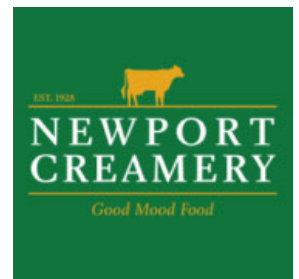
Newport Creamery vouchers are still available at the East Providence Senior Center for a suggested donation of \$7.50 per voucher. You are welcome to drop by the Senior Center M-F 8AM-4PM to pick up a Newport Creamery voucher.



east bay community
action program

PARTICIPATING NEWPORT CREAMERY LOCATIONS:

296 County Road, Barrington RI
208 West Main Road, Middletown RI
Breakfast M-F 7AM-11AM
Dinner M-F 4PM-8PM



COVID-19 UPDATES

VACCINATIONS/COVID TESTING:

COVID TESTING/COVID VACCINES

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

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

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

HOME COVID-19 TESTS DELIVERED TO YOU FOR FREE!

COVIDTESTS.GOV



See Gilbert, The Senior Center Community Health Worker to get assistance in ordering your free at home COVID tests delivered for **free** to your doorstep!

CLEANER

Aids in Soil Removal



Simply aids in the removal of soil from a surface. Although cleaning does remove germs from a surface, it doesn't kill them.

SANITIZER

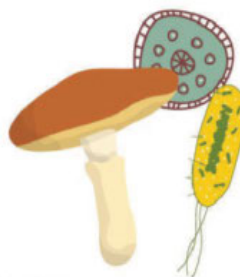
Reduces the Number of Bacteria



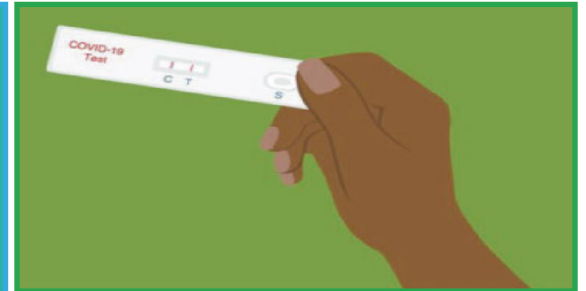
Lowers the number of bacteria on surfaces to levels that are considered safe by public health orgs.

DISINFECTANT

Kills Fungi, Bacteria, and Viruses



Kills infectious fungi, bacteria, and viruses but not bacterial spores on hard environmental surfaces.



8 TIPS TO GET BEST RESULTS FOR AT HOME COVID ANTIGEN TEST

1. Use an FDA-approved test
2. Follow instructions for swabbing
3. Don't reuse or share a swab
4. Avoid moving the test around
5. Check the results at the recommended time – only
6. Dispose of it properly
7. Know how you're going to share your results, if needed
8. Confirm negative results with a PCR test

WHAT IS A COMMUNITY HEALTH WORKER?

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

Specific roles of Community Health Workers include the following:

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

Health Related Programs:



Meditation is CANCELLED:
June 23.



THE PODIATRIST IS BACK IN JUNE!

Dr. Ruggiero will be at the Robert Rock East Providence Senior Center on Friday June 2, 2023 between 1PM-3:30PM to provide toenail clipping and callus removal **BY APPOINTMENT ONLY!!**



To schedule your appointment, please call our Healthy Aging Nurse Coordinator, Shahnee at 401-270-1792.

These appointments fill up FAST.. Book your appointment today!

URI SNAP ED

JUNE 21, 2023 10:30AM

'Exercise, Hydration, and the Mediterranean Diet'

Learn about the Mediterranean diet and how to include exercise and proper hydration this summer. Try a new recipe and take home a cooking tool!

THE
UNIVERSITY
OF RHODE ISLAND



Blue Cross Blue Shield Strength and Balance classes have been extended through the month of June!

Lower-body workout techniques to increase stability and improve balance. Incorporates exercises for strength, balance, endurance, and flexibility.

FRIDAYS 1:00PM



**Blue Cross
Blue Shield**
of Rhode Island

DID YOU KNOW?

Blood Pressure Checks are Available at the Senior Center three times a Month!

June 6, 2023 10:30AM

Orchard View Manor coming to the Senior Center to assist with Blood Pressure checks.

June 13, 2023 10:30AM

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

June 27, 2023 10:30AM

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



BLUE CROSS BLUE SHIELD LIVE COOKING DEMONSTRATION



**WEDNESDAY
JUNE 14, 2023
10:30AM**



Slip

on protective clothing



Slop

on SPF30+ or higher sunscreen



Slap

on a hat



Seek

shade



Slide

on sunglasses

URI PHARMACY OUTREACH PRESENTATION: CBD OIL

FRIDAY JUNE 23, 2023 10:30AM

Research continues to show promising health benefits of CBD oil. Learn more about the various medical conditions cannabidiol can help treat!



PICKLEBALL LESSONS AVAILABLE AT THE SENIOR CENTER!



Pickleball lessons will be available to Seniors at the Senior Center! Led by Certified Pickleball instructor Nancy White-Tache, you will learn the rules of the game and how to play.

Each session is a four week commitment.

Pickleball lessons are available for members only.

Session 1: June 9-June 30 (rain date of July 7)

Class 1: 10:00AM-10:45AM

Class 2: 10:45AM-11:30AM



Session 2: July 14-August 4 (rain date of August 11)

Class 1: 9:00AM-9:45AM

Class 2: 9:45AM-10:30AM

THESE SESSIONS WILL FILL UP FAST!! Reserve your spot at the front desk or call 401-435-7800.

There is a maximum of 6 people per session.

Cost is \$25.00 per person for each 4 week session.

CONCERTS IN THE PARK:



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



East Providence Recreation announces 2023 Summer Concert Series

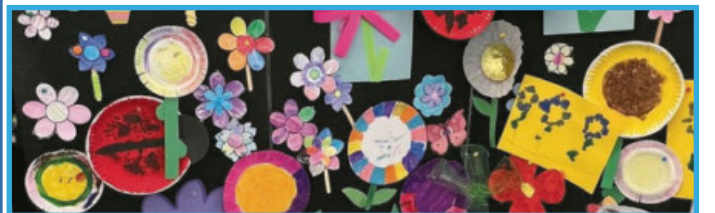
EAST PROVIDENCE, RI – The East Providence Recreation Department announces the 2023 Summer Concert line-up. Shows are weather permitting and take place at Rose Larisa Memorial Park located at 701 Bullocks Point Ave. in Riverside. Concerts are held on Thursday evenings from June 1 – August 31 and start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

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

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



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

A LOOK BACK FROM MAY:



Robert Rock Senior Center Activities

JUNE 2023

Mon	Tue	Wed	Thu	Fri
	<p>Purple Bolded is entertainment being held at the Center. Mark your calendars as you don't want to miss the fun!</p>		<p>1</p> <p>9A-12P Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>2</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>5</p> <p>10A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>6</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p>7</p> <p>8A: Nutritionist 10:45A: PACE Chair Exercise 11A: Al Testa & Crew Performance 1P: Cribbage</p>	<p>8</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>9</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9:30A: Senior Shopping 10A: Pickleball Class 1 10A: Moh Jongg 10:45A: PACE Chair 10:45A: Pickleball Class 2 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>12</p> <p>10:15A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>13</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 11A: Aging Disgracefully Comedy Show 1:30P: BINGO! 2P: Multimedia Art</p>	<p>14</p> <p>8A: Nutritionist 11:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>15</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>16</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 8-12 9:30A: Senior Shopping 10A: Pickleball Class 1 10A: Moh Jongg 10:45A: PACE Chair Exercise 10:45A: Pickleball Class 2 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>19</p> <p>NO LUNCH PROGRAM</p> <p>10A: Chair Yoga with Marilyn 10:15A: Craft Club 1P: Movie Showing <i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>20</p> <p>8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 11A: PACE Outreach Booth 1:30P: BINGO! 2P: Multimedia Art</p>	<p>21</p> <p>8A: Nutritionist 10:30A: URI SNAP ED 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>22</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>23</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Pickleball Class 1 10A: Moh Jongg 10:45A: PACE Chair Exercise 10:45A: Pickleball Class 2 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>26</p> <p>10A: Chair Yoga with Marilyn</p> <p><i>*Veterans Inc. on site in the morning to answer Veteran Questions.</i></p>	<p>27</p> <p>8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art</p>	<p>28</p> <p>8A: Nutritionist 10:45A: PACE Chair Exercise 11A: Flippo the Juggling Magician Performance 1P: Cribbage</p>	<p>29</p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit & Crochet</p>	<p>30</p> <p>8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10A: Pickleball Class 1 10:45A: PACE Chair 10:45A: Pickleball Class 2 11A: Meditation 1P: BCBS Balance</p>

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you. **Registration not required. No fee.**

SHIP Counseling

State Health Insurance Program (SHIP)

Counselor is available on Fridays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

**Call 401-435-7876 X1137 for an appointment.
No Fee**

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps. Drop-in on Tuesdays 10:00AM-11:00AM.

No registration required. No fee.

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

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

Tuesdays with Cyn 10:45AM **\$2.00 per class.
No registration required.**

Multi-Media Art Class

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

Registration required \$2.00 per class.

PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE chair exercise are low impact that increase blood flow and strengthen your muscles.

No registration required. No fee.

Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. 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. No fee.

Certified Fitness Instructor- Robin

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

For fitness members only

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

No registration required. No fee.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30A-10:30A **No registration required. \$2.00 per class**

Hi Lo Jack

A game of chance, Registration required.
Call 401-435-7800 for more information or
if you are interested in being a sub to play.
Fridays 1:30PM-3:30PM.

\$3.00 to

play

.25 ups or

bumps

Craft Club

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

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

Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center. Take a look at our daily activities calendar to see which day games are scheduled.

No registration required. No fee.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

**Perry/
McStay**
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JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL

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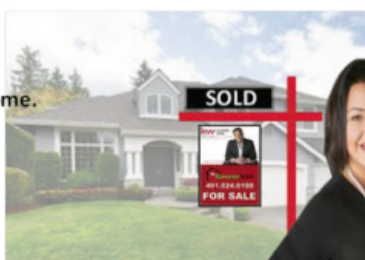
kw

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License #0041590

**Brian
&
Alessa**



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Lisa Janicki, MS

LEN WALKER

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

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

Medicare Solutions



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David N. Bazar, Esquire

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P 401.437.4450 F 401.438.1630 E dbazar@BazarLaw.com
BazarLaw.com

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

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Community

Assisted Living &
Independent Living

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www.Aldersbridge.com



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



TECHNOLOGY ASSISTANCE

Smartphone/Computer Assistance

**Drop by the Robert Rock East
Providence Senior Center on**

TUESDAYS FROM 10AM-11AM

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

No registration required

AGE WELL, GET CONNECTED

Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.



June 14, 2023 11:30AM



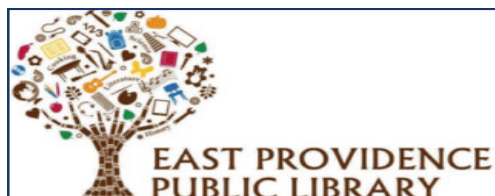
LOOKING FOR COMPUTER/TABLET ASSISTANCE!?

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



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

401-434-2453



VIRTUAL CLASS: THE NEWS & WORRYING ABOUT WHAT TO BELIEVE

THURSDAY JUNE 8, 2023

1:00PM

We've all experienced the discomfort of trying to figure out what to believe from the flood of information presented as news. Let's look together at the past week's events in this *Community Led Session* and try to sort out just what makes sense and why. Led by Terry H. Schwadron.

RHODE ISLAND OFFICE OF
HealthyAging GetSetUp

**NOTHING IS IMPOSSIBLE,
THE WORD ITSELF SAYS 'I'M POSSIBLE'**

Audrey Hepburn



JUNE IS PORTUGUESE HERITAGE MONTH!



Day of Portugal East Providence Flag Raising:

June 5, 2023

East Providence City Hall
145 Taunton Avenue
East Providence, RI 02914



TRINITY BROTHERHOOD CLUB 146 SUTTON AVE, EAST PROVIDENCE RI HOLY GHOST FEAST

JUNE 2, 3, 4

FRIDAY-SATURDAY 6PM-12AM

SUNDAY 3PM-10PM

**** Entertainment all weekend! ****

Full menu of all Portuguese feast food

ST. FRANCIS XAVIER ANNUAL FEAST 81 N CARPENTER ST, EAST PROVIDENCE RI

June 16, 17, 18

FRIDAY-SATURDAY 6PM-12AM

SUNDAY 3PM-10PM

In the Church parking lot, we invite you to taste our delicious Portuguese food and malassadas, enjoy live music, dancing, and a variety of games and activities for people of all ages.

DO YOU NEED TO HAVE BLOOD WORK DONE, BUT DO NOT HAVE TRANSPORTATION TO DO SO?

Beginning once a month, Gilbert (Community Health Worker) will be available to transport folks to the East Side Clinical Lab for anyone who needs transportation to get lab work done.

This is in place of East Side Clinical lab coming directly to the Senior Center.

Transportation will be from the Senior Center, to East Side Clinical Lab, and back to the Senior Center.

If you are interested in taking advantage of this service, please contact the Senior Center to register. 401-435-7800.

Registration is required.

VETERAN ASSISTANCE

***Available on Mondays at the Robert Rock East
Providence Senior Center.***

Call Daniel from Veteran's Inc. for an appointment today to discuss benefits you may be entitled to as a Veteran! Daniel will connect any Veteran to services that will benefit you.

Daniel Lepore- (508) 769-7321

daniellepore@veteransinc.org



We will be showing: **NIGHT TRAIN TO LISBON**

In the Dining Room on:

JUNE 19, 2023 1:00PM

Popcorn will be served.



ENTERTAINMENT AT THE SENIOR CENTER:

We are happy to announce we have entertainment coming to the Senior Center!

Kick off Summer with us!

If you are an East Providence resident and would like to join in on the fun but do not have means to transportation, please call **401-435-7800**.



WEDNESDAY JUNE 7, 2023 11AM-12PM AL TESTA TRIO PERFORMANCE JAZZ MUSIC

Testa is a musician with more than 13 years experience who has played as lead trumpet with musical groups throughout Rhode Island. The event will feature selections from the "Great American Song Book," stylistic jazz, light rock, movie and show themes and a little doo-wop.



TUESDAY JUNE 13, 2023 11AM-12PM AGING DISGRACEFULLY COMEDY SHOW

Charlie Hall and Doreen Collins have created a new hit show called AGING DISGRACEFULLY. It's a mix of stand-up, song, and skits, all on the theme of trying to stay young and the pitfalls of getting old. From Botox to bifocals to bingo, this dynamic duo covers it all in jokes and sassy songs.



WEDNESDAY JUNE 28, 2023 11AM-12PM FLIPPO THE JUGGLING MAGICIAN JUGGLING/MAGIC SHOW

Flippo the Juggling Magician knows how to captivate audiences. A master magician and juggler, Flippo brings humor into his performances to create an unforgettable show. In addition, Flippo shares his love of performing by offering workshops and seminars on juggling, magic, balloon art and other entertainment skills.

The month of June wraps up our entertainment at the Senior Center:

Kick off summer lineup.

We would like to thank all performers for taking the time to come out to the Senior Center to entertain us!



**DO YOU LIKE WHAT YOU SEE?
ARE YOU INTERESTED IN BECOMING A
MEMBER OF THE SENIOR CENTER?**

Give us a call at 401-435-7800 to schedule a tour today!

MEMBERSHIP FEES:

**Membership is required for all activities.*

*Membership is not required to only come for lunch**

GENERAL MEMBERSHIP:

Residents of East Providence: \$15.00/year

Non-residents: \$20.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$55.00/year

Non-residents: \$65.00/year

*** New membership and renewal forms can be picked up at the front desk! ***

WHEEL OF FORTUNE

TAKING A PAUSE FOR A FEW MONTHS.

Mark your Calendars

**COMING SOON:
STAY TUNED FOR FINALIZED DATE!**

**VETERAN BENEFITS
PRESENTATION (RESCHEDULED)**

Robert Rock East Providence Senior Center

610 Waterman Avenue

East Providence, RI 02914

Veterans Benefits Administration (VBA) representatives will be present to help individuals understand the benefits available to them and how to apply. These representatives specialize in Service-Connected Compensation claims, Non-Service Connected (NSC) Pension, and Survivors Benefits. The Representatives will also speak about the newly passed VA Legislation PACT ACT and the changes it has made to VA care and eligibility.

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

Hello Summer word search

ALOHA FUN
BIKE LEMONADE
CAMP WATERMELON
PICNIC BEACH
HOT
SUNHAT
VACATION
POOL
SUMMER
SWIM
FISHING
SUN

**FOLLOW THE ROBERT ROCK EAST
PROVIDENCE SENIOR CENTER ON
FACEBOOK!**

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



East Providence Senior Center

19 likes • 22 followers

Call Now

Message

Liked

Banana Soy Smoothie

Prep time: 3 minutes

Cook time: 0 minutes

Servings per recipe: 4

Serving size: 1 cup

Ingredients

2 bananas

1 cup original unsweetened
soy milk

1 cup 100% orange juice



For a thicker
smoothie, use
frozen bananas or add
ice cubes
before blending.

Directions

- 1) Peel the bananas, break into pieces, and put in the blender.
- 2) Add the soy milk and orange juice.
- 3) Blend until smooth and pour into cups. Enjoy!



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**QUESTIONS ABOUT
SELLING OR BUYING?**

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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 2023

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens	\$3.00 Suggested Donation Please call our Dining room 24 hours in advance	1 Vegetable soup Honey baked chicken thigh Sweet potato Peas & carrots Snowflake roll Fruit Chef salad	2 Chopped salad Sausage & pepper sandwich Pasta salad Ww roll Cake Chicken sandwich
5 Chicken soup Baked spaghetti w/meat sauce Roasted broccoli & carrots Multi grain roll Pudding Chef salad	6 Roasted cauliflower soup Sweet & sour pork Greek rice pilaf Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread	7 Greek cucumber salad Pepper steak Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Ham & cheese club	8 Minestrone soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots Roll Cake Turkey on wheat	9 Cream of broccoli soup Meatball sandwich Green bean salad Roasted potato Ww roll Jello Egg salad sandwich
12 Chicken soup Sweet & sour meatball Fried rice 3 – bead salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	13 Escarole bean & sausage soup Honey glazed chicken breast Roasted potato Italian mixed vegetables Mixed fruit / roll Tuna salad plate	14 Vegetable soup Baked rigatoni w/mini meatballs Zucchini Roll Fruit salad Roast beef on a ww roll	15 HAPPY BIRTHDAY! CUPCAKE Tomato soup Smoked BBQ Pork loin Corn on the cob Roasted potato - roll Cake Spinach salad w/ chicken	16 Portuguese kale soup Chicken cacciatore Roasted potato Green beans Ww roll - Fruit Ham & cheese on rye
19 NO LUNCH PROGRAM 	20 Mushroom barley soup Roasted pork w/peppers & apples Parsley potatoes Roll Jello Egg salad on multi grain roll	21 Tossed salad Pub burger w/ cheese Baked beans Pasta salad Watermelon - roll Hot dog w/roll	22 Minestrone Soup Beef casserole over cheesy buttered noodles Roasted broccoli & cauliflower Lorna doone cookie -ww bread Chicken salad sandwich	23 Fresh fruit w/ cottage cheese Braised beef brisket Roasted potato salad Cole slaw Ww roll - Chicken salad plate
26 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat	27 Tossed salad Fruit cup Beef stew Ww roll Jello Italian grinder	28 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread / fruit Turkey & Swiss on rye	29 Tomato soup Shepards pie Mashed potato Ww roll Pudding Seafood salad plate	30 Lentil & bean soup Open turkey sandwich w/ gry Stuffing Cole slaw Fruit Chef salad