

Robert Rock Senior Center



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

March 2022

Message from the Mayor:

Spring is going to bring new changes to the Robert Rock Senior Center property as the City launches the landscaping project to make upgrades to the walking path, the addition of a pickleball court, lighting, benches and plantings to buffer the vision and sounds of traffic on the roads surrounding the Center. The overall goal is to create a more park like setting for our residents to get outside and enjoy. A rendering of the plan will be available for you to view at the Senior Center. The drawing will allow you to see what the project will look like once completed.

Wishing everyone a happy St. Patrick's Day

Mayor Bob DaSilva



Staff

Laura Jones
Director

ljones@eastprovidenceri.gov

Shontell Gomes
Admin. Assistant
sgomes@eastprovidenceri.gov

Shahnee Lagor
Healthy Aging Nurse
Coordinator
slagor@eastprovidenceri.gov

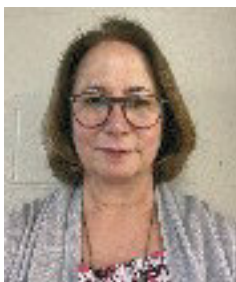
Amanda Mattress
Elder Resource Specialist
amattress@eastprovidenceri.gov

Cindy DeMedeiros
Dining Room 401-270-1814
cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta
Member Services
Representatives
pthomas@eastprovidenceri.gov
rmarzetta@eastprovidenceri.gov

Facilities
Fernando Dorego
Kenny Atkinson

Transportation
Richard Wood Joe Serodio
Dennis Price
Christopher Januario



Letter from the Director:

The first day of spring is March 20th. Spring signifies new beginnings. With spring comes warmer weather which allows us all to get outside, take walks and enjoy the budding trees and flowers. Masks mandates have been lifted which makes us all happy. Please note however that each individual has different health risks and some of you may feel safer still wearing your masks. Everyone's situation is different and you need to do what is right for you. If you are not sure what to do, reach out to your primary care provider to discuss your individual plan for masking. I am very excited to let you all know that the Senior Center is now the proud owner of a new to us, pre-owned 14- passenger vehicle that the Center was able to buy using State Designated Grant funding. It is very important to the City of East Providence to be able to continue to provide door-to-door transportation to and from the Robert Rock Senior Center for East Providence residents.

Sincerely,

Laura Jones

Laura Jones, Director of Senior Services
City of East Providence

Robert Rock East Providence Senior Center *Advisory Board*

Maryann Leonardo
Eleanor Monteiro
Judy Phillips
Jan Kinder
Jim Phillips
George Furtado
Ann Fagundes
Ken Goucher
Elaine Robinson

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.

DAYS TO REMEMBER IN MARCH:

March 13– Daylight Saving Time Begins

March 17– St. Patrick's Day

March 20– First Day of spring



Interested in a Robert Rock Senior Center REWARDS CARD?

Find a class on the monthly calendar that is in bold. Attend the class and receive a stamp on your Rewards Card. Once you earn 10 stamps turn your card in for a prize!

Please visit our Resource Center for more details!



Need Help with Medicare/Medicaid Forms? *State Health Insurance Assistance Program (SHIP)*

Make an appointment with SHIP Counselors at the East Providence Senior Center. If you are new this year to Medicare, our SHIP counselor can walk you through the process.

Appointments are available on Fridays from 8:00 am-4:00 pm.
Call 401-435-7876 ext. 1131 to make your appointment.

Book Club Returning in March!

Title: Please Look After Mom

Author: Kyung-sook Shin

Wednesday,
March 30, 2022
10AM-11AM

*Books can be
picked up at the
front desk.*



ANNOUNCEMENT

There has been a change to the days/times for PACE Chair Exercise.
New days/times listed below:

Wednesdays 1:00PM-1:45PM
(Late bus will provide transports home).

Thursdays 10:45AM-11:30AM.

If you have any questions, please let a staff member know and we will be happy to answer any questions you may have.

Thank you!

BINGO
TUESDAYS

1:00PM arrive to buy your BINGO packets
Game starts at 1:30 pm.

Cost: \$6.00 to play
Pull-tabs: .50 Each
Dabbers: \$1.00 Each

LOOKING FOR BINGO VOLUNTEERS!



COVID-19 UPDATES



Our main priority during these trying times is your safety. We would like to ensure each senior has access to testing and booster shot clinics. See below for more information:

COVID-19 TESTING

A new testing site has opened in East Providence at the Fuller Library located at:
260 Dover Avenue, East Providence RI 02914.

The testing site at the Robert Rock East Providence Senior Center located at 610 Waterman Avenue, East Providence RI 02914 is still open and taking appointments.

- At this time, all state run testing facilities are by appointment only.
- You can register for an appointment by going to portal.ri.gov on your computer or smartphone.
- If you need assistance with scheduling your COVID-19 test appointment with a state run facility, please call the Senior Center at 401-435-7800.
- The COVID-19 testing hotline phone number is 401-222-8022.



COVID-19 BOOSTER CLINICS

The COVID-19 booster clinic is still being offered in the State of Rhode Island.

You can register for a booster by going to vaccinateri.org.

**BRING VACCINATION
CARD TO YOUR
APPOINTMENT!**

- If you have any issues booking your appointment online, or do not have access to a computer, please call the Senior Center at 401-435-7800 to get assistance booking your appointment.
- If you do not have transportation accommodations and would like to get your booster, please call the Robert Rock Senior Center and we will provide transportation for you.

Health Related Programs Happening in March 2022:

Blood Pressure Self-Monitoring Program

The Blood Pressure Self-Monitoring Program is a 4-month long program aimed at educating participants on how to safely and correctly take their blood pressure at home. The program also offers participants an opportunity to trend their blood pressure and open the door for discussions with the physicians about better blood pressure management through lifestyle changes, diet and medication.

Take control of your blood pressure and learn what you can do to help reduce your risk of **heart**

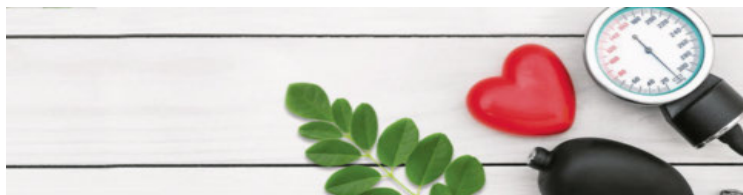
attack or **stroke**. Hear what other's have to say about the program:

"I learned things about sodium intake that I never knew about. I can now educate my family. Thank you for enriching my life."

-Participant

"Thank you so much for advising me to call my doctor. Urgent care advised me to go to the ER. My rate has been going up and down."

-Participant



Come learn about the program and how you can:

- Receive a free loaner blood pressure cuff to take home
- Learn how to properly take your blood pressure
- Meet with our nurse monthly to review your numbers
- Take part in our monthly nutrition seminars

MONDAY, MARCH 7, 2022

University of Rhode Island SNAP Education

Wednesday, March 16, 2022

10:30AM-11:30AM

Space is limited. Please register at the front desk or by calling 401-435-7800

EAST SIDE CLINICAL LAB

The East Side Clinical Laboratory visits the Robert Rock Senior Center on the first Wednesday of every 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 lab work right at the Senior Center.

**Results are quick and easy!*

Take advantage of this program on March 2, 2022 8:30AM-11:00AM!

URI Pharmacy Diabetes Series

Whether you have been living with diabetes, newly diagnosed or on the verge of prediabetes, education is key to understanding the disease process and improving your overall health. The Robert Rock East Providence Senior Center has partnered with the University of Rhode Island Pharmacy Outreach Program to offer a monthly *Diabetes Series* to help educate and inform seniors on Diabetes. We will break it all down in simple terms for you to understand and we will do so in a friendly, supportive environment. Let this be the start of a New Year of gaining a deeper understanding of how you can live a healthier life with all the tools, tips and recommendations proven to enhance the lives of those living with diabetes.



Registration is required.

March 22, 2022

10:30AM

TREE PLANTING EVENT

SATURDAY, MAY 7, 2022

The East Providence High School Environmental Club is partnering with Tree-Plenish to plant trees in the East Providence community to offset one years' worth of paper used by the high school. 190 tree saplings will be available to East Providence residents (by request) to plant within their residential or commercial properties FREE of charge.



Available Tree Species: Eastern Redbud, Paper Birch, American Common Apple (Crab Apple)

Requests for trees need to be submitted by April 7, 2022. Requests are done online. If you need assistance with requesting a tree, please contact Amanda (Elder Resource Specialist) at 401-270-1788.



MINDFUL MEDITATION

Fridays at 11:00 am

Join us every Friday for an hour of mindful meditation.



Space is limited. Registration is required.

Senior Center Services

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Monday, Thursday and Friday

9:00 am-2:30 pm

Nurse is located in the Health Office

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

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

The Senior Center now offers the services of a notary.

Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.

Blood Pressure Clinics

10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month

Hattie Ide Chafee

3rd Tuesday of each month

Senior Shopping

Thursday Mornings by Appointment

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.

Robert Rock Senior Center Activities

March 2022

Mon	Tue	Wed	Thu	Fri
	1 8A: Nutritionist 8:30A-1P: Blue Cross Blue Shield Event 10A: Paint Class 10A: Smartphone Help 10:45A:Chair Exercise 1:30P:BINGO! 2P:Multimedia Art Class	2 8A: Nutritionist 8:30A:East Side Lab 10:30A: Tai Ji Balance 1P: Cribbage 1P:PACE Chair Exercise	3 9A:Nurse Hours 9:30A:20/20/20 Fitness 10:30A: Computer Basics 10:45A:PACE Chair Exercise 12:30P:Bridge 1PM:Knit & Crochet	4 8AM:SHIP Counseling 8:30A:Scrabble 8:45A:Blended Yoga 9A:Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A:Meditation 12:30P: Hi Lo Jack
7 9A:Nurse Hours 9A:AARP Tax Assistance 10:30A: Zumba Gold 1:30P: Line Dancing	8 8A: Nutritionist 10A: Paint Class 10A: RIPTA Presentation 10A: Smartphone Help 10:30A: BP Clinic 10:45A:Chair Exercise 1:30P:BINGO! 2P:Multimedia Art Class	9 8A: Nutritionist 10:30A: Tai Ji Balance 1P: Cribbage 1P:PACE Chair Exercise	10 9A:Nurse Hours 9:30A:20/20/20 Fitness 10:30A: Computer Basics 10:45A:PACE Chair Exercise 12:30P:Bridge 1PM:Knit & Crochet	11 8AM:SHIP Counseling 8:30A:Scrabble 8:45A:Blended Yoga 9A:Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A:Meditation 12:30P: Hi Lo Jack
14 9A:Nurse Hours 9A:AARP Tax Assistance 10:30A: Zumba Gold 1:30P: Line Dancing	15 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A:Chair Exercise 11:30A: Oak St. Health 1:30P:BINGO! 2P:Multimedia Art Class	16 8A: Nutritionist 10:30A: Tai Ji Balance 10:30A:URI SNAP Ed 1P: Cribbage 1P:PACE Chair Exercise	17 9A:Nurse Hours 9:30A:20/20/20 Fitness 10:30A: Computer Basics 10:45A:PACE Chair Exercise 12:30P:Bridge 1PM:Knit & Crochet	18 8AM:SHIP Counseling 8:30A:Scrabble 8:45A:Blended Yoga 9A:Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A:Meditation 12:30P: Hi Lo Jack 1P:Insight Support Group
21 9A:Nurse Hours 9A:AARP Tax Assistance 10:30A: Zumba Gold 1:30P: Line Dancing	22 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:30A:URI Pharm Diabetes Class 10:45A:Chair Exercise 1:30P:BINGO! 2P:Multimedia Art Class	23 8A: Nutritionist 10:30A: Tai Ji Balance 10:30A:Age Well, Get Connected Comp Class 1P: Cribbage 1P:RSVP Advisory Meeting 1P:PACE Chair Exercise	24 9A:Nurse Hours 9:30A:20/20/20 Fitness 10:30A: Computer Basics 10:45A:PACE Chair Exercise 12:30P:Bridge 1PM:Knit & Crochet	25 8AM:SHIP Counseling 8:30A:Scrabble 8:45A:Blended Yoga 9A:Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A:Meditation 12:30P: Hi Lo Jack
28 9A:Nurse Hours 9A:AARP Tax Assistance 10:30A: Zumba Gold 1:30P: Line Dancing	29 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:45A:Chair Exercise 1:30P:BINGO! 2P:Multimedia Art Class	30 8A: Nutritionist 10A: Book Club 10:30A: Tai Ji Balance 1P: Cribbage 1P:PACE Chair Exercise	31 9A:Nurse Hours 9:30A:20/20/20 Fitness 10:30A: Computer Basics 10:45A:PACE Chair Exercise 12:30P:Bridge 1PM:Knit & Crochet	* Bold Activities count towards Rewards Cards!

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!

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.

Zumba Gold

Lower intensity workout geared towards seniors to allow time to learn the steps and styles of dance and implement them into a workout. Mondays 10:30AM-11:30AM \$2.00

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.

Line Dancing

Fun, healthy, and rewarding activity and exercise. Learn the steps of line dancing and enjoy some great company while doing it! Mondays 1:30PM-2:30PM \$2.00 per class.

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 \$2.00 fee per class.

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.

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 9:30AM-10:30AM \$2.00 fee per class.

Chair Exercise

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.

Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 12:30PM-3:30PM. No registration required.

Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM \$5.00 per class.

BINGO!

BINGO is a game of chance that is held weekly at the Senior Center. Come visit us for some fun games! Tuesdays 1:30PM-3:30PM. \$6 per player card. \$1 daubers for sale. No registration required.

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.

Cribbage, Bridge, Scrabble, Mah 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! All free to play.

SUPPORT OUR ADVERTISERS!





An Aldersbridge
Community
Skilled Nursing, Therapy Services
& Long-Term Care
30 Alexander Avenue | 401-438-7210

www.Aldersbridge.com



An Aldersbridge
Community
Assisted Living &
Independent Living
40 Irving Avenue | 401-438-4456

Expert care with comfort and heart



PAWTUCKET FALLS
HEALTHCARE CENTER

70 Gill Ave
Pawtucket RI 02861
Ph: 401 722 7900
Fax 401 723 9670
www.pawtucketfalls.com

We are a member of CCH Healthcare



KELLERWILLIAMS.



"We save our clients thousand's in closing costs"

When you're
ready to buy
or sell your home.
Call us First!
You'll be glad
you did!

401.824.6100

Brian@MyGreeneTeam.com
MyGreeneTeam.com
License #0041590

**Brian
&
Alessa**



**GRACE BARKER®
HEALTH**

Family owned & operated since 1966

The Cove

SHORT-TERM REHABILITATION
LONG-TERM CARE

The Willows

ASSISTED LIVING
ADULT DAY HEALTH

54 Barker Avenue, Warren RI • GraceBarkerHealth.com • 401-245-9100

FOR ALL YOUR HEARING NEEDS!



**Call For An
Appointment Today
401-431-5100**

Conveniently Located



999 S Broadway, 3rd floor | www.GatewayHearing.com | Lisa Janicki, MS

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

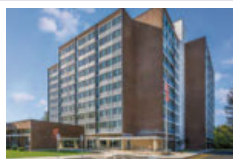
- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251



Newly Renovated / Smoke Free

charlesplace
APARTMENT HOMES



Studio & 1 Bedroom Apartments
Elderly and Disabled Apartment Community



CONTROLLED ACCESS BUILDING W/ SECURITY • EMERGENCY MAINTENANCE AVAILABLE • LAUNDRY
LIBRARY • MEDIA CENTER • FREE PARKING • FITNESS CENTER • STORAGE AVAILABLE & MORE!

Visit our Website for more information! | www.charlesplaceapts.com

460 Charles St., Providence, RI 02904 / 401-274-1213

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

CONTACT US!

Contact Jules Rosenman
to place an ad today!
jrosenman@lpicommunities.com
or (800) 477-4574 x6421



BAZAR & ASSOCIATES
ATTORNEYS AT LAW

Your Neighborhood Law Firm

David N. Bazar, Esquire

Taking care of all your legal needs • Call today for a free consultation!

197 Taunton Avenue, East Providence, Rhode Island 02914

P 401.437.4450 F 401.438.1630 E dbazar@BazarLaw.com

BazarLaw.com

LEN WALKER
Senior Agent

Medicare Solutions

PO Box 121
Seekonk, MA 02771

Office: 508-283-7957

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

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



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



Smart Phone Assistance



NEED ASSISTANCE WITH YOUR SMARTPHONE?

**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



Computer Assistance



Weekly Computer Basics Classes

Cost: Free

Registering now for the next 4 -week
session beginning
March 10, 2022.

Chrome Book computers available to use
or bring your own laptop or tablet.

Call 401-435-7800 for more information
on how to register for classes.

Space is limited.

Age Well Get Connected

Sponsored by Eastbay Community Action

Computer Classes

Learn tips and tricks on a computer. Learn
some new skills!

Wednesday, March 23, 2022

To Register Call EPSC at 401-435-7800

Chromebook computers will be available to use
or you can bring your own tablet or
laptop.

**NEVER STOP LEARNING.
BECAUSE LIFE NEVER STOPS
TEACHING.**

Mark your Calendars

Living Well with Diabetes Beginning April 28, 2022



Were you recently diagnosed with diabetes or have you had diabetes for a while and need a refresher course? *Join the informative and dynamic 4-week diabetes self-management education program running Thursdays, April 28, May 5, May 12 and May 19, 2022 from 9:30 am-11:45 am.* This series will be taught by a registered nurse, registered dietitian and registered pharmacist who are certified diabetes educators. Topics include healthy eating, exercise, self-monitoring, medications, self-care and community resources. Classes will be held at the Robert Rock East Providence Senior Center (610 Waterman Ave, East Providence, RI 02914). *This program is open to the public. Registration is required.* Please call Shahnee Lagor, RN at (401) 270-1792.

RIPTA Presentation

March 8, 2022 10AM-11AM



Are you considering giving up driving? Are you worried about when that time comes how you are going to get around? Come by the Robert Rock Senior Center on Tuesday, March 8th at 10AM to learn about what services RIPTA has to provide in the East Providence area!

Blue Cross Blue Shield Event

Tuesday, March 1, 2022

8:30AM-1:30PM

Join us as Blue Cross Blue Shield visits the Senior Center with their big blue bus! Check out what they have to offer!

BCBSRI will be sponsoring BINGO on this day with raffle prizes!



Oak Street Health Event



Are you looking for a new doctor or a healthcare program tailored to your unique needs? Oak Street Health will be at the Senior Center on **Tuesday, March 15, 2022 11:30A-1:30P** to share more regarding the services they provide.

Stop by their booth to find out more as well as enter to win a raffle prize!

FOOD SAFETY FOR OLDER ADULTS

Adults over the age of 65 have a higher risk for getting a food-borne illness (or food poisoning). This is because as a person gets older, their immune system weakens. This can make it easier to get sick from food poisoning. Follow the tips and tricks below to stay food safe.

Tips to Stay Food Safe:

Food Storage

- Keep your refrigerator at or below 40°F.
- Keep your freezer at 0°F.
- Clean your fruit and vegetable drawer and refrigerator regularly.
- Store raw meats in a deep container below fruits and vegetables and ready-to-eat foods.

Food Preparation

- Before preparing food, clean and sanitize all surfaces, and wash your hands.
- Avoid using cutting boards that are worn or have deep grooves because they can be harder to clean.
- Use a food thermometer when cooking.



Cook raw meat, poultry, and fish to these temperatures:

- Poultry: 165°F
- Roasts and steaks: 145°F
- Fish: 145°F
- Ground meats: 160°F

***Check out our healthy recipes at:
<https://web.uri.edu/snaped/recipes>**

**THE
UNIVERSITY
OF RHODE ISLAND**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

**Check out our website
for more handouts and
recipes:
web.uri.edu/snaped**

**Call Our Toll-Free Line
for More Information
1-877-366-3874**

Do you need help with your taxes? Make an appointment with Patty from AARP to get the ball rolling on your taxes. The AARP team will be at the Robert Rock East Providence Senior Center every Monday from 2/7/22-4/11/22. Appointments are mandatory.

Returns will be prepared by a volunteer tax preparer. It is expected that the return will be completed within three hours subject to missing or incomplete information. The taxpayer will be notified and can pick up the return along with signing the documents after a quality review is conducted.

For information or an appointment, please call Patty Breen at 401-246-1678

If there is no answer, please leave a voicemail and Patty will return your call in the order it was received.

If you need to cancel or reschedule an appointment, please call Patty Breen at the number listed above.

**** If you have already made an appointment with Patty or an AARP Tax Preparer, please stop by the Robert Rock Senior Center at 610 Waterman Avenue, East Providence RI 02914 to receive your AARP tax preparation packet before your scheduled appointment.**



East Bay Community Action Tax Assistance



East Bay Community Action Program Volunteer Income Tax Assistance (VITA) will once again have certified IRS tax preparers available to provide free income tax preparation for low-to-moderate income and elderly taxpayers earning under \$57,000.00.

Please visit ebcap.org to view a complete list of documents to bring to your tax appointment.

VITA sites are located at BridgePointe Christian Church, 855 Waterman Avenue, East Providence, RI. **Hours of operation: Mondays & Tuesdays, 9 AM-4 PM.**

The Benjamin Church Center, 1020 Hope Street, Bristol, RI. **Hours of operation: Thursdays & Fridays, 9 AM-4 PM.**

Please do not call the Benjamin Church Senior Center or BridgePointe Christian Church. Appointments can only be scheduled by calling the East Bay Community Action Office of Volunteer Services at 401-435-7876 ext. 1137.

Please note: A valid Driver's License/Photo ID for the taxpayer and social security cards for the taxpayer and all dependents are mandatory when seeking tax filing assistance through VITA.

Brain Teasers

St. Patrick's Day Word Search



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

2			5				3	
			4				9	
					2		8	6
3		6						
5	9			6				
		8					1	
6		2			5			
	8		3		9			2
		9				4		

©2021 Satori Publishing

DIFFICULTY: ★★☆☆

LUIS A. MATEUS
Eu Falo Portugues

Mateus Realty
Bringing you home since 1975

582 Warren Avenue • East Providence, RI 02914

Off: 401-434-8399
Cell: 401-368-2403
Fax: 401-435-3401
sales@mateusrealty.net
mateusrealty@gmail.com
www.mateusrealty.net

Health Care Equipment and Incontinence Supplies

independence
HomeHealthWares®
401.273.8888

Visit our warehouse showroom at
Exit 6, Rte. 195
35 Agnes Street, East Providence, RI

HEALY PHYSICAL THERAPY & SPORTS MEDICINE, INC.
KEEPING YOU IN THE GAME OF LIFE

MOST INSURANCES ARE ACCEPTED

EAST PROVIDENCE (401) 438-0905
927B Warren Ave. • E. Providence

CUMBERLAND (401) 305-3858
2295 Diamond Hill Rd. • Cumberland

EAST GREENWICH (401) 471-7510
2639 South County Trail • E. Greenwich

WARWICK (401) 921-0160
2080 Warwick Ave. • Warwick

www.healyphysicaltherapy.com



OAK STREET HEALTH

Doctors for
Adults on
Medicare

The Oak Street Health Difference

OPEN HOUSE EVERY THURSDAY 12 PM-1 PM



Choice of in-person
phone or video visits



Help navigating
Medicare benefits



24/7 support line for
around-the-clock care



Preventative care plans to
meet your health goals



Rides to and from
center appointments



Connections to trusted
insurance agents.

Call today for more information | 401-488-7145



\$3.00 Suggested Donation

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

March 2022

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Funded in part by the US administration on aging and state funds by the Rhode Is- land Department of Elderly Affairs.</i>	1 Chicken Soup w/ orzo Chicken Cordon Bleu w/ gravy Lyonnaise Potato Roasted Zucchini Fruit Cocktail Rye Bread Chicken Loaf w/ mayo on Rye	2 Lentil Soup Baked Fish w/ Crumb Topping Mashed Potato Garlic Spinach Cookie Wheat Bread Fish Sandwich w/Tartar Whit	3 Tomato and Basil Soup Roast Turkey w/ gravy Corn Bread Stuffing California Vegetables Fresh Fruit Marble Bread Turkey& Cheese w/ mayo on Marble	4 Italian Wedding Soup Meatballs w/ sauce Pesto Pasta Mixed Vegetables Brownie Italian Bread Meatball Sub on Grinder Roll
7 Vegetable Soup Pub Burger w/ mushroom gravy Rice Pilaf Carrots Pudding Dinner Roll Pub Burger w/ Mustard / Roll	8 Split Pea Soup Baked Ham w/ Pineapple slice Sweet Potato Prince Edward Vegetables Lorna Doones Pumpnickel Bread Ham and Cheese w/ mustard on pumpnickel	9 100% Juice Beef Tips w/ mushrooms Buttered Noodles Capri Blend Vegetables Sliced Peaches Oatmeal Bread Roast Beef w/ mayo on oatmeal	10 Beef Noodle Soup Grilled Chicken w/ Cucumbers, Mandarin Orang- es, Crispy Noodles, Iceburg Lettuces w/ Sesame Dressing Croissant Fresh Fruit Grilled Chicken on croissant	11 Red Chowder Stuffed Sole Mashed Potato Broccoli Slaw Tapioca Pudding Wheat Bread Fish Sandwich w/ tartar on wheat
14 Lentil Soup Italian Style Chicken Cutlet Seasoned Tortellini Winter Blend Vegetables Yogurt Italian Bread Chicken Culet w/ mayo Italian	15 Chicken Soup Pork Loin w/ gravy Wild Rice Mixed Vegetables Lemon Pudding Rye Bread Pork Loin and Cheese / Rye	16 Turkey and Rice Soup American Chop Suey Elbow Pasta Baby Whole Carrots Fresh Fruit Multi Grain Bread Roast Beef and Cheese w/ mayo on Multi	17 Split Pea Soup Corned Beef w/ mustard Boiled Potato Carrot and Cabbage Mix Jello Pumpnickel Bread Corned Beef and Swiss on Pumpnickel w/ mustard	18 White Chowder Crab Cake w/Tartar Sauce Rice Pilaf Broccoli Slaw Brownie Dinner roll Crab Cake w/ tartar on roll
21 Pasta and Bean Soup Italian Sausage w/ mustard Oven Roasted Potato Peppers and Onions Fruit Cup Roll Italian Sausage w/ mustard on roll	22 Barley Soup Meatloaf w/gravy Garlic Mashed Potato Tomato/Cucumber Salad Pudding Wheat Bread Meatloaf w/ ketchup on wheat	23 Butternut Squash Soup Chicken Masala Rice Pilaf Broccoli Cuts Fresh Fruit Multi Grain Bread Chicken Salad on Multi	24 100% Juice Beef Stroganoff Buttered Noodles Sliced Carrots Cookie Rye Bread Ham and cheese on rye w/ mustard	25 Clear Chowder Vegetable Burger Au Gratin Potato Mixed Vegetable Fruit Bar Wheat Bread Vegetable Burger/must/wheat
28 Chicken Soup Veal Parm w/ sauce Seasoned Pasta Three Bean Salad Yogurt Italian bread Veal Parm on Italian	29 Potato and Leek Soup Grilled Chicken w/Lettuce and Dressing Whole Wheat Roll Fresh Fruit Grilled Chicken on a Roll	30 Minestrone Soup Pot Roast w/ gravy Mashed Potato Mixed Vegetable Wheat bread Pudding Cup Pot Roast on Wheat	31 Escarole& Bean Soup <i>Lasagna Roll up / sauce</i> Roasted Brussel Sprouts Brownie Garlic Roll Bologna and cheese	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Menu items are Subject to Change</i>