

# Robert E. Rock, East Providence Senior Center



## June 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:**

I would like to invite all residents to attend the annual Day of Portugal at East Providence City Hall, 145 Taunton Avenue, on Monday, June 2nd, at 1:30pm for a flag raising and celebration. I am looking forward to the 2025 Concerts in the Park. We have a great lineup scheduled. The Concerts in the Park flyer is on page 6 of this newsletter. These family-friendly events are free. Bring your chair, and we hope to see you there!

We have many events scheduled throughout the summer season. Please check the city calendar at <https://eastprovidenceri.gov/calendar> for events scheduled throughout the city.

**Sincerely,**

**Mayor Bob DaSilva**



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

It is June and there are signs of Summer everywhere. One sign is drier days. It has been a wet Spring, but on a positive note it brought us beautiful flowers and spring green leaves on our trees. Speaking of signs, have you noticed the new sign in front of the Senior Center? A few months back, a driver had an accident in our parking lot. He is fine but our sign was damaged. I am so happy to have our sign back up. It is even more beautiful than before. I also want to bring your attention to another sign. The time capsule you all put together last winter was finally able to be buried. You can check out the spot in front of the building where a sign signifies the spot, where and when it was buried, and the date when it will be dug up. In June we will be distributing the Senior Farmers Market Nutrition Program benefit cards. If farmer's markets are not a sign of Summer, I don't know what is! Please see Community Health Worker, Rachel Stancil for an application. If you qualify, you can receive a \$50.00 debit card to use at farmers markets to buy local fruits and vegetables, herbs and honey.

**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:**

Thursday, June 19: Juneteenth (Senior Center Closed)

Friday, June 20: First Day of Summer Celebration at the Senior Center

**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**

**JUNE 2024:**

Thurs, June 5: Stop & Shop  
 Fri, June 6: Shaw's  
 Thurs, June 12: Stop & Shop  
 Fri, June 13: Shaw's  
**SENIOR CENTER CLOSED JUNE 19**  
 Fri, June 20: Shaw's  
 Thurs, June 26: WALMART  
 Fri, June 27: WALMART



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

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



**ICE CREAM Social**

**FRIDAY, JUNE 20 AFTER LUNCH**

COME KICK OFF SUMMER AT THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER!

LIVE MUSIC FROM BILL REIDY  
 (JIMMY BUFFETT TRIBUTE)



**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:**

**LITTLE MISS SUNSHINE**

**Monday, June 30**

**1:00PM**

The Hoover family puts the fun back in dysfunctional by piling into a VW bus and heading to California to support a daughter (Abigail Breslin) in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route.





# Community Health World:

Rachel Stancil will be at the Center on Monday and Thursdays.

Sarah Burde will be at the Senior Center on Wednesdays.



## City of East Providence Pride

**SATURDAY, JUNE 7, 2025**  
**PRIDE FLAG RAISING, PARADE, & CELEBRATION**

**SCHEDULE**

10:00AM  
CITY HALL  
PRIDE FLAG RAISING  
& KEYNOTE SPEECH

11:00AM  
PARADE KICK OFF  
FROM CITY HALL

12PM – 2PM  
PRIDE CELEBRATION ON  
WEAVER LIBRARY LAWN  
ENTERTAINMENT, FOOD,  
ARTISTS, VENDORS,  
& RESOURCE BOOTHS OPEN

QUESTIONS?  
EMAIL  
AVARGAS@EASTPROVIDENCERI.GOV

\*PLEASE NOTE THIS IS AN ALL AGES  
FAMILY-FRIENDLY EVENT

SIGN-UP TO WALK IN THE  
PARADE OR JOIN US AS A  
FOOD, ARTIST, VENDOR, OR  
RESOURCE BOOTH:



SCAN THE QR CODE OR VISIT  
US AT  
[www.bit.ly/4Uut8qK](http://www.bit.ly/4Uut8qK)




EAST PROVIDENCE HEZ PRESENTS:

## CHRONIC PAIN SUPPORT WORKSHOP:

**SUPPORTIVE STRATEGIES FOR LIVING WITH  
CHRONIC PAIN DAY TO DAY**

THURSDAY, JUNE 12, 2025 | 10:00 AM - 11:30 AM  
ROBERT ROCK SENIOR CENTER'S ALL PURPOSE ROOM

*What you'll learn and explore:*

- ✓ Key things to know about chronic pain.
- ✓ The mind-body connection and the power of distraction.
- ✓ How to create a personal action plan.
- ✓ Tips for pacing your day to avoid flare-ups.
- ✓ Mindfulness practices to support physical and mental well-being.





HEZs are an initiative of the Rhode Island Department of Health. East Bay Community Action Program is the backbone agency for the Warren, Bristol, and East Providence HEZ. This workshop is funded through the Public Services component of the City of East Providence's 2024-2025 Community Development Block Grant (CDBG).




**THURSDAY  
JUNE 5<sup>TH</sup>  
10AM-1:30PM**

## SNAP Application Assistance Day

Rachel Stancil (Community Health Worker) will be on site on Thursday, June 5 to assist with SNAP (food stamp applications).

**By Appointment Only.**

Sign up for the appointment slot by the front desk or by calling 401-435-7800.



## WHAT IS A COMMUNITY HEALTH WORKER?

'EBCAP's Community Health Team (CHT) brings valued perspective to patient care serving as intermediaries between health services, social services, and the community. Working alongside healthcare teams, Community Health Workers (CHWs) facilitate access to vital medical, behavioral health, and social support services for patients with high-risk, complex needs. They navigate challenging health and social service systems, deliver education, and collaborate with community partners to improve health outcomes.'

# Health Related Programs:

## Wisdom For Living goes Self-Guided Thursday, June 12 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.**

## COMING IN JULY: 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.*

## MEMORY CAFÉ

RI Memory Cafes is a non-profit organization supporting individuals with dementia and their caregivers. Our mission is to guarantee that those impacted can access opportunities that promote social engagement, create joyful experiences, and educate the wider community.

**June 11**  
**1:00 - 2:30 pm**

*Sponsored by:*

**WINGATE RESIDENCES**  
ON BLACKSTONE BOULEVARD

**Call 401-273-6565 to RSVP**



## MINDFUL AND HEALTHY EATING- HOSTED BY BLUE CROSS AND BLUE SHIELD OF RHODE ISLAND

**JUNE 5 FROM 10AM-11AM**

We are wrapping up our Healthy Eating Series sponsored by BCBS of

Rhode Island with a unique sampling courtesy Chef Kevin. Come and taste what the chef has whipped up Thursday, June 5<sup>th</sup> from 10am-11am in our dining room.

**\*Please register with Nurse Shahnee to ensure enough food is provided.**

**NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM**

## GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE Thursday, June 26 11AM-12PM



## SUMMER SHAPE UP: A SENIOR CIRCUIT WORKOUT WITH ROBIN



This Summer, we are stepping it up with a new program called *Summer Shape Up: A Senior Circuit Workout with Robin*.

**The program will run on Tuesdays from 10am-11am in the fitness room beginning May 6th until August 26th.**

Anyone interested in learning more can inquire with Robin, our Fitness Room Orientation Instructor.

***This program is limited to Fitness Center members only.***

**Regular Meditation will be held on Friday, June 6, 13 and 27.**

**Reiki with Barry will be held in place of Meditation on Friday June 20th.**



**Slip**

on protective clothing



**Slop**

on SPF30+ or higher sunscreen



**Slap**

on a hat



**Seek**

shade



**Slide**

on sunglasses

## Blood Pressure Clinics in May:

**Tuesday June 3 at 10:30AM**

Health Care Services in Providence

**Tuesday June 24 at 10:30AM**

Hattie Ide Chafee



# 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**





# 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.
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

Working to connect senior citizens and Rhode Island's farming community

In partnership with the RI DEM, Farm Fresh RI, and The Office of Healthy Aging [dem.ri.gov/sfmnp](http://dem.ri.gov/sfmnp)



### 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. Please contact the Senior Center for more information. Participants can only receive one type of benefit throughout the season.

For additional questions, please call the Robert E. Rock Senior Center at 401-435-7800



# Robert Rock Senior Center Activities Calendar

**JUNE 2025**

Mon	Tue	Wed	Thu	Fri
<b>2</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	<b>3</b> 9A: Bocce 9:30A: Diabetes Program 10A: Water Color Paint 10A: Smartphone Help 10:30A: Bingocize 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>4</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club 10:30A: Skin Series 10:45A: PACE Chair Exercise 1P: Cribbage	<b>5</b> 9A: 1:1 Technology Assistance (appt only) 9:30A: Shopping 10A: SNAP Application Assistance with Rachel 10A: BCBS Cooking 10:30A: Bingocize 12:30P: Bridge 1P: Knit & Crochet	<b>6</b> 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
<b>9</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	<b>10</b> 9A: Bocce 9:30A: Diabetes Program 10A: Water Color Paint 10A: Smartphone Help 10:30A: Bingocize 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>11</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club 10:30A: Age Well, Get Connected 10:30A: Chromebook Giveaway 10:45A: PACE Chair 1P: Cribbage 1P: Memory Cafe	<b>12</b> 9:30A: Shopping <b>10A: Chronic Pain Support Workshop</b> 10:30A: Bingocize 12:30P: Bridge 1P: Knit & Crochet 1P: Wisdom for Living Talks	<b>13</b> 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance
<b>16</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	<b>17</b> 9A: Bocce 9:30A: Diabetes Program 10A: Water Color Paint 10A: Smartphone Help 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>18</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club 10:30A: Skin Series 10:45A: PACE Chair Exercise 1P: Cribbage	<b>19</b> <b>Senior Center Closed</b>  <b>Juneteenth</b>	<b>20</b> 8:30A: Scrabble 9:30A: Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Reiki Session <b>12P: Welcome Summer Ice Cream Social &amp; Jimmy Buffett Tribute</b> 1P: Hi Lo Jack 1P: BCBS Balance
<b>23</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 2P: PODS Swimming	<b>24</b> 9A: Bocce 9:30A: Diabetes Program 10A: Water Color Paint 10A: Smartphone Help 10:30A: Bingocize 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!	<b>25</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Walk-in Computer Assistance 10A: Walking Club <b>10:30A: Fall Recovery</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>26</b> 9:30A: Shopping (WALMART) 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 1P: Knit & Crochet	<b>27</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>AARP SHRED EVENT IN PARKING LOT 9AM-12PM</b>
<b>30</b> 10:30A: Chair Yoga w/ Marilyn 10:30A: Board Game Club 10:30A: Senior Pickleball 1P: Movie Showing 2P: PODS Swimming		<b>REWARDS CARDS:</b> Every event in <b>RED BOLD FONT</b> will count towards your reward card!		<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.**

**June 11- 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.**

## NEW PROGRAMMING FOR JUNE 2025:



### LIVING WELL WITH DIABETES

BEGINS JUNE 3 | 9:30AM-11:30AM

*Are you a new diabetic or were you recently told you have pre-diabetes? Or maybe you have been living with diabetes for several years and need a refresher on diabetes management and/or new treatment options.*

We are hosting a 4-week diabetes management program with presentations from Diabetes Educators including our Nurse Shahnee as well as a nutritionist and a pharmacist.

Participants **MUST** register for the program and attend all four classes.

**June 3rd from 9:30am-11:30am**

**June 10th from 9:30am-11:30am**

**June 17th from 9:30am-11:30am**

**June 24th from 9:30am-11:30am**

### SKIN CARE AND AGING

*We are excited to announce a 3 class series on common skin conditions in older adults!*

*Fairfax Acne & Dermatology Services is committed to providing patients with information needed to understand certain skin conditions and how to treat them.*



With over 30 years of experience, Fairfax Acne & Dermatology owner and Nurse Practitioner, Diana Fairfax will join us for an hour to discuss common complaints and what to look out for.

*This series will conclude with a free skin check!*

**Anyone interested must register with Nurse Shahnee at 270-1792.**

**Wednesday, June 4 @ 10:30a-11:30a**

**Wednesday, June 18 @ 10:30a-11:30a**

**Wednesday, July 2 @ 10:30a-11:30a**





# TECHNOLOGY ASSISTANCE



## Smartphone/Computer Assistance

### ATEL COMPUTER ASSISTANCE

**JUNE 5  
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.

**JUNE 11, 2025 10:30AM**

### CHROMEBOOK GIVEAWAY AT THE SENIOR CENTER

**JUNE 11  
10:30AM-12PM**

*The Senior Center is partnering up with East Bay Community Action to give away free Chromebooks! Stop by for yours today.*

***1 per person. First come, first serve.***

### 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.



# MAKING HISTORY AT THE SENIOR CENTER:



*Our Senior Center time capsule has officially been marked and buried. The time capsule will be opened on July 7, 2048.*

*This is the first ever time capsule created by the East Providence Senior Center!*



## IN SPECIAL NEWS...

*The Robert E. Rock, East Providence Senior Center was recognized as the first Municipal Senior Center in the state on May 16, 2025 as an LGBTQ+ Safe Zone by Blue Cross & Blue Shield of Rhode Island!*

The LGBTQ+ Safe Zone Program certifies providers and community-based organizations identifying themselves as supporters of the LGBTQ+ community.

The certification helps direct members of the community toward welcoming spaces committed to inclusive treatment. ***We are proud and honored to accept this certification!***





### 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.*



## REWARD CARDS

*The Rewards Program aims to promote and encourage member participation in educational opportunities at the Senior Center.*

**YOU MUST STAY FOR THE DURATION OF THE PRESENTATION TO GET A REWARDS STAMP!!**

**Here's how the program works:** Stop by the Resource Center to pick up your rewards card. Find a class on the monthly calendar that is in **red bold font**. Attend the class and receive a stamp on your Rewards Card. Once you earn 5 stamps, turn your card in for a gift card at the Resource Center. Any staff member can stamp your card once you complete the class that is eligible for a stamp.

**\*\*The rewards program at the Senior Center is funded by Blue Cross Blue Shield RI.**

**The rewards program is subject to change or end if/when all funding for the program is spent down.\*\***

*Robert Rock East Providence Senior Center*

#### REWARDS CARD

**Each Special Presentation Attended = 1 punch**

**5 punches = free prize!**

When you reach **5** punches, see the front desk.

1

2

3

4

5

Name: \_\_\_\_\_ ID: \_\_\_\_\_

## 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***





## ***Fight Fraud. Shred it!***

AARP Fraud Watch Network can help you protect yourself against identity theft. Join us for a FREE document-shredding event in your community.

### **AARP Rhode Island "Fraud Fighting Fridays"**

**June 27**

Rob Rock Senior Center  
601 Waterman Ave., East Providence, 02914

Drop-offs, 9 a. m. to noon. No more than two boxes per person; no businesses, please. *Registration recommended but not required.*

For registration, location directions and more, visit [www.aarp.org/RISheds](http://www.aarp.org/RISheds)

## **BOARD GAME CLUB MONDAYS 10:30AM**



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!**

# June 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
<p>2 Chicken soup Marry me chicken Mashed potatoes Butternut squash Fresh fruit Ham &amp; Swiss on rye</p>	<p>3 Minestrone soup Roasted chicken thighs Mixed vegetables Rice pilaf Cookies Chef salad</p>	<p>4 Creamy chicken tomato soup Beef stroganoff Mashed sweet potatoes Green beans Cake Seafood salad on rye</p>	<p>5 Mushroom barley soup Stuffed pork chop Rice pilaf Roasted baby carrots Sliced peaches Chicken salad on wheat</p>	<p>6 Vegetable soup Meatball sandwich Pasta salad w/ vegetables Watermelon Tuna salad plate</p>
<p>9 Escarole bean &amp; sausage soup Chicken Diane Rice Florentine Green beans Brownie Ham salad on rye</p>	<p>10 Minestrone soup Sloppy joe Ww Roll Cole slaw Fresh melon Tossed salad w/ chicken</p>	<p>11 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas &amp; onion Sliced pears Seafood salad sandwich</p>	<p>12 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini &amp; tomatoes Cake Egg salad on wheat</p>	<p>13 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Turkey sandwich</p>
<p>16 Tuscan white bean soup Pub burger w/ cheese Potato wedges Greek cucumber salad Fruit cocktail Chicken salad sandwich</p>	<p>17 Mushroom barley soup Chicken parm Italian potato salad w/ Vegetables Brownie Egg salad on rye</p>	<p>18 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas &amp; carrots Watermelon Tuna salad plate</p>	<p>19 <b>Senior Center Closed</b> <b>JUNE TEENTH FREEDOM DAY</b></p>	<p>20 Chicken soup Cheesy baked pasta w/sausage Roasted zucchini Ww garlic roll Chocolate cake Corned beef on rye</p>
<p>23 Vegetable lentil soup Chicken marsala Potato wedges Mixed vegetables Watermelon Roast beef on roll</p>	<p>24 Escarole &amp; bean soup Stuffed shell w/ Meatball Roasted zucchini w/ carrot &amp; tomato Sliced pears Chicken salad plate</p>	<p>25 Tomato soup Mediterranean chicken Potatoes mushrooms &amp; Tomatoes Oatmeal cookie Seafood salad sandwich</p>	<p>26 Broccoli &amp; cheese soup Beef tips w/mushroom gravy Mashed potatoes Baby carrots Cake Chopped salad w/chicken</p>	<p>27 Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches Cobb salad</p>
<p>30 Vegetable barley soup Pork chop Italiano Roasted potatoes Mixed green &amp; wax bean salad Chocolate chip cookie Turkey sandwich on wheat</p>				<p>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></p>

