

# Robert Rock Senior Center



## May 2022

### Message from the Mayor:

It is May and the flowers are blooming and the birds are singing. Spring has sprung. I want to encourage you all to go onto and view the City's Website at [www.eastprovidenceri.gov](http://www.eastprovidenceri.gov). You may or may not know East Providence has a newsletter. If you want to know what is new and happening in the City of East Providence go to:

<https://lp.constantcontactpages.com/su/3CZ5I08/CityofEastProvidenceNews> to register to receive monthly newsletters. Examples of what you will find in the newsletters include: the preliminary design for the City's Community Center, the 2022 Street Sweeping Schedule, new hours for City Hall starting in July, announcements of new business openings and events and celebrations happening in East Providence. If you have not already signed up to receive Code Red notifications from the City, you can do that from the City's website. Code Red alerts are sent out by telephone in the event of an emergency or when important messages need to reach our residents. The website is also a place where residents can view the City's calendar to find out what is going on in the City. The newsletter and calendar in May will include Memorial Day events scheduled to honor and memorialize the men and women who serve and have served our country. I want to thank each and every one of you for service and the sacrifices made to ensure our freedom.

Sincerely,

**Mayor Bob DaSilva**



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

**401.435.7800**

**Fax: 401.563-7024**

**[www.eastprovidence.ri.gov](http://www.eastprovidence.ri.gov)**

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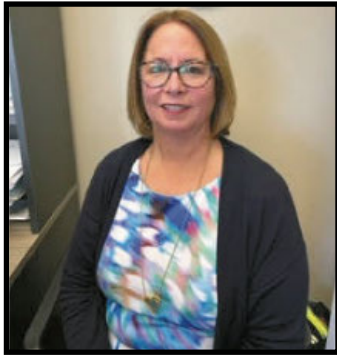
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**Facilities**  
**Fernando Dorego**  
**Kenny Atkinson**

**Transportation**  
**Joe Serodio**      **Dennis Price**  
**Christopher Januario**



### Letter from the Director:

It is very exciting to see so many of our seniors returning or becoming new members to the Senior Center. I thought it would be interesting to share with everyone some data. I promise not to bore you! In 2018 the Senior Center had 193 paid members. Between 2019 and 2020 the center had 239 paid members. The Robert Rock Senior Center currently has 499 paid members. As you can see membership is thriving. If you are not a member yet and you are 55 years or older or a disabled person we want you to come check out what the Senior Center has to offer. Membership dues are only \$15.00 per year for East Providence residents and \$20.00 a year for non-residents. I or one of the staff here at the Center will personally give you a tour and share with you all the activities, resources and fun we have to offer. Don't sit at home. Come out and join us. What, you say you don't drive! If you are an East Providence resident, we will even come pick you up and take you home. Stop by, call 401-435-7800 or access online [www.eastprovidenceri.gov](http://www.eastprovidenceri.gov) to receive a copy of our latest monthly newsletter.

Sincerely,

*Laura Jones*

Laura Jones, Director of Senior Services  
City of East Providence

## Robert Rock East Providence Senior Center Advisory Group

Judy Phillips  
Jan Kinder  
Jim Phillips  
George Furtado  
Ann Fagundes  
Ken Goucher  
Elaine Robinson  
Donald Senna

### 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.

### 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.



BEGINNING MAY 9, 2022-NEW ACTIVITY!

**BUNCO!**



*MONDAY MORNINGS AT THE SENIOR CENTER!  
IF YOU ARE INTERESTED, SEE THE FRONT DESK.*

### DAYS TO REMEMBER IN MAY:

**May 8– Mother's Day**

**May 30– Memorial Day (Senior Center Closed)**

# **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.

Open to Seniors living in East Providence.

# May is National Stroke Awareness Month



Rick Simas, 72, gives a different meaning to the saying “walk a day in my shoes.” For many it would be hard to keep up. As long as the weather is good Rick walks and walks and walks. “I walk every day. You see me walking here. I walk 45 minutes a day. Some people stop and ask me if I want a ride but I say no. I want to walk. I need to walk. I don’t ever want to be in a wheelchair.”

Rick suffered a stroke over 20 years ago. He recalls the events of that day as if it was yesterday. “I woke up, washed up and headed to work around 5AM. I thought I was having car trouble. My car wasn’t driving right. I got to work and parked the car but when I tried to get out of the car, I fell. I knew in that moment that I was having a stroke. My mother had a stroke so I knew. I learned the important signs of a stroke.” **Rick is referring to the 5 cardinal signs of a stroke:**

**Facial Droop  
Slurred Speech or confusion  
Weakness and or tingling in the face, arm, leg  
Sudden vision problems  
Severe Headache**



Rick was rushed to the hospital where doctors confirmed, he had had a stroke. Rick recalls the doctors cautioning him about how his life was going to change, but Rick didn’t want to hear it. “Sometimes people give up on you even the doctors. People told me I was going to pass away. But I said no! The thing is you need to have a positive attitude.

***“You don’t tell me I can’t do it-let me try. The worst thing you can do is to tell someone they can’t do it.”***

Rick has also used positivity in helping support others battling similar setbacks. “I remember this one woman at St Joseph’s rehab. She had an operation and she told me she may never walk again. I yelled at her- not in a bad way, but I told her to get up out of that chair. She would get so mad at me and yell back. Then little by little she got stronger and she started walking with a walker. I remember when her daughter came to visit her and was shocked to see her mother walking. When praised by her daughter the woman looked straight at me and said “it was him. He wouldn’t stop yelling at me.” That was a great moment for me because I was happy to see her moving and no longer depressed.”

If you or someone you know has suffered a stroke and could benefit from a stroke support group please reach out to the Healthy Aging Nurse Coordinator at 401-270-1792.



## Health Related Programs:

### You are what you eat: Why Nutrition Matters

Sometimes it may feel like food industry is working against you. Processed food, fast food, sugary foods- they are all stripped of nutritional value and too much of it can lead to chronic conditions such as obesity, high blood pressure, high cholesterol and diabetes. With grocery prices going up, it may seem like the good stuff- fresh fruits and vegetables- are out of reach. What you may not know is that there is a local program committed to helping diabetics eat right and improving their overall health by giving away FREE fresh produce!

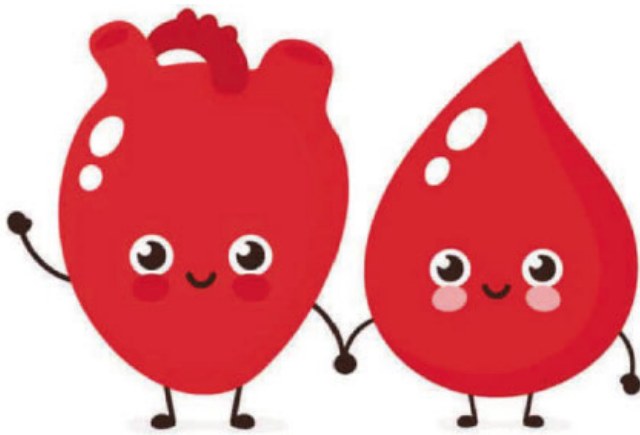


*We'll share details of this FREE program during our Diabetes class on Tuesday, May 24<sup>th</sup> at 10:30.*

The University of Rhode Island Pharmacy Outreach Program will discuss treatment of high and low blood sugar readings. See if you qualify for the Produce to People program and take home a free diabetic emergency kit. Register for the class TODAY.

*Please note this program is separate from the LIVING WELL WITH DIABETES Program.*

### A1C TESTING NOW AVAILABLE AT THE ROBERT ROCK SENIOR CENTER



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

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

*Call 270-1972 to schedule an appointment today.*

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

### URI Snap Ed Nutrition Class **FACE THE FATS**



Fat is an essential nutrient to your body. It provides energy and helps with the absorption of certain vitamins but how do you know which fats are good and which fats are going to weigh you down?

*Get the skinny on fats at our next URI Snap Ed Nutrition class!*

**WEDNESDAY, MAY 18, 2022 10:30AM**



BINGO Tuesdays is one of the Robert Rock Senior Center's most popular activities. Judy Anderson & Jane Daggett have been our amazing BINGO volunteers and have worked so hard to get BINGO to where it is today. When asking Judy and Jane what they enjoy most about volunteering for the Senior Center, they both agreed that volunteering is something they enjoy to do and it gets them out of the house. Being around people is what motivates both Judy and Jane to continue volunteering. When asking Jane why she believes it is so important to volunteer, Jane stated it was very rewarding and makes you feel good to help people.

***"If you're looking for something fun to do, consider volunteering for BINGO. I love it!"***

As you all may know, the Senior Center has a new electronic BINGO system that is used to call BINGO weekly. Judy Anderson works the machine with grace and she elaborated on her experiences with the machine, stating how user friendly it is to use. Judy received training from the Senior Center to run and operate the machine, as well as troubleshoot issues if they were to arise.



When asking our BINGO volunteers if they had any words of advise for oncoming BINGO volunteers, Judy said "just smile and have FUN!" Jane stated that anyone who is interested in volunteering for BINGO should try it. ***"No one will force them to stay, but they will not regret it. Maybe they will consider volunteering or even play BINGO with us!"***

A special thank you to our BINGO volunteers. ***If you are interested in BINGO volunteer opportunities, please contact Amanda at 401-270-1788.***

#### **BINGO INFORMATION:**

Doors Open at 1:00PM, Games start at 1:30PM  
Dabbers are sold at the Senior Center, and we also have  
BINGO items located in our gift shop to purchase!

#### **PULL TAB INFORMATION:**

.50 ¢ per pull tab  
OPEN 1:00PM-1:25PM TUESDAYS  
All transactions **MUST** be completed by 1:25PM.





### Hours of Operation

Monday: 3PM-6PM

Tuesday: 12PM-3PM

Wednesday: 3PM-6PM

Thursday: Senior Hours 10AM-11AM, 11AM-1PM

Saturday: 1st and 3rd Saturday of every month  
9AM-12PM

**Thursday, May 26, 2022**

Hope Market is located at 310 Bourne Avenue, Rumford RI 02915.

Hope Market is a budget friendly marketplace that has food (non-perishables, fresh fruits, vegetables, meat), paper products, and hygiene products such as soaps, conditioner, shampoo. Hope Market is fueled by donations from big box stores and partners. This is a place where you can feel good about providing your family with quality food and goods at an affordable price. You can pay with cash or credit/debit card. No EBT is accepted.

With food and goods on the rise, it is important to budget and stretch the funds as much as you can. The mission of Hope Market is to reduce the burden of food insecurity.

**We are happy to announce the Senior Center is trialing grocery shopping trips here once a month for three months. If you are an East Providence resident, we will provide transportation for you. At the end of the trial, we will then decide if we will continue the Hope Market shopping trips.**

*If you are interested in taking advantage of this trial period, please call Amanda at 401-270-1788. Registration is required. Space is limited.*

## A SPECIAL MESSAGE FROM DICK WOOD:

*"Do not think for a second that I will disappear from the Senior Center scene. I plan to stop by on occasion at lunch to chat with everyone, complain about my golf game, and certainly keep showing you pictures of my new 'little boss' coming up on 2 years old. Until then, thank you, take care, be safe, and above all, God bless!"*



# Robert Rock Senior Center Activities

**MAY 2022**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>2</b> 9A: Nurse Hours 11AM: Chair Yoga with Marilyn	<b>3</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	<b>4</b> 8A: Nutritionist 8:30A: East Side Lab 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise	<b>5</b> 9A: Nurse Hours 9:30A: Senior Shopping <b>9:30A: Diabetes Education</b> 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>6</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
<b>9</b> 9A: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn	<b>10</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:30 BP Clinic 10:45A: Chair Yoga w/ Cyn <b>11AM:Linn Health Navigator Presentation</b> 1:30P: BINGO! 2P: Multimedia Art Class	<b>11</b> 8A: Nutritionist 10:30A: Tai Ji Balance <b>11A: Talking Books Program Presentation</b> 1P: Cribbage 1P: PACE Chair Exercise	<b>12</b> 9A: Nurse Hours 9:30A: Senior Shopping <b>9:30A: Diabetes Education</b> 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>13</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
<b>16</b> 9A: Nurse Hours 10A: BUNCO 11A: Chair Yoga with Marilyn	<b>17</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	<b>18</b> 8A: Nutritionist 10:30A: Tai Ji Balance <b>10:30A: URI SNAP Ed</b> 12:30P: AARP Board Meeting 1P: Cribbage 1P: PACE Chair Exercise	<b>19</b> 9A: Nurse Hours 9:30A: Senior Shopping <b>9:30A: Diabetes Education</b> 10A: East Bay Retired Teachers Meeting 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>20</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1P: Insight Support Group 1:30P: Hi Lo Jack
<b>23</b> 9A: Nurse Hours 10A: BUNCO <b>10:30A: BP Nutrition</b> 11A: Chair Yoga with Marilyn <b>1P: AARP Safe Driving Course</b>	<b>24</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help <b>10:30A: URI Pharmacy Diabetes Class</b> 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art	<b>25</b> 8A: Nutritionist <b>10A: Book Club</b> <b>10:30A: Age Well, Get Connected Computers</b> 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise	<b>26</b> 9A: Nurse Hours 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>27</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
<b>30</b> Memorial Day Senior Center Closed No Lunch Program	<b>31</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class		<b>Bolded activities count towards REWARDS CARDS!</b>  <b>If you are interested in our rewards program, please visit the Resource Center.</b>	



## Nurse and Nutritionist

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

## Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you.

## SHIP Counseling

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

## Smartphone Help

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

## Chair Yoga

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

## Multi-Media Art Class

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

## PACE Chair Exercise

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

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you off at home. \$1 transportation fee. Registration is required.

\*Only offered to East Providence residents\*

## Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

## Blended Yoga

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

## BUNCO

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

## Hi Lo Jack

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

## Chair Exercise with Marilyn

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

## Cribbage, Bridge, Scrabble, 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!

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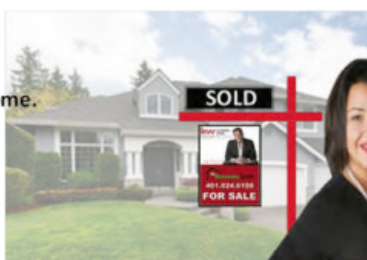


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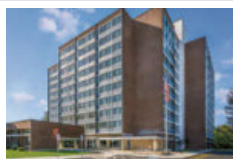
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## Smart Phone Assistance



You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you.

- Barbara Sher



## **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



### **Age Well Get Connected**

Sponsored by Eastbay Community Action

### **Computer Classes**

Learn some new skills!

**Wednesday, May 25, 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.*



**east bay community  
action program**



# Have You Visited the Senior Center Library Recently?

The Robert Rock East Providence Senior Center Library has many new books available to check out! Visit the library today, and check out the list of new arrivals below!

## Library Hours:

Monday: 8:30AM-12:30PM

Tuesday: 8AM-4PM

Wednesday: 8AM-12PM

Thursday: 8AM-4PM

Friday: 8AM-4PM

\* If you would like to volunteer with us, please visit the reception desk for more information.



## NEW ARRIVALS:

Firekeepers Daughter– Angeline Boulley

Surviving Savannah– Patti Callahan

The Winemaker's Wife– Kristin Harmel

Run Rose Run– Dolly Parton & James Patterson

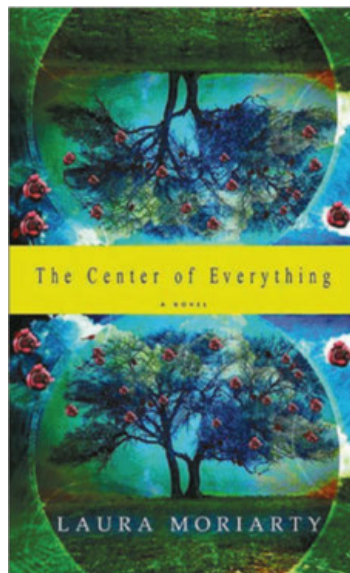
When the Stars Go Dark– Paula McLain

...AND MANY MORE!

## MAY BOOK CLUB

WEDNESDAY, MAY 25, 2022

10:00AM



The Center  
of Everything  
Laura Moriarty

Books are  
available to be  
picked up at the  
reception desk.



## DID YOU KNOW?



We now have Portuguese books available at our library! Here are some new arrivals:

Marina Noiva Da Vida– Fernando Antonio Almeida

Palacio De Lua– Paul Auster

Cozinha Microndas– Sarah Brown

O Frances– Elizabeth Hand

A Soma De Todes Os Beijos– Julia Quinn

...AND MANY MORE!

Audio books are also available to check out at our library. We are currently looking for donations of CD players to lend out with our audio books. *If you have a CD player you are looking to donate, please consider donating to the Robert Rock East Providence Senior Center!*

We appreciate all donations and will put them to good use.

Listen to a  
*Good Book*



Diabetes is a chronic disease that changes how your body turns food into energy. Each year thousands of people are diagnosed with diabetes forcing them to make important changes to their everyday life. For some people these changes can be overwhelming and confusing. That is why education and community support are key to living well with diabetes. The Robert Rock Senior Center understands how important diabetes education is. That is why the Center is offering two separate diabetes programs:

URI Pharmacy Program ***Diabetes Awareness Series*** is designed to educate people who have a family history of diabetes and/or could be at risk of developing prediabetes or diabetes. This program is also available to family members of loved ones who are diabetic or newly diagnosed. These classes will provide information on diabetes, disease process, and preventative treatment. Dates: 5/24, 6/13 from 10:30-11:30AM

***Living Well with Diabetes*** is a second program offered to people already diagnosed with diabetes. This program includes presentations from certified diabetes educators including a pharmacist, nutritionist and nurse. The educators will provide information to help you better manage your diabetes and take control of your life. Dates: 4/28, 5/5, 5/12, 5/19 from 9:30-11:45AM

***Call to register for this 4-part educational series by calling 401-270-1972.***



## Eggplant Pizza Bites

**Prep time: 5 minutes**

**Cook time: 15 minutes**

**Servings per recipe: 4**

**Serving size: 4 slices**

**Cost: \$7.19 per recipe, \$1.80 per serving**

### Ingredients

- 1 large eggplant, cut into ½ inch rounds
- Olive oil for brushing
- Ground black pepper to taste
- 1 cup marinara sauce (low-sodium or no salt added)
- 1 cup shredded mozzarella cheese
- ¼ cup finely sliced basil

### Directions

- 1) Preheat oven broiler to high.
- 2) Brush sides of each eggplant slice with oil. Place on baking sheet and season with black pepper.
- 3) Broil eggplant on top oven rack for five minutes and then flip over. (Broil three more minutes.)
- 4) Remove from oven when eggplant is tender and slightly charred on both sides.
- 5) Top each round with marinara and basil, then sprinkle with mozzarella.
- 6) Broil three minutes until cheese is melted and serve.



## Mark your Calendars

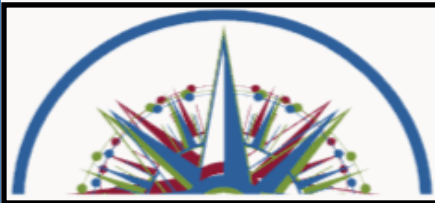
### AARP Chapter 1302

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

MAY 10, 2022 11AM-11:45AM

### Linn Community Health Navigator Presentation

Come check out the services  
Kathy Shatraw, BSW has to  
offer!



### East Side Clinical Lab

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

**WEDNESDAY MAY 4, 2022 8:30AM-11AM**

### BLOOD PRESSURE CLINICS

***Monitoring your blood pressure is easy!***

Join us on the 3rd and 4th Tuesday of the month to have your blood pressure taken free of charge!

Grace Barker **MAY 10, 2022 10:30AM-11:30AM**

Hattie Ide Chafee **MAY 27, 2022 10:30AM-11:30AM**

**BOCCE IS BACK! Tuesdays at 9AM  
beginning May 3, 2022.  
*Join in on the fun!***



**Talking Books Library Program  
Free Audiobooks for the print disabled**

The Talking Books Library program is a free program sponsored by the National Library Services, Library of Congress which provides free audio and braille books, magazines and equipment to the eligible, print disabled, Rhode Islanders.

Best sellers, fiction and non-fiction, classics, foreign language materials and music materials.

Join us on **Wednesday, May 11 at 11:00 am** to learn more about this unique program.

### **IN PERSON SAFE DRIVING COURSE MAY 23, 2022**



Robert Rock Senior Center, 610 Waterman Avenue East Providence RI  
Time: 1:00 pm-5:15 pm

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

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

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

Fees will be collected on May 23<sup>rd</sup> by Safe Driving Course instructor Tony Ballirano. *Exact change or check is required.*

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

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



## Exercise the Mind

### Mother's Day Word Search

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



CARD  
CARING  
CELEBRATE  
CHILDREN  
FAMILY  
FLOWERS

HOLIDAY  
LOVING  
MAY  
MOM  
MOTHER  
PARENT



## Quick Laugh

My six-year-old son sat in the grocery cart as I perused the canned vegetables. "How about this one, Mommy?" he asked, handing me a can of asparagus. "I love asparagus!" I told him. "Asparagus is my favorite vegetable, but it's just too expensive." I put the can back on the shelf. Three months later, I opened a crudely wrapped present for Mother's Day. It was a can of asparagus. Nicholas beamed in delight as he explained how he had saved his pennies to buy me the best Mother's Day gift I'd ever received.



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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.

# May 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
<b>2 May Breakfast</b> 100% Orange Juice Scrambled Eggs w/Sliced Tomato <b>Baked Virginia Ham</b> French Toast w/syrup Greek Yogurt Egg and cheese on a biscuit	<b>3 Chicken soup w/ Orzo</b> <b>Shepherd Pie w/ Ketchup</b> Garlic Spinach Brovome Wheat Bread Pub Burger on roll w/ Ketchup	<b>4</b> Pasta and Bean Soup <b>Salad Entrée</b> <b>Grilled Chicken w/ Mandarin</b> orange, Crunchy noodles, Tomato/Lettuce /Asian Dressing Roll Fresh Fruit Grilled Chicken on a roll	<b>5</b> Italian Wedding Soup <b>Veal Parm w/ sauce</b> Seasoned Shells Green Beans Pudding Italian Bread Veal Parm on Italian	<b>6</b> <b>Mother's Day Luncheon</b> Onion Soup w/CROUTONS <b>Baked Chicken Quarter</b> Red Bliss Mashed Potatoes Capri Blend Vegetables Multi Grain Bread Coffee Cake Grilled Chicken on roll
<b>9 Chicken Escarole Soup</b> <b>Beef Stroganoff</b> Buttered Noodles California Blend Vegetables Cookie Marble Bread (Roast Beef and cheese w/ mayo on Marble)	<b>10 Turkey Rice Soup</b> <b>Fried Steak w/Country Gravy</b> Mashed Potatoes Roasted Zucchini Fresh Fruit Pumpernickel Bread Fried Steak on Pumpernickel	<b>11 White Chowder</b> <b>Tuna Salad</b> Italian Style Pasta Salad Cole Slaw Fig Newton Wrap (Tuna on a wrap)	<b>12 Chicken Noodle Soup</b> <b>Knockwurst w/Mustard</b> Boiled Potatoes Mixed Vegetable Fruit Cup Italian Bread (Knockwurst w/ mustard on roll)	<b>13 Split Pea Soup</b> <b>Baked Ham w/Pineapple Slice</b> Sweet Potatoes Roasted Cauliflower Fresh Fruit Oatmeal Bread Ham and cheese w/ mustard on Oatmeal)
<b>16 Lentil Soup</b> <b>Meatballs in Sauce</b> Seasoned Pasta Italian Vegetables Sliced Pears Dinner Roll (Meatball Grinder on a Roll)	<b>17 Tomato Brown Rice Soup</b> <b>Veal w/Mushroom Gravy</b> Oven Roasted Potatoes Sliced Carrots Lemon Pudding Rye Bread (Veal on Rye)	<b>18 Cream of Broccoli Soup</b> <b>Beef Wellington</b> Lyonnaise Potato Salad w/dressing Fruit Cup Pumpernickel bread Egg salad on Pumpernickel	<b>19 Birthday Celebration</b> <b>Beef Vegetable Soup</b> <b>Chicken Cordon Bleu w/ Gravy</b> Rice Pilaf Asparagus Tips Frosted Cupcake Wheat Bread (Chicken Salad on Wheat)	<b>20 Chicken Escarole Soup</b> <b>Florentine Fish</b> Mashed Potatoes Mixed Vegetables Dinner Roll Fresh Fruit (Fish w/ tartar sauce on a Bun)
<b>23 Vegetable Chowder</b> <b>Marinated Grilled Chicken</b> Au Gratin Potatoes Roasted Brussels Sprouts Lorna Doones Rye Bread ((Chicken Salad on Rye))	<b>24 Chicken Vegetable Soup</b> <b>Meatloaf w/Mushroom Gravy</b> Mashed Sweet Potatoes Roasted Vegetables Fresh Fruit Multi Grain Bread (Meatloaf w/ ketchup on Multi Grain)	<b>25 Mushroom Barley Soup</b> <b>Italian Sausage</b> Pesto Tortellini Peppers & Onions Ice Cream Sandwich Wheat Bread Italian Sausage w/ mustard on a roll	<b>26 Cream of Spinach Soup</b> <b>Pub Burger</b> Baked Beans Sliced Carrots Tropical Fruit Oatmeal Bread Pub burger w/ mustard on roll	<b>27 Memorial Day Luncheon</b> Veggie Soup <b>Oven Roasted Airline Chicken</b> Wild Rice Broccoli / Cauliflower Blend Fresh Fruit Pumpernickel Bread ((Chicken and cheese on Pumpernickel))
<b>30 CLOSED</b> <b>Memorial Day Observed</b> 	<b>31 Barley Soup</b> <b>Low Sodium Hot Dog</b> Macaroni & Cheese Broccoli Fruit Bar Dinner Roll (Hot Dog on a Roll w/ mustard)		<i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens.</i>	<i>Funded in part by the U.S administration on aging and state funds by the Rhode Island Office of Healthy Aging</i>