

# Robert Rock Senior Center



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

## May 2023

### Senior Center Services

**Elder Resource Specialist**  
Amanda Mattress

Monday-Friday 401-270-1788

**Community Health Worker**  
Gilbert Williams-Hackney

Monday-Friday 401-443-4312

**Healthy Aging Nurse Coordinator**  
Shahnee Lagor, BSN, RN-BC

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

**Registered Dietitian**

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

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

**Eastside Clinical Laboratory Transportation**

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

Call 401-435-7800 to register for transportation.

**Notary Public**

Pat Thomas, Receptionist

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

**Senior Shopping**

Thursday & Friday Mornings- Call 401-435-7800

The Senior Center will pick you up at your home and take you to

Stop and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

**SHIP Counseling**

By Appointment Only- Call 401-435-7876 x1137

### Staff

Laura Jones  
Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator  
slagor@eastprovidenceri.gov

Amanda Mattress

Elder Resource Specialist  
amattress@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Worker  
gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

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

Pat Thomas & Rhonda Marzetta

Member Services Representatives  
pthomas@eastprovidenceri.gov  
rmarzetta@eastprovidenceri.gov

Virginia Twomy

Member Services Resource Specialist  
vtwomy@eastprovidence.ri.gov

**Facilities:**

Kenny Atkinson  
Ed Lachance Jr.

**Transportation:**

Joe Serodio  
Christopher Januario  
Dennis Price  
Tom Taylor  
Richard Wood

## MISSION STATEMENT:

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

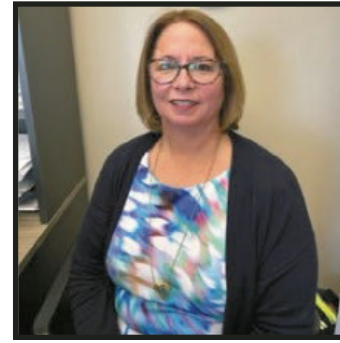


**Message from the Mayor:**

Thank you to everyone who attended our 2023 Remarkable Women Ceremony held at City Hall on April 4th. It was a pleasure seeing everyone and we were able to honor the wonderful women that provide so much to our community. Saturday, May 13<sup>th</sup> from 9AM-12PM, Friends of Pomham Rocks Lighthouse is hosting an Earth Day cleanup. Clean up will be held at the cove area north of the East Providence sewer treatment plant up to the Exxon property. Volunteers are welcome to join. Rain date is Sunday, May 14th. In addition, on Saturday, May 20th another Earth Day clean up event is being held from 10AM-12PM hosted by the East Providence Historic District Commission. The East Providence Historical Society and Friends of East Providence Historic Cemeteries will be hosting a Earth Day cleanup at the historical Littleneck Cemetery. Volunteers are welcome to join. Please bring rakes, loppers, and trimmers if possible. Continue to look at the City of East Providence's calendar to see upcoming events: <https://eastprovidenceri.gov/calendar?month=2023-05>.

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

I hope you are all going outside to enjoy the nice weather! We have had a great month in April bringing on new activities and continuing our walking/health related programs. These programs bring in a big crowd, and we are happy to see everyone's success! We have a very busy month in May with many presentations. Look on Page 6 to see all our great presentations and guest speakers scheduled. We are beginning to kick off summer with some entertainment at the Senior Center. In May, we have Rebecca Pink: Broadway and Beyond Show scheduled to perform on May 9th. We also have a ventriloquist scheduled to come in on May 30th. Please join us for lots of laughs and fun! A full list of our entertainment scheduled for May and June can be seen on Page 12. Lastly, I would like to welcome Virginia (Ginny) Twomy who will be joining the staff as our new Member Services Resource Specialist. Welcome Ginny!

**Best,**

**Laura Jones**  
**Director of Senior Services**

**Robert Rock East Providence Senior Center**

**-Advisory Group-**

Judy Phillips  
Jim Phillips  
Ken Goucher  
Donald Senna

Jan Kinder  
Ann Fagundes  
Elaine Robinson  
Dick Wood

**DAYS TO REMEMBER IN MAY:**

May 20 – Armed Forces Day  
May 14 – Mothers Day  
May 31 – Memorial Day (Senior Center Closed).

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

Beginning once a month, Gilbert (Community Health Worker) will be available to transport folks to the East Side Clinical Lab for anyone who needs transportation to get lab work done. **This is in place of East Side Clinical lab coming directly to the Senior Center.**

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

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

**Registration is required.**



**BINGO INFORMATION:**

EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM

Games start at 1:30PM

Dabbers are sold at the Senior Center-\$1.00ea

**DID YOU KNOW?**

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

**May 2, 2023 10:30AM**

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

**May 9, 2023 10:30AM**

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

**May 30, 2023 10:30AM**

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



**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.



**Have a Collection You Would Like Featured in our Display Case?**

**Every month, we will be featuring new collections in our display case!**

If you would like to feature your collection in the display case, please contact Betty Vieira at [eavieira@verizon.net](mailto:eavieira@verizon.net)



**-CRAFT CLUB-**

**May 15, 2023**

**10:15AM**

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



**Register for Craft Club by 5/8/23.**





# COVID-19 UPDATES

## VACCINATIONS/COVID TESTING:

### WHAT IS A COMMUNITY HEALTH WORKER?

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

#### Specific roles of Community Health Workers include the following:

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



### COVID TESTING/COVID VACCINES

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

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

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

### HOME COVID-19 TESTS DELIVERED TO YOU FOR FREE!

**COVIDTESTS.GOV**

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



### MEDICARE & COVID-19:

#### WHAT IS COVERED UNDER MY INSURANCE?

**If you have Medicare Part B, you are covered for treatment, tests, and vaccinations. See below for a list of items Medicare Part B covers.**

- ◆ 8 at home COVID tests per month for individuals who have Medicare Part B, including beneficiaries in traditional Medicare and Medicare advantage.
- ◆ Diagnostic lab testing and antibody testing for COVID-19 under Part B.
- ◆ Hospitalization, skilled nursing, some home health visits due to COVID-19 under Part A of Medicare.
- ◆ Outpatient services: physician visits, prescriptions, emergency medical transport due to COVID-19 under Part B.
- ◆ COVID-19 Vaccinations under Part B.
- ◆ If you have questions about what may or may not be covered under Medicare Insurance, call the Medicare customer service line at **1-800-633-**

### WHAT'S A COVID-19 COMMUNITY LEVEL?

- It's a new tool to help communities decide what prevention measures to take based on the latest data
- Every community in the United States is classified as:

Low	Medium	High
Limited impact on healthcare system, low levels of severe illness	Some impact on healthcare system, more people with severe illness	High potential for healthcare system strain; high level of severe illness



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS22021-8 02/25/2022

**COVID-19 & Medicare**

Currently, the whole State of Rhode Island is **LOW** on the community level table for COVID-19.

# Health Related Programs:

## COVID-19 HOME TEST DEMONSTRATION

**THURSDAY MAY 18 11AM**

*Do you have at home COVID-19 tests that you do not know how to use?*

Come in and see a demonstration on how to use and read COVID-19 home tests. Tests will be provided for you to take home after the demonstration!

## THE SCOOP ON NATURAL SUGAR VS. ADDED SUGAR

**MAY 17, 2023 10:30AM**

*Did you ever wonder what the difference is between natural sugar and added sugar?*

Join us to learn more about sugars and how to make better choices throughout the day. Try a new recipe and take home a cooking tool!

THE UNIVERSITY OF RHODE ISLAND



## CPR CLASS WITH THE EAST PROVIDENCE FIRE DEPARTMENT

**GOOD SAMARITAN**

**May 8, 2023 10AM-12PM**

(No certification of AHA test)

*Please Register before May 8th.*



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

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

**FRIDAYS 1:00PM**



## NEW YEAR, NEW YOU: WALKING YOUR WEIGH TO A HEALTHIER YOU!

*Join us for a healthy eating/weight loss series sponsored by Blue Cross Blue Shield RI!*

Join our Healthy Aging Nurse Coordinator every Wednesday for a weekly weigh in followed by a "Walk with Me Wednesday" walking program. After the walk stay for a health related lecture.

**Please sign up ahead of time for both the walking program and the educational classes.**

### May 3: Walk with Me Wednesday

9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.

10AM-11AM: Presentation on how to successfully navigate dining out. We'll explore meal options at local restaurants and share some of our favorite healthy recipes.



### May 10: Walk with Me Wednesday

9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.

10AM-11AM: Presentation; Feel It Before You Feed It. Understanding how emotions can affect what we eat.



### May 17: Walk with Me Wednesday

9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.

10AM-1130AM: University of Rhode Island SNAP Ed Nutrition Class. 'The Scoop on Natural Sugar vs. Added Sugar. Join us to learn more about sugars and how to make better choices throughout the day. Try a new recipe and take home a cooking tool!



### May 24: Walk with Me Wednesday

9AM-10AM: RN Shahnee leads warm-up and walking program followed by a weigh in.

10AM-11AM: Good Joint Health– How carrying around extra weight can damage your joints. Presented by Elizabeth Welch (Nurse Practitioner at the University of Orthopedics) and James Welch (Congruent Therapy Solutions).



**On April 1, annual Medicaid eligibility renewals will resume. If you receive a Medicaid renewal in the mail and need assistance filling out the paperwork, please reach out to Amanda (Elder Resource Specialist) at 401-270-1788.**



# SPECIAL EVENTS AT THE SENIOR CENTER:



**The RI Bar Association &  
East Providence Senior Center  
Will Be Hosting An  
Ask-A-Lawyer**

**May 2, 2023  
11:00am to Noon**

*Visiting volunteer attorney  
Ralph B. Gillis will give a  
brief presentation followed by a  
question and answer period  
with a focus on Elder Law.*



## VETERAN BENEFITS PRESENTATION

*Robert Rock East Providence Senior Center  
610 Waterman Avenue  
East Providence, RI 02914*

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

**TUESDAY MAY 16, 2023  
11:00AM**

**SAVE ENERGY  
SAVE MONEY**



Come Learn About our  
Energy Efficiency Offerings  
& Ways You Can Reduce  
your Energy Usage and  
Costs

**EAST PROVIDENCE SENIOR CENTER**  
Thursday, May 11th  
@ 11am



  
Rhode Island Energy

Whiteknact Elementary School will be coming to the Senior Center on to celebrate May Day with us:

**MONDAY MAY 1, 2023  
9AM-11AM**

*Crafts will be done and the 3rd grade students will be decorating the Senior Center with spring decorations and artwork! Please join us to participate in the fun!*





# A LOOK BACK FROM APRIL:



# Robert Rock Senior Center Activities

**MAY 2023**

Mon	Tue	Wed	Thu	Fri
<b>1</b> 9A: Whiteknact Elementary School Coming to Sr. Center 10A: Chair Yoga with Marilyn	<b>2</b> 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga Cyn <b>11A: Ask-A-Lawyer Pres.</b> 1:30P: BINGO! 2P: Multimedia Art	<b>3</b> 8A: Nutritionist 9A: Walk With Me Wednesday <b>10A: How to Navigate Dining Out: Healthy Eating</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>4</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge Intermediate Level 1P: Knit & Crochet	<b>5</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance
<b>8</b> <b>10A: CPR Class with EP Fire Dept.</b> 10A: Chair Yoga with Marilyn	<b>9</b> 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga Cyn <b>11A: Rebecca Pink</b> 1:30P: BINGO! 2P: Multimedia Art	<b>10</b> 8A: Nutritionist 9A: Walk With Me Wednesday <b>10A: Feel it Before you Feed It: Emotional Eating Presentation</b> 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage 1P: News on Food/Nutrition	<b>11</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness <b>11A: RI Energy Presentation</b> 12:30P: Bridge Intermediate Level 1P: Knit & Crochet	<b>12</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
<b>15</b> 10:15A: Craft Club 10:15A: Chair Yoga with Marilyn	<b>16</b> 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn <b>11A: Vet Benefits Presentation</b> 1:30P: BINGO! 2P: Multimedia Art	<b>17</b> 8A: Nutritionist 9A: Walk With Me Wednesday <b>10:30A: URI SNAP Ed</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>18</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness <b>11A: COVID-19 Home Test Demonstration</b> 12:30P: Bridge Intermediate Level 1P: Knit & Crochet	<b>19</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
<b>22</b> 10A: Chair Yoga with Marilyn 1P: Movie Showing: Flags of Our Fathers	<b>23</b> 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn <b>11A: EP Prevention Coalition Presentation</b> 1:30P: BINGO! 2P: Multimedia Art	<b>24</b> 8A: Nutritionist 9A: Walk With Me Wednesday <b>10A: Good Joint Health Presentation</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>25</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge Intermediate Level 1P: Knit & Crochet	<b>26</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
<b>29</b> <b>Memorial Day</b>  <b>Senior Center Closed</b>	<b>30</b> 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga Cyn <b>11A: Ventriloquist</b> 1:30P: BINGO! 2P: Multimedia Art	<b>31</b> 8A: Nutritionist 9A: Walk With Me Wednesday 10:45A: PACE Chair Exercise 1P: Cribbage	If you are interested in our rewards program, please visit the Resource Center.	<b>Red Bolded activities count towards REWARDS CARDS!</b>  <b>Purple Bolded is entertainment being offered at the Center. Mark your calendars as you don't want to miss the fun!</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. **Registration not required. No fee.**

## SHIP Counseling

**State Health Insurance Program (SHIP)**  
Counselor is available on Fridays (by appointment only). Counselors help with Medicare/Medicaid enrollment, current plans, and future medical plans. **Call 401-435-7876 x1137 for an appointment .**

## Smartphone Help

Learn tips and tricks on your smart phone. Learn about text messaging, internet use, and apps. Drop-in on Tuesdays 10:00AM-11:00AM. **No registration required. No fee**

## Chair Yoga

Chair Yoga is wonderful for your both mind and body.  
Mondays with Marilyn 10:00AM. **No fee**  
Tuesdays with Cyn 10:45AM **\$2.00 per class.**  
**No registration required.**

## Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM  
**Registration Required \$2.00 per class**

## PACE Chair Exercise

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

**No registration required. No fee.**

## Senior Shopping

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

**\$1 transportation fee. Registration is required.**

*\*Only offered to East Providence residents\**

## Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM.

**No fee No registration required.**

## Certified Fitness Instructor- Robin

Not sure where to begin on your fitness journey? Visit the Fitness Center to meet Robin and create your individualized fitness plan. **For fitness members only**

Tuesdays 9:30A-11:30A Thursdays 10:45A-12:45P  
**No fee or registration required**

## 20/20/20 Fitness

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

## 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.

## Craft Club

Meets monthly. Participants are given the opportunity to explore various art-making activities. These activities allow participants to enhance their creative and visual skills. Fee is dependent on the monthly craft being done.  
**Registration Required. No Fee**

## Cribbage, Bridge, Scrabble, Moh Jongg

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

**No fee or registration required**

555 Pawtucket Ave., East Providence, RI 02914

**434-3885**

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**LEN WALKER**

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

[lwalker@myhst.com](mailto:lwalker@myhst.com)

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

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# TECHNOLOGY ASSISTANCE



## Smartphone/Computer Assistance

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

***TUESDAYS FROM 10AM-11AM***

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

*No registration required*

### AGE WELL, GET CONNECTED

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

No Registration Required.



**May 10, 2023 10:30AM**



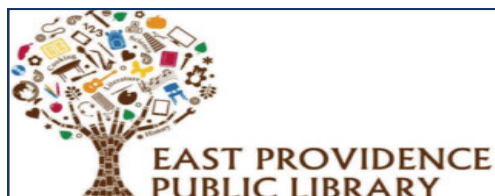
### LOOKING FOR COMPUTER/TABLET ASSISTANCE!?

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



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

**401-434-2453**



### HAVING A HARD TIME SEPARATING FACT FROM FICTION WHEN HEARING THE LATEST NEWS ON FOOD AND NUTRITION?

In this community-led session, facilitator Registered Dietitian Nutritionist Melanie Polk, recently retired from a 40 year career helping consumers separate the science from nutrition nonsense, translates the latest science in food and nutrition without ever forgetting the joy of eating!

*This is a virtual class that will be projected in our Seminar Room. Feel free to join us!*

**WEDNESDAY MAY 10, 2023  
1:00PM**



## VETERAN ASSISTANCE

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

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

Daniel Lepore- (508) 769-7321

daniellepore@veteransinc.org



## STAY TUNED...

The Annual Memorial Day Parade 2023 in Riverside is in the works. Check the City Calendar for upcoming events.

American Legion 10 will be posting flyers once they are ready to be published.

*We will be posting flyers around the Senior Center to inform.*



## HAVE YOU VISITED THE VETERANS MEMORIAL PARK AT SQUANTUM WOODS?

Veterans Memorial Park is located in the Squantum Woods in Riverside, RI. For this walk starting at a parking area off of Veterans Memorial Parkway, make your way to the brick walkway at the entrance. Names are inscribed in the bricks of locals who have served in the military. At the end of the walkway is the "Garden of Flags", a memorial to local Vietnam Veterans.



We will be showing  
**FLAGS OF OUR FATHERS**

In the Dining Room on:  
**MAY 15, 2023 1:00PM**





# ENTERTAINMENT AT THE SENIOR CENTER:

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

*Kick off Summer with us!*

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



## **TUESDAY MAY 9, 2023 11 AM-12 PM REBECCA PINK BROADWAY AND BEYOND SHOW**

Rebecca Pink is a singer and an international recording artist. This memorable show includes audience interaction for a fun and engaging time. The song choices provide a musical variety to accommodate many tastes. Rebecca wants to bring quality music shows to senior audiences. Song choices may include "California Dreamin'", "Somewhere", "Singing In The Rain".



## **TUESDAY MAY 30, 2023 11 AM-11:45 AM KEVIN DRISCOLL & FRIENDS VENTRILOQUIST**

The East Providence Senior Center is excited to introduce Entertainer and Musical Ventriloquist Kevin Driscoll. Berklee College of Music graduate Kevin Driscoll will engage you like no other entertainer. A morning of surprises and laughter. With a master's degree and 20+ years of corporate experience in engineering, marketing, and sales; find out who the real dummy is. Audience participation and comedy plus loads of ventriloquism make this show a winner!



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

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



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

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

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ARE YOU INTERESTED IN BECOMING A  
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Give us a call at 401-435-7800 to schedule a tour today!

**MEMBERSHIP FEES:**

**GENERAL MEMBERSHIP:**

Residents of East Providence: \$15.00/year  
Non-residents: \$20.00/year

**GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:**

Residents of East Providence: \$55.00/year  
Non-residents: \$65.00/year  
\*\* New membership and renewal forms can be picked up at the front desk!\*\*

**WHEEL OF FORTUNE  
TAKING A PAUSE FOR A FEW MONTHS.**

**Mark your Calendars**

**CPR CLASS WITH EAST PROVIDENCE FIRE DEPARTMENT**

**Monday May 8, 2023 10AM-12PM**  
(No certification of AHA test)



THE UNIVERSITY OF RHODE ISLAND



**URI SNAP ED**

**Wednesday May 17, 2023  
10:30AM**

Be sure to check our June newsletter for more programming, guest speakers, and entertainers!



Our Kick off Summer Entertainment continues through the month of June!

*Memorial Day Word Search Puzzle*

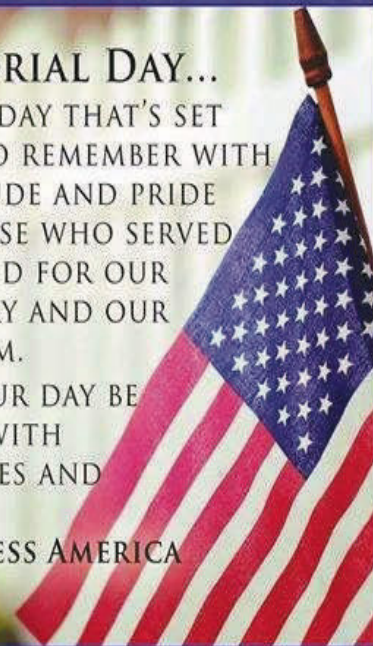
D J C M F G Q N Z A I P C J N  
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V J S Y V M E R A Y S R R U I  
L C D A Q A E D T U T E R N O  
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E B I H M G O I O D Q D M X A  
M K F T I S R E W R Z O O U L  
O C Y J R O G V C Y A M T Y S  
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I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

Brave	Memorial	Sacrifice
Commemorate	National	Soldier
Country	Observe	United
Freedom	Parade	Victorious
Martial	Patriotic	Wreath

**MEMORIAL DAY...**

...IS THE DAY THAT'S SET ASIDE TO REMEMBER WITH GRATITUDE AND PRIDE ALL THOSE WHO SERVED AND DIED FOR OUR COUNTRY AND OUR FREEDOM.

MAY YOUR DAY BE FILLED WITH MEMORIES AND PEACE.  
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**THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER IS NOW ON FACEBOOK!**

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



**East Providence Senior Center**

19 likes • 22 followers

Call Now

Message

Liked



**Oatmeal Cranberry Bites**

Prep time: 10 minutes  
Cook time: 0 minutes  
Servings per recipe: 4  
Serving size: 3 balls

**Ingredients**

- 1 cup old fashioned oats
- ¼ cup sunflower seed butter
- ½ cup dried cranberries or raisins
- 2 tablespoons honey
- ¼ teaspoon cinnamon

**MONEY SAVING TIP:**

*Buying the store brand instead of name brand can help reduce the cost of a recipe!*

**Directions**

- 1) In a medium bowl, add all of the ingredients and stir well to combine.
- 2) Refrigerate for 30 minutes.
- 3) Scoop 1 tablespoon of the mixture into your hand and roll into a ball.
- 4) Store in an airtight container in the refrigerator for at least 1 hour. Serve chilled.



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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 2023

Lunch is served at 12:00 pm

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Fresh fruit Scrambled eggs Home fries Bacon, Sausage Muffin Spinach salad	2 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread Jell-O	3 Cream of mushroom soup Sautéed beef w/ mushroom gravy Mashed sweet potatoes Multi grain bread Mixed fruit Cucumber salad w/ chicken	4 Vegetable soup Smothered pork chop Mashed potato Peas & carrots Snowflake roll Fruit Chicken sandwich ww roll	5 Lentil soup Open turkey sandwich Cole slaw Potato wedges Sliced ww bread Cookie Romanne salad w/chicken	
	8 Pasta & bean soup Sausage & Pepper sandwich Roasted broccoli & carrots Multi grain roll Pudding Chef salad	9 Tomato Soup Herb roasted chicken Green beans Sweet potato Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	10 Greek cucumber salad Pork roast w/gravy Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Ham & cheese club	11 Chicken soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots Roll Cake Turkey on wheat	12 Cream of broccoli soup Pepper steak Green bean salad Roasted potato Sliced bread Fruit Egg salad sandwich	
	15 Cottage cheese w/ fruit Sloppy joe Pasta salad 3 – bead salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	16 Escarole bean & sausage soup Honey glazed chicken breast Rice pilaf Italian mixed vegetables Mixed fruit / roll Tuna salad plate	17 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat	18 <b>HAPPY BIRTHDAY! CUPCAKE</b> Roasted chickpea salad Meatloaf w/gravy Potatoes wedges Mixed vegetables - roll Fruit Spinach salad w/ chicken	19 Chicken & rice soup Balsamic glazed pork tender loin Roasted broccoli & carrots Rice pilaf / roll Fruit salad Roast beef on a ww roll	
	22 Tomato soup Chicken alfredo Mixed vegetables Roasted sweet potatoes Ww roll - cake Cobb salad	23 Chicken soup Teriyaki beef tips Fried rice Green beans Jell-O – roll Egg salad on multi grain roll	24 Lentil soup Herb crusted pork loin Parsley potatoes Zucchini & carrots Fresh fruit Multi grain bread Seafood salad plate	25 Minestrone Soup Baked pasta w/sausage, cheese & meatballs Roasted broccoli & cauliflower Lorna doone cookie - ww bread Chicken salad sandwich	26 Portuguese kale soup Meatball sandwich 3 -bean salad Tater tots Ww roll Ham & cheese on rye	
29 <b>Senior Center Closed</b> 	30 Cream of broccoli soup Chicken cacciore Roasted potato Ww roll Coffee cake Pasta salad w/ chicken	31 Cream of chicken soup Stuffed salad Garlic bread Fruit Hot dog w/ roll	<b>\$3.00 Suggested Donation</b> Please call our Dining room 24 hours in advance			