

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



Follow us on Facebook!

May 2024

Senior Center Services

Elder Resource Specialist

Amanda LaPlante

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

Eastside Clinical Laboratory Transportation

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

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

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Workers

gwhackney@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

David Mendez

Kitchen Assistant

Pat Thomas & Rhonda Marzetta

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson

Napoleon DeBarros

Transportation:

Joe Serodio

Dennis Price

Christopher Januario

Tom Taylor

Richard Wood

MISSION STATEMENT:

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



Message from the Mayor:

The Senior Center grounds look wonderful after the Earth Day cleanup. The freshly planted flowers add a nice touch to the landscape. I am excited to see everything come to a full bloom. In this newsletter, you will find some great events happening in the month of May in East Providence. If you like to go fishing, please join us for Casting with a Cop happening on Saturday, May 4 (9AM-1PM) at Willett Pond. Bring your own pole. This event is free and welcome to local residents of all ages. Come cast a line and spend some time with our outstanding East Providence Police Officers.

More local events are posted on our city calendar. If you are interested in attending more local events, check out the City's website at <https://eastprovidenceri.gov/>. Here you will see a tab labeled 'calendar'. If you click the 'calendar' tab, you will find all the events and happenings around the City of East Providence.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Thank you to everyone that helped us clean the grounds on Earth Day! The Earth Day cleanup event was a great turn out. A special thanks to the East Providence Recreation Department for partnering with us to make this happen. May is National Older American's Month. Turn to page 6-7 in our newsletter to find all the great programming we have scheduled for the month of May.

May is also National Stroke Awareness month. If you or a loved one have experienced a stroke, or if you would like to learn more about the warning signs of having a stroke, join us for a presentation by Lifespan's Comprehensive Stroke Center on Tuesday, May 21.

Feel free to enjoy a cup of coffee outside on the patio while doing some bird watching. Bird feeders, suet feeders, as well as a bird bath were purchased with grant funding and placed near our patio area outside the dining room. Binoculars are available to check out at the front reception desk.

Best,

**Laura Jones
Director of Senior Services**

Robert Rock East Providence Senior Center
-Advisory Group-

Judy Phillips	Jan Kinder	Jim Phillips
Ann Fagundes	Ken Goucher	Elaine Robinson
Donald Senna	Dick Wood	Christine Singleton

DAYS TO REMEMBER IN MAY:

May 27 – Memorial Day, Senior Center Closed

NO TAI JI MAY 9 & MAY 23!



BINGO INFORMATION EVERY TUESDAY

\$6.00 per card

Doors Open at 1:00PM.

Games start at 1:30PM

Dabbers: \$2.00 each



PULL TAB INFORMATION:

Pull Tabs available on Tuesdays only.

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM

All transactions **MUST** be completed by 1:25PM.

SHOPPING TRIPS SCHEDULE

MAY 2024:

- May 2: Stop & Shop
- May 3: Shaw's
- May 9: Stop & Shop
- May 10: Shaw's
- May 16: Stop & Shop
- May 17: Shaw's
- May 23: Stop & Shop
- May 24: Shaw's
- May 30: WALMART
- May 31: WALMART

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

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



CHAIR YOGA WITH MARILYN IS BACK!

Monday Mornings

Beginning May 6
 10:30AM

HELLO NICE WEATHER, HELLO BOCCCE!

Bocce has officially returned.

Every Tuesday Morning
 9:00AM



BACKGAMMON

Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress.



This is a game of odds, calculation, patterns, and vision.

Whether you are a seasoned Backgammon player or would like to learn how to play, please join us!

MONDAY MORNINGS:

10:30AM-11:30AM

ANNOUNCEMENT:



Beginning April 29, 20/20/20 Fitness will be taking a pause. We will update our newsletter and social media page when 20/20/20 Fitness is scheduled to come back to the Senior Center.

Tuesday Afternoons 1PM-3PM

MAH JONGG CLASSES!

Mah Jongg training class will be offered at the Senior Center on Tuesday afternoons beginning in March.

Late bus transportation will be offered.



CRAFT CLUB MONDAY, MAY 13

10:30AM

DIY Dragonfly

Registration Required.
 Space is limited.

We will be showing:

THE UPSIDE

MAY 13, 2023 1:00PM

Popcorn will be served.



CREATIVE ART STUDIO

EVERY WEDNESDAY

11AM-12:30PM

Looking for new artists to join in this self-guided multi media art class. The class is a very relaxing setting. Work on your art pieces at your own pace with good company.

\$3.00 per class.



BLUE CROSS BLUE SHIELD OF RHODE ISLAND SPONSORED SENIOR WELLNESS RETREAT

Join us for a week-long wellness retreat focusing on classes to help revitalize the body, calm the mind and offer balance in the busy world around us.

Participants may sign up for the entire week or select specific days. However, when selecting a day participants **must attend all three sessions on that day. There is a 20 person max per day. No fee required.**

This mindfulness journey is the first of its kind at the Robert Rock East Providence Senior Center. We want to offer a special thank you to our sponsor, Blue Cross and Blue Shield of Rhode Island. Blue Cross and Blue Shield of RI is committed to improving the lives of Rhode Islanders by helping facilitate access to affordable, high-quality healthcare as well as supporting initiatives and programs that improve access to behavioral health prevention and treatment.

Registration is required. Questions? Call Shahnee at 401-270-1792.



Senior Wellness Retreat Itinerary:

Treat yourself to a week of mind-body connection to help improve your sleep, lower your blood pressure, and leave you feeling recharged.

MONDAY, June 3rd

- 9:30am-10:30am Awaken the Body with Chair Yoga
- 10:30am-11:30am Amaze Your Senses with Aromatherapy
- 11:30am-12:30pm Explore the Healing Power of Reiki

TUESDAY, June 4th

- 9:30am-10:30am Boost Your Morning Energy with Qigong
- 10:30am-11:30am Become More Mindful Through Meditation
- 11:30am-12:30pm Creative Expression Rock Painting

WEDNESDAY, June 5th

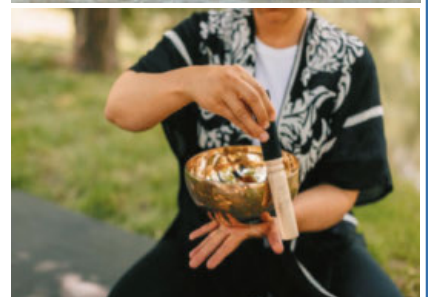
- 9:30am-10:30am Finding Balance with Tai Ji
- 10:30am-11:30am Beginner Water Coloring
- 11:30am-12:30pm Brain Power Food: Cooking Demo and Tasting

THURSDAY, June 6th

- 9:30am-10:30am Creative Movement Dance Class
- 10:30am-11:30am Everything You Need to Know about Juicing, Herbal Teas and Spices
- 11:30am-12:30pm Body Wisdom Wellness: A Presentation on Slowing Down and Restoring Healthy Lifestyles

FRIDAY, June 7th

- 9:30am-10:30am Awaken the Body with Chair Yoga
- 10:30am-11:30am Sound Bowls Meditation
- 11:30am-12:30pm Reflective Journaling



Health Related Programs:

TAI JI CANCELLED ON MAY 9 & 23!!

THE LAST OF 4 NUTRITION CLASSES FOCUSED ON BLOOD PRESSURE CONTROL:

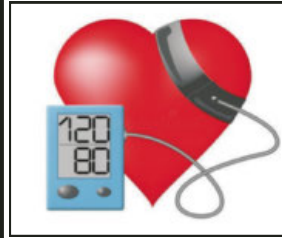
TUESDAY MAY 14TH AT 10:30AM.

We'll wrap up this series up with some tips on snacking and dining out.



NURSE HOURS TUESDAY, THURSDAY, & FRIDAY 9AM-2PM

Blood Pressure Checks in May 2024:



Tuesday, May 7:
Orchard View is coming to assist with blood pressure checks.

Tuesday, May 28:
Hattie Ide Chaffe is coming to assist with blood pressure checks.

The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need manage their grief in healthy ways and help begin the healing process.

We have partnered with Hope Hospice and will be offering grief support groups the first Friday of every month from 1:00pm-2:00pm. Whether your loss is recent or from years ago, grief is a journey and we are here to help you along the way.

Grief Support and Healing **Friday, May 3, 1:00pm-2:00pm** at the East Providence Senior Center (610 Waterman Avenue, East Providence RI 02914)



When it comes to a stroke, every second counts!

Health officials from Lifespan's Comprehensive Stroke Center will join us to educate on what to look for when someone is having a stroke. Plus, what to expect in the days after a stroke, and how to prevent yourself from having another one.

Attending this class could save your life or someone you love.

Registration is required.

**TUESDAY, MAY 21
10:30AM**



Steroids are an anti-inflammatory medication used to treat a variety of ailments including arthritis or joint pain and respiratory viruses. While steroids can offer relief of symptoms they can also come with their own list of problems and side-effects.



Join us for an in-depth presentation on steroids from The University of Pharmacy Outreach Program

**FRIDAY, MAY 24
10:30AM.**

Feel free to bring in questions you may have about a steroid medication you are currently taking. Registration is required.

IT'S ALMOST TIME TO LACE UP YOUR WALKING SHOES! STARTING IN JUNE, WE WILL BEGIN OUR WALKING CLUB.

We are looking for volunteers to help lead the way. Anyone who may be interested in volunteering can call our Healthy Aging Nurse at 270-1792.

Participants do not need to register.
The Walking Club will take place every Wednesday at 9:30am beginning June 12th.

Stretches will take place in the dining room before heading outside to the walking paths.



CARELINK'S MOBILE DENTAL CLINIC RETURNS FRIDAY, MAY 24TH

At this time, the May clinic is fully booked. Anyone wishing to be seen in the future should call our Healthy Aging Nurse Coordinator at 401-270-1792 to inquire.



OLDER AMERICANS MONTH:

“Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.”

SEE BELOW FOR ALL THE GREAT EVENTS WE HAVE PLANNED AT THE EAST PROVIDENCE SENIOR CENTER FOR THE MONTH OF MAY!



AARP SAFE DRIVING CLASS

MONDAY, MAY 20, 2024

11:00AM-4:00PM

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

Fees:

\$20.00 for AARP members

\$25.00 non-AARP members

FREE for those with Medicare Supplement Plan insured by AARP UnitedHealth Care. Must show membership card to instructor.

*Cash or Checks are accepted.

Registration is required and located at the front desk.

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

The RI Bar Association & East Providence Senior Center Will Be Hosting A Medicare/Medicaid Planning Ask-A-Lawyer

**May 28, 2024
1:30-3:00pm**

Visiting volunteer attorney Samantha McCarthy will give a brief presentation followed by a question and answer period on Medicare/Medicaid Planning.

RIPTA COMMUNITY OUTREACH

MAY 23, 2024

11:00AM



Join us at the East Providence Senior Center as RIPTA representatives will be coming out to discuss with seniors how to ride the RIPTA bus. After the presentation, representatives will be available to assist anyone who would like to apply for a bus pass.



YOGA IN THE PARK

COLT STATE PARK, BRISTOL RI

MILL GUT POND LOT

WEDNESDAY, MAY 22 AT 2PM

Join us as we go to Colt State Park to partake in free outdoor yoga! A limited supply of chairs will be available to accommodate those who prefer chair yoga. Bring your own mat or blanket.

Transportation will be offered from the East Providence Senior Center for this event.

Registration is required for transportation.



OLDER AMERICANS MONTH:

CATCH UP WITH NEW CAR TECHNOLOGY

AARP's Smart DriverTEK workshop is designed to help people over 50 learn about the safety technology they are likely to find in their new cars.

This 1.5 hour workshop is offered free of charge and will provide you with a clearer understanding of how technology works in newer vehicles:

- Forward Collision Warning
- Adaptive Cruise Control
- Reverse Safety Technology
- Blind Spot Warning
- Lane Departure Warning
- Drowsy Driver Alert
- The Future of Transportation



You may not have any of these safety features in your current vehicle, but you may come across them if you are considering buying or renting a vehicle or using a loaner.

Join us for this presentation at the Senior Center on:

TUESDAY, MAY 7
10:00AM-11:30AM

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

MOVE! THAT! BUS!

United Way's 211 in Rhode Island is the statewide front door to social services. United Way can connect you and those you care about with food, housing, job training, and much more.

The RV bus will be at the East Providence Senior Center in May! United Way will be on site to answer any questions and link those to services who need it.

FRIDAY, MAY 31

9AM-12PM

United Way
of Rhode Island



MEET THE AUTHOR!

BELLE A. DE COSTA

THURSDAY, MAY 30 @ 11:00AM



Belle A. DeCosta's memoir, *Echoes in the Mirror*, was published in June 2020. Her novel, *Treading Water*, published November 2021, was awarded Finalist for Best First Novel by Next Generations Indie Book Awards 2022. The *Heart of Addisen*, book two in the *Treading Water* series, was published March 2023. Her latest novel, *The Lesson*, is due out mid-May 2024.

Belle also has pieces featured in *ARIA Anthologies 2020, 2022, and 2023*. *An Introduction*, in *Hope 2020*, *Favorite Neighbor*, in *Iconic Rhode Island 2022*, and *Sliver of Light*, in *A Dark Time 2023*.

Belle will be at the East Providence Senior Center on May 30, 2024 for a meet and greet and book signing. Belle's books will be available on site for purchasing.



**INSIGHT SUPPORT
GROUP**

FRIDAY, MAY 23

10AM

Vision groups are a great resource for those who were recently diagnosed with a visual impairment, those who have been living with vision loss for a while, and anyone who is supporting a person with visual impairment.

At these events, members of the IN-SIGHT staff will be available to answer any questions that you might have. They will also offer an overview of resources that are available to help you increase confidence and independence.

You will also meet and hear from people who are in a similar situation to yours and learn how they have overcome some of the same issues that you may be experiencing.



Robert Rock Senior Center Activities

MAY 2024

Mon	Tue	Wed	Thu	Fri
<p>**Calendar Items are subject to change based on cancellations and/or inclement weather**</p>	<p>REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!</p>	<p>1 8A: SHIP Counseling 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>2 9:30A: Senior Shopping 9:30A: Tai Ji 10:00 Senior Center Advisory Meeting 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>3 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1P: Grief Support 1:30P: Hi Lo Jack</p>
<p>6 10:30A: Backgammon 10:45a: Chair Yoga w/ Marilyn 2P: PODS Swimming *Tech Assistance</p>	<p>7 9A: Bocce 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10A: AARP New Car Tech Class 10:30A: BP Clinic 10:45A: Bingocize 10:45A: Chair Yoga 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p>8 8A: SHIP Counseling 10:45A: PACE Chair Exercise 10:45A: Age Well, Get Connected 11A: Creative Art Studio 1P: Cribbage</p>	<p>9 9:30A: Senior Shopping 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet *NO TAI JI TODAY!*</p>	<p>10 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>13 10:30A: Backgammon 10:30A: Craft Club 10:45a: Chair Yoga w/ Marilyn 1P: Movie Showing 2P: PODS Swimming</p>	<p>14 9A: Bocce 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: Blood Pressure Control Presentation 10:45A: Chair Yoga 10:45A: Bingocize 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p>15 9A: SHIP Counseling 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>16 9:30A: Senior Shopping 9:30A: Tai Ji 10:30A: Creative Connections 10:45A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>17 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>20 10:30A: Backgammon 10:45a: Chair Yoga w/ Marilyn 11A: AARP Safe Driving Class 2P: PODS Swimming *Tech Assistance by appt only*</p>	<p>21 9A: Bocce 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: Stroke Awareness Presentation 10:45A: Chair Yoga 10:45A: Bingocize 1P: Mah Jongg Class 1:30P: BINGO!</p>	<p>22 9A: SHIP Counseling 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage 2: BCBS Yoga in the Park</p>	<p>23 9:30A: Senior Shopping 10:45A: Bingocize 11A: RIPTA Presentation 12:30P: Bridge 12:30P: Knit & Crochet *NO TAI JI TODAY!*</p>	<p>24 8:30A: Scrabble 9A: Dental Clinic 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: URI Pharm Presentation 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1P: Insight Support 1:30P: Hi Lo Jack</p>
<p>27 Senior Center Closed  Memorial Day</p>	<p>28 9A: Bocce 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 10:45A: Bingocize 1P: Mah Jongg Class 1:30P: BINGO! 1:30P: Ask-A-Lawyer</p>	<p>29 9A: SHIP Counseling 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>30 9:30A: Senior Shopping 9:30A: Tai Ji 10:45A: Bingocize 11A: Belle DeCosta Author Meet & Greet 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>31 8:30A: Scrabble 9A: United Way Bus Outside 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>

Nurse

Part time Nurse is on site to assist you with any health related needs. Schedule an appointment with Shahnee today to learn more about maintaining a healthy lifestyle.

401-270-1792

*Nurse Hours: Tuesday, Thursday, Friday
9AM-2PM*

Senior Shopping

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

\$1 transportation fee. Registration is required.

Age Well, Get Connected

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

April 10- 10:30AM

Knit & Crochet- Craft Group

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

No registration required. No fee.

SHIP Counseling

State Health Insurance Program (SHIP)

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

Call 401-435-7876 X1137 for an appointment.

No Fee

Gym Orientations- Robin/Sandra

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

For fitness members only

Tuesdays 1P-3P Thursdays 8:00A-11:30AM

Fridays 1P-2P

No registration required. No fee.

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps.

Drop-in on Tuesdays 10:00AM- 11:00AM.

No registration required. No fee.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Wednesdays 9A-10A **No registration required. \$3.00 per class**

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

Tuesdays with Cyn 10:45AM **\$3.00 per class.**

No registration required.

Hi Lo Jack

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

**\$3.00 to play
.25 ups or bumps**

Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc.

WEDNESDAYS 11AM-12:30PM

Registration required \$3.00 per class.

Craft Club

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

Registration required. Limited space available.

PACE Chair Exercise

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

No registration required. No fee.

Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon

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

No registration required. \$3.00 fee for Cribbage.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

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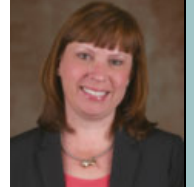


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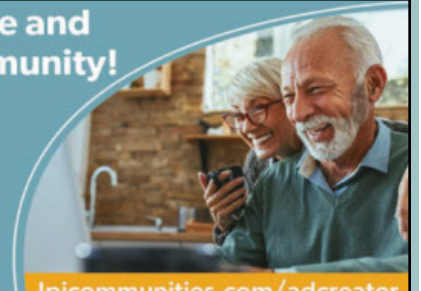
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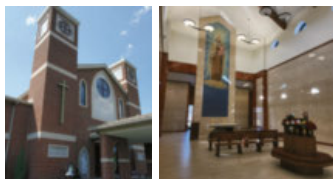
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Diocese of Providence

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TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

LOOKING FOR 1:1 COMPUTER ASSISTANCE AT THE SENIOR CENTER?
Gilbert, our Community Health Worker can help!



On Mondays, Gilbert will be available to answer questions about technology. **Appointments are required.** Please call 401-443-4312 to make your appointment. Feel free to bring your own laptop or tablet!

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 8, 2024 10:30AM



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

GetSetup FRIDAY, MAY 10 12:00PM Healthy Aging

ECHOES OF IMPRESSIONISM: THE MOVEMENT THAT CHANGED ART
Please note: This is a virtual class projected on Zoom

Join this class to uncover one of art's most influential periods, Impressionism! Discover the origins of this revolutionary art movement, explore its defining characteristics, and meet the master artists whose work has left an indelible mark on the art world.

BENEFITS OF TECHNOLOGY FOR OLDER ADULTS

<p>MENTAL STIMULATION</p> <p>Regular internet use has been shown to reduce the risk of dementia because it helps improve cognitive function and memory skills. Online gaming helps with mental stimulation. Games such as matching, crossword puzzles, sudoku, etc. are all great mind power games online that can help improve and maintain cognitive function.</p>	<p>REDUCED ISOLATION</p> <p>The internet represents the possibility to combat loneliness. Older adults can stay connected to friends and family from far away. They can even find message boards and connect with people with common interests, thereby building a community from the comfort of their own homes.</p>
<p>HEALTH MONITORING</p> <p>Individuals can use smartphones, fitness watches, and other devices to track their vital signs, including oxygen levels, heart rate, and blood pressure. There are also apps that remind people when it is time to take their medicine. Additionally, the internet allows people to easily access their health portals, review test results, and schedule appointments with their doctors.</p>	<p>ENTERTAINMENT & HOBBIES</p> <p>Older adults who retire may find themselves with more free time than ever before. The internet can open new worlds for them. Is there a rusty guitar in their house they never used? They can watch YouTube videos to learn how to play. There are also workout videos online, countless books, movies, and TV shows online as well.</p>
<p>INCREASED INDEPENDENCE</p> <p>Online shopping and delivery make it easier for an older adult to maintain their independence if they no longer drive. Also, apps like Uber and Lyft have helped seniors feel more independent because they no longer have to rely on family and friends to bring them places.</p> <p>Voice activated technologies allow folks to do things like turn on music or raise the temperature through a simple verbal command. Meanwhile, personal monitoring devices with GPS functions and other alert systems such as fall detection, can bring peace of mind to both older adults and their loved ones.</p>	

FREE TREE GIVE AWAY IN EAST PROVIDENCE:



Sign up here! →



FREE TREES for your home or business

Groundwork Rhode Island and the USDA Forest Service are giving away 2,000 trees in Central Falls, Cumberland, Lincoln, Woonsocket, and East Providence for FREE!



Red Oak!



Silver Linden!



Eastern Redbud!

... and many more!

WHO CAN GET A FREE TREE?

Property owners AND renters living in areas with low tree canopy cover may be eligible. Groundwork RI utilizes the Tree Equity Score Analyzer (TESA) to determine % tree canopy cover and eligibility.

HOW DO I GET A FREE TREE?

Use the survey (link available through QR code above) or contact Groundwork RI:

trees@groundworkri.org | (401) 305-7174

If your address is eligible, our team will schedule a visit and recommend the best free tree for your home and property.

WHEN AND HOW WILL I GET MY FREE TREE?

To receive a tree, we require the property owner to sign a permission to plant. Delivery and planting is 100% free. Trees are planted in the spring and fall. Trees must be watered by recipients.

Why plant trees? Your tree will:

- ↓ Lower summer temperatures
- + Clean the air we breath
- ♥ Protect your health
- ⊙ Slow climate change
- ◆ Absorb and clean stormwater
- 🦋 Support wildlife
- 🔊 Reduce noise
- \$ Lower your heating and cooling costs

It will also look beautiful!



This project is funded by a USDA Forest Service Landscape Scale Restoration grant. USDA is an equal opportunity provider, employer, and lender.

LOCAL EVENTS IN EAST PROVIDENCE:

SPRING FAMILY CONCERT

To support East Bay Community Action Program

Sunday, May 5th. 3PM

Haven UMC

200 Taunton Ave
East Providence, RI 02914

Featuring Opera Singers, Community Music Project Chamber Ensemble, Brown University Orchestra, The Higher Keys, Wheeler High School Handbell Choir and Haven Music School Students.



Soprano
Lori Phillips



Bass-Baritone
Jay Baylon



Handbell Conductor
Colin Nagle



Violin
Renée Choi

A free-will offering will be taken to support East Bay Community Action Program Refreshments following the concert

Call: 401-438-4911
www.havenumchurch.com



east bay community action program
THE BRIDGE OF GOOD WILL

CASTING WITH A COP

BYOP- BRING YOUR OWN POLE!

WHO: LOCAL RESIDENTS OF ALL AGES

WHAT: SPEND TIME WITH E.P.P.D. OFFICERS WHILE CASTING A LINE IN ONE OF OUR CITY'S BEST FISHING SPOTS!

WHEN: SATURDAY MAY 4TH 9 AM-1 PM
FREE FISHING WEEKEND-THIS DATE DOES NOT REQUIRE A FRESHWATER FISHING LICENSE!

WHERE: WILLET POND- NEXT TO LAKESIDE SQUARE



HOPE TO SEE YOU THERE!

ANY QUESTIONS, PLEASE CONTACT COMMUNITY AFFAIRS OFFICERS
PATRICK HOLMES

PHOLMES@EASTPROVIDENCERI.GOV

OR MICHAEL ALLIENELLO

MALLIENELLO@EASTPROVIDENCERI.GOV



AMERICA, THE DREAM

Sat. May 4, 2024, 7:30pm & Sun. May 5, 2024, 3:00pm
Location: EP High School, 2000 Pawtucket Avenue, E. Providence
Tickets: \$20 adults, \$17 seniors, Children under 12 Complimentary
Accepting donations for the East Providence Townie Food Pantry



THE CHORUS
OF EAST PROVIDENCE

**50/50 RAFFLE
at both concerts!**

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



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

MEMBERSHIP FEES:

Membership is required for all activities. Membership is not required to only come for lunch

GENERAL MEMBERSHIP:

Residents of East Providence: \$20.00/year

Non-residents: \$25.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

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

Persons receiving transportation services from the Senior Center are called in the morning with their pick up times. Please allow time in the morning to assign pick up times before calling!



REWARD CARDS ARE BACK!

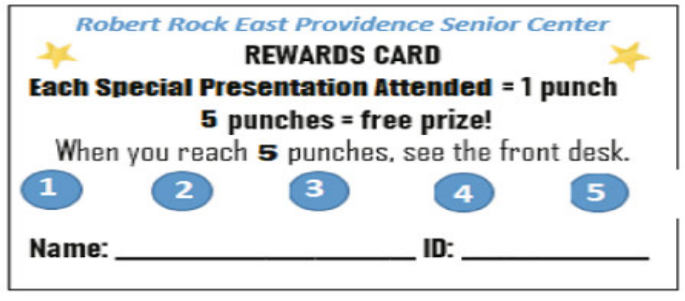
The East Providence Senior Center is excited to announce the return of the Rewards Program beginning in March 2024! The program aims to promote and encourage member participation in educational opportunities at the Senior Center.

Here's how the program works: Stop by the Resource Center to pick up your rewards card (beginning March 1, 2024). Find a class on the monthly calendar that is in **red bold font**. Attend the class and receive a stamp on your Rewards Card. Once you earn 5 stamps, turn your card in for a gift card at the Resource Center.

Any staff member can stamp your card once you complete the class that is eligible for a stamp.

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

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



ADDITIONAL PROGRAMS/PRESENTATIONS:

**Warm Water Pool Time
At PODS SWIMMING**

**Mondays
2:00 pm-3:00 pm
11 Commercial Way
East Providence**

The Robert Rock East Providence Senior Center is partnering with PODS Swimming!

PODS Swimming has reserved their warm water pool for East Providence Senior Center members.

COST:

Senior discount of \$7.00 per session or if you prefer you can purchase a punch card for \$70.00 for 10 sessions.

TRANSPORTATION:

The Senior Center will provide transportation to PODS Swimming. Please contact Member Services for more information and to reserve transportation by calling 401-435-7800.

SHIP COUNSELING

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost. SHIP also assists beneficiaries with limited income to apply for programs, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.



east bay community action program

SHIP Counselors are at the Senior Center weekly (by appointment only).

Call 401-435-7876 x1137 to schedule your appointment today!

THE POINT

Maria from the Point will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

**Call Maria to schedule an appointment today!
401-519-0374**





EARTH DAY 2024:



On April 19, the Robert Rock Senior Center and East Providence Recreation Department partnered up to clean the grounds. The participants also planted flowers. Thank you to all who came together to tidy up and keep our space looking beautiful!



REALTOR

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Contact us at careers@4lpi.com or www.4lpi.com/careers

\$3.00 Suggested Donation

Lunch is served at
12:00 pm



Meals are ordered by reservation only.
NO walk in's.

Reservations are made **TWO** days in advance.

Suggested donation per meal is \$3.00.
It is important to call if you need to cancel your meal. You can cancel your reservation by calling Cindy at 401-270-1814.

Meals are served at
12PM Monday-Friday.

Please arrive before 12:00PM to check in at the dining room desk.
Seating is limited and on a first come basis. We are able to accommodate 60 diners.

ENJOY YOUR MEAL!



May 2024

PLEASE CALL OUR DINING ROOM AT 401-270-1814 TO PLACE YOUR LUNCH ORDER 48 HOURS IN ADVANCE!!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
							
	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Suggested Donation \$3.00						
6	Mushroom barley soup Greek-style chicken thighs Florentine rice Sautéed vegetable Multigrain roll Chocolate chip cookie Roast beef w/ swiss cheese	7	Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w / tomatoes Peaches Ww roll Greek salad w / chicken	8	Vegetable lentil soup Honey garlic pork tenderloin Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese		
13	Navy bean soup w/vegetables Baked chicken topped w/ Eggplant Bolognese Roasted potato Ww roll Pineapple Ham & cheese on wheat	14	Tomato soup Swiss steak Steamed potatoes Buttered corn Ww roll Lorna Doone cookie Spinach salad w/ chicken	15	Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll Fresh fruit Italian grinder	16	Milnestrone Soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll Brownie Egg salad on wheat
20	Kale bean & sausage soup Roasted chicken quarter Cucumber salad Sweet potatoes Chocolate cookie – Ww roll Egg salad sandwich	21	Vegetable barley soup Manicotti w/meat sauce Italian green bean salad Ww roll Tropical fruit Reuben on rye	22	Irish vegetable soup Pork roast w/ gravy Mixed Vegetables Mashed potatoes Fresh fruit – Ww roll Greek salad w/ chicken	23	Tomato soup Beef tips w/ mushroom gravy Rice Pilaf Baby carrots Whole Wheat Roll - cake Tuna sandwich plate
27							
28	Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad	29	Mushroom chickpea veggie soup Chicken scallopin Mixed vegetables Parmesan Rice Cantaloupe Spinach salad w/ chicken	30	Lentil soup w/ vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad	31	Vegetable soup Baked pasta w/ meatballs, Sausage & cheese Waxed beans Garlic bread Sliced peaches Chef salad