

Robert Rock Senior Center



May 2025

Senior Center Services

Elder Resource Specialist

Amanda LaPlante

Monday–Friday 401-270-1788

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

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

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

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

SHIP Counseling

By Appointment Only– Call 401-435-7876 x1137



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

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



Follow us on Facebook!

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Cheryl Balasco

Admin. Assistant

cbalasco@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator

slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814

cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta

Member Services Representatives

pthomas@eastprovidenceri.gov

rmarzetta@eastprovidenceri.gov

Facilities:

Kenny Atkinson

Napoleon DeBarros

Transportation:

Joe Serodio

Christopher Januario

Dennis Price

Tom Taylor

Richard Wood

MISSION STATEMENT:



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



Message from the Mayor:

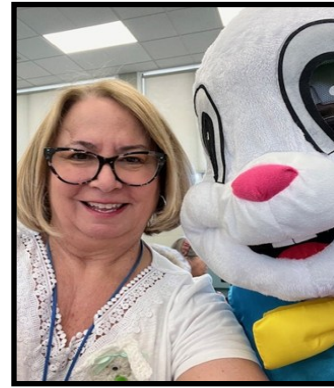
Thank you to everyone who attended our 2025 Remarkable Women Ceremony held at City Hall on April 15th. It is a pleasure that we are able to honor the wonderful women that provide so much to our community. Thank you to all volunteers who have assisted in Earth Day cleanups around East Providence. I loved to see the intergenerational efforts and activities to take care of our community assets. It is nice to see everything in bloom.

Take a look at the City of East Providence's calendar to see upcoming events this Spring and Summer!

<https://eastprovidenceri.gov/calendar?month=2025-05>

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. Our grounds look lovely and in bloom. Thank you to our Earth Day cleanup volunteers for making our Senior Center look even more beautiful! We have a very busy month in May with many presentations. May is Older American's Month, and we brought in a lot of guest speakers and presentations for you all to enjoy. We are also looking forward to having Joey Marshall come to the Senior Center on Tuesday, May 13 to play some live music for us during lunch. Turn to page 6 of this newsletter to learn about all the great programming we have brought into the Senior Center this month for Older American's Month!

Best,

Laura Jones
Director of Senior Services

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips
Ann Fagundes
Donald Senna

Jan Kinder
Ken Goucher
Dick Wood

Jim Phillips
Elaine Robinson
Christine Singleton

DAYS TO REMEMBER IN MAY:

Monday, May 26: Memorial Day (Sr. Center **CLOSED**)

REMEMBER & HONOR



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:

Thurs, May 1: Stop & Shop

Fri, May 2: Shaw's

Thurs, May 8: Stop & Shop

Fri, May 9: Shaw's

Thurs, May 15: Stop & Shop

Fri, May 16: Shaw's

Thurs, May 22: Stop & Shop

Fri, May 23: Shaw's

Thurs, May 29: WALMART

Fri, May 30: WALMART



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

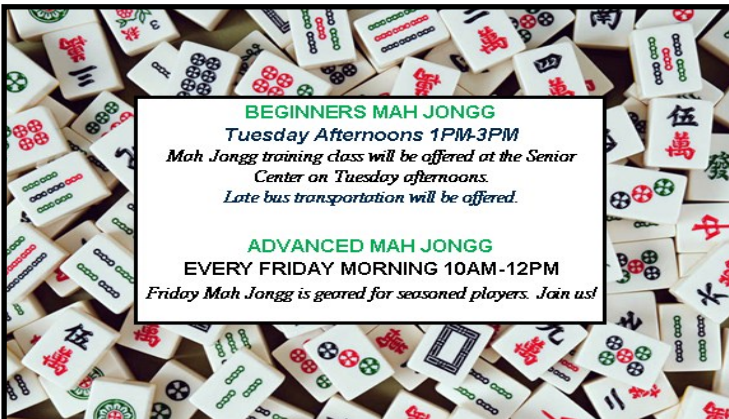
Reservations for grocery shopping **MUST** be made 24 hours in advance!

DID YOU KNOW THAT THE SENIOR CENTER HAS A BOCCIE COURT?

Bocce is a great game for seniors who are looking for a low-impact way to stay active. The game is easy to learn and fun for all ages. To play, divide into teams of two and try to get your balls closer to the pallino than your opponents' balls.



Bocce meets every Tuesday morning at 9am to play at the Senior Center. We are looking for more participants to play! If you are interested in joining our bocce games, please call 401-435-7800.



BEGINNERS MAH JONGG

Tuesday Afternoons 1PM-3PM

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

Late bus transportation will be offered.

ADVANCED MAH JONGG

EVERY FRIDAY MORNING 10AM-12PM

Friday Mah Jongg is geared for seasoned players. Join us!

Senior Farmers Market Nutrition Program

(Farmers Market Cards) will be coming in May to those who qualify! Please see Rachel Stancil, our Community Health Worker to inquire.



STARTING MON, MAY 5 BOARD GAME CLUB MONDAYS 1PM

Our Board Game Club is a welcoming space for anyone to come together, have fun, and enjoy the world of tabletop games, whether you're a

seasoned gamer or just curious to try something new. We'll be playing a variety of board games, card games, and even some dice games, fostering a friendly and inclusive environment for all.

ANNOUNCEMENT:

Meditation on Friday, May 30th will be held downstairs in the basement of the Recreation Center.

FATHER of the BRIDE



We will be showing:

FATHER OF THE BRIDE

Monday, May 19

1:00PM

Comedic family film about a father's emotional journey as his daughter prepares to get married. The movies explore themes of a father's reluctance to let go of his daughter, the complexities of family relationships, and the challenges of adapting to change.

Community Health World:

*Rachel Stancil will be at the Center on Monday and Thursdays.
Sarah Burde will be at the Senior Center on Wednesdays.*

JOIN US FOR THE EP WALKING CLUB



We're bringing back the Walking Club in collaboration with EPHEZ!

It's a great way to get outside, stay active, and catch up with friends. Whether you're looking to boost your fitness or just enjoy a stroll with good company, we'd love to see you there!

Led by EPHEZ's Sarah Burde, this weekly group kicks off on **Wednesday, April 23rd**



When: Wednesdays, 10-11 AM

Where: Meet us in the Dining Room before heading to the Senior Center Walking Path



2025 VETERANS EXPO & JOB FAIR

SATURDAY, MAY 31ST

9AM-4PM

**PIERCE MEMORIAL FIELD
201 MERCER ST.
EAST PROVIDENCE, RI**

**A SAFE, FRIENDLY WRAP-AROUND OF
VETERAN'S SERVICES
EMPLOYMENT, HEALTH AND WELLNESS, AND
MANY MORE**

**VETERANS RECEIVE A FREE LUNCH
AND GIFTS WHILE SUPPLIES LAST**

**SPONSORED BY THE CITY OF EAST PROVIDENCE
HOSTED BY THE EAST PROVIDENCE ELKS LODGE #2337**

**RAIN LOCATION: RIVERSIDE MIDDLE SCHOOL
179 FORBES ST. RIVERSIDE RI**

MINDFUL AND HEALTHY EATING- A 3 PART SERIES HOSTED BY BLUE CROSS AND BLUE SHIELD OF RHODE ISLAND



Join us for a 3 part series on Healthy Eating. The program will have two educational classes followed by a live cooking demonstration with our favorite chef, Chef Kevin!

You don't want to miss it!

May 22 10am-11am

May 29 10am-11am

June 5 10am-11am



URI Pharmacy Outreach THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
PHARMACY

**Friday, May 30
10:30AM**



east bay community
action program

WHAT IS A COMMUNITY HEALTH WORKER?

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

Health Related Programs:



WISDOM FOR LIVING MAY 8 1PM-2PM

Wisdom of Living is a series of monthly gathering to support socialization, challenge your thinking and allow you to engage in meaningful conversation.

SPECIAL MEDITATIONS IN MAY:

Friday, May 16th

10:30AM in Breed Hall

The return of sound bath and gong meditation for those looking for a special session to clear their minds and relax to the sound of soothing vibrations and instrumentals.



Friday, May 23

Small Group Reiki
11AM



Introducing the newest member to our Medication Team- Barry!
Barry comes with years of experience calming the mind and body through energy healing.
Registration for this class is required.

Blood Pressure Clinics in May:

Tuesday May 6 at 10:30AM

Health Care Services in Providence

Tuesday May 29 at 10:30AM

Hattie Ide Chafee



NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM

GRIEF SUPPORT AND HEALING
WITH BEACON HOSPICE
Thursday, May 15 11AM-12PM



FOOT DOCTOR RETURNS IN MAY!

FRIDAY MAY 16TH FROM 1P-4P

Rhode Island Foot Care Doctor, Dr. Ruggiero returns to the Senior Center! Anyone in need of nail clippings or callus removal should call our Nurse Shahnee at 270-1792.

SUMMER SHAPE UP: A SENIOR CIRCUIT WORKOUT WITH ROBIN



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

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

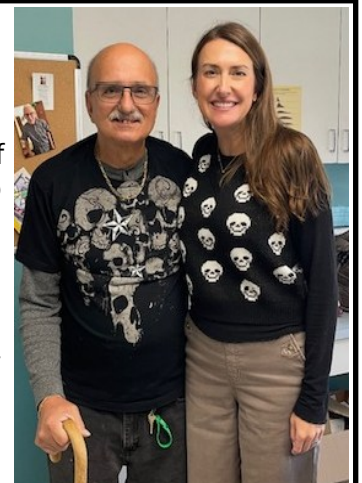
There will be NO Senior Circuit Workout with Robin on May 27th.

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

This program is limited to Fitness Center members only.

MAY 6-12 IS NURSE APPRECIATION WEEK!

This week is a time to recognize and celebrate the contributions of nurses, who play a vital role in our health and wellness. We are so fortunate to have Shahnee Lagor, Registered Nurse on board with us at the Senior Center. Shahnee is our wonderful Nurse who takes the time to listen, coordinates health and wellness programming and assists older adults and their caregivers with medically related questions. Shahnee's compassion and empathy is truly valued here at the Senior Center. *Shahnee, we are all wishing you a joyful Nurses Week filled with appreciation for the incredible impact you make everyday.*



OLDER AMERICANS MONTH 2025

'Every May, the Administration for Community Living leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.'

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

FREE Fraud Prevention Seminar

**Tuesday, May 20, 2025
11:00am - 12:00noon**

Robert Rock East Providence
Senior Center
610 Waterman Ave., East Providence, RI

Presented by:



Jared Wilbur
VP, Enterprise Risk Management
Washington Trust



Rodrigo DaSilva
Officer, Branch Manager
Washington Trust

May is *Older Americans Month* and the perfect time to join us to learn how to keep yourself and your loved ones safe from fraud, including:

- How to protect yourself from the most common types of fraud and scams
- How to protect yourself and your loved ones from Elder Financial Exploitation
- How to identify red flags and most common tactics used by fraudsters
- What to do if you've been the target of fraud or identity theft

For more information, call Robert Rock East Providence Senior Center at 401-435-7800.



MEMORY CAFÉ IS AT THE EAST PROVIDENCE SENIOR CENTER!

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

**SECOND WEDNESDAY OF EVERY MONTH
1PM-2PM**

Wednesday, May 14

Sponsored by:



RIPTA COMMUNITY OUTREACH

THURSDAY, MAY 22

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.



**Join us during lunch on Tuesday,
May 13 to hear music from Joey
Marshall!**

Listen and sing along to hit songs.
Genres ranging from the Oldies,
Motown, 60's, 70's.

OLDER AMERICANS MONTH 2025



AARP SAFE DRIVING CLASS

THURSDAY, MAY 29

10AM-3PM

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.



Join me on

May 13

for an introduction
to Medicare Plans



MEDICARE 101

Educational Event

Come learn the basics:

- When and how to apply for Medicare
- The differences between Original Medicare & Medicare Advantage
- What is Part D?
- What are Medicare Supplements?

WHEN & WHERE

05/13/2025

Start 11 AM
East Providence Senior
Center

610 Waterman Avenue East
Providence, RI 02914

RSVP preferred; coffee and danish provided



CONTACT

Leonard Walker

Local Licensed Insurance Agent
(774) 210-2060

Not affiliated with or endorsed by Medicare or any government agency.

The RI Bar Association
&
East Providence Senior Center
Will Be Hosting An
Ask-A-Lawyer
May 21, 2025
10:00 - 11:30 am

*Visiting attorney Peter M. Iascone
will give a brief presentation
followed by a question and answer
period with a focus on Elder Law.*



The RI Older & Wiser Driver



A safe driving presentation for mature drivers, delivered by AAA
Northeast with support from the RI Department of Transportation
Office on Highway Safety.

DATE/TIME: TUESDAY, MAY 6
11AM-12PM



LOCATION: EAST PROVIDENCE SENIOR CENTER
610 WATERMAN AVENUE
EAST PROVIDENCE, RI 02914

CONTACT: Amanda (Elder Resource Specialist) 401-270-1788 if
you have questions or would like to register.



Robert Rock Senior Center Activities

MAY 2025

Mon	Tue	Wed	Thu	Fri
<p>REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!</p>	<p><i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i></p>		<p>1</p> <p>9A: 1:1 Technology Assistance (appt only) 9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>2</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p>5</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 10:30A: Senior Pickleball 1P: Board Game Club 2P: PODS Swimming</p>	<p>6</p> <p>9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10A: Circuit Workout 10:30A: Bingocize 10:30A: BP Clinic 10:45A: Chair Yoga 11A: AAA Older & Wiser 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>7</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Walking Club 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>8</p> <p>9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom for Living Talks</p>	<p>9</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p>12</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 10:30A: Senior Pickleball 1P: Board Game Club 2P: PODS Swimming</p>	<p>13</p> <p>9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10A: Circuit Workout 10:30A: Bingocize 10:45A: Chair Yoga 11A: Medicare 101 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>14</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Walking Club 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Memory Cafe</p>	<p>15</p> <p>9:30A: Senior Shopping 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>16</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: Sound Bath Meditation 10:45A: PACE Chair Exercise 1P: Hi Lo Jack 1P: BCBS Balance 1P: Foot Doctor Appts</p>
<p>19</p> <p>10:30A: Chair Yoga w/ Marilyn 10:30A: Backgammon 10:30A: Senior Pickleball 1P: Board Game Club 1P: Movie Showing 2P: PODS Swimming</p>	<p>20</p> <p>9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10A: Circuit Workout 10:30A: Bingocize 10:45A: Chair Yoga 11: Fraud Prevention 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>21</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Ask-A-Lawyer Presentation 10A: Walking Club 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>22</p> <p>9:30A: Senior Shopping 10A: RIPTA Outreach Presentation 10A: BCBS Healthy Eating Presentation 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>23</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Insight Support 10:45A: PACE Chair 11A: Reiki Small Group 1P: Hi Lo Jack 1P: BCBS Balance</p>
<p>26</p> <p>Memorial Day</p>  <p>Senior Center Closed</p>	<p>27</p> <p>9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10A: Circuit Workout 10:30A: BP Clinic 10:30A: Bingocize 10:45A: Chair Yoga 1P: Creative Art Studio 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>28</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Walking Club 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p>29</p> <p>9:30A: Senior Shopping 10A: AARP Safe Driving Class 10A: BCBS Healthy Eating Presentation 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>30</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: URI Pharm 10:45A: PACE Chair 11A: Meditation downstairs in Rec Center 1P: Hi Lo Jack 1P: BCBS Balance</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
9AM-4PM**

Senior Shopping

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

\$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.**

MAY 14- 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

Mondays 1P-3P, Tuesdays 8A-12P

Fridays 1P-2P

No registration required. No fee.

Smartphone Help

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

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

No registration required. No fee.

20/20/20 Fitness

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

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

**Mondays with Marilyn 10:30AM: No fee
Tuesdays with Cyn 10:45AM \$3.00 per class.
No registration required.**

Hi Lo Jack

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

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

Creative Art Studio

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

WEDNESDAYS 11AM-12:30PM

Registration required \$3.00 per class.

Walking Club

Every Wednesday morning from 10A-11A. Please dress accordingly and wear appropriate shoes. Walks will be led by EPHEZ's Sarah Burde. Meet in the dining room.

No registration required. No fee.

PACE Chair Exercise

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

No registration required. No fee.

Cribbage, Bridge, Scrabble, Mah Jongg, Backgammon, Board Game Club

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

No registration required. \$3.00 fee for Cribbage.

COMING TO THE SENIOR CENTER IN JUNE:



LIVING WELL WITH DIABETES

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

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

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

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

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

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

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

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

SKIN CARE AND AGING

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

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



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

This series will conclude with a free skin check!

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



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

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

Tuesday, July 1 @ 10:30a-11:30a



TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

ATEL IS BACK!

MAY 1 9AM-11AM

If you are an older adult that wants to get technology support for their smartphones or tablets, then come learn how you can improve your lives by embracing technology. Although challenges do exist to using technology, there are many solutions for success.

Drop in for a one-on-one 'Tech Session' with an ATEL Representative to answer your questions or learn how to use your Apple or Android device to its fullest. Also, learn about apps and accessibility features that are designed to help older adults and people with disabilities use technology more easily.

This service is by appointment only.
Sign up is located by the front desk.



AGE WELL, GET CONNECTED



Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before! No Registration Required.

MAY 14, 2025 10:30AM

Weaver Library Offers Technology Assistance!

Schedule an appointment to help you learn how to use the computer or ask any other computer or device question.

Call Weaver Library to schedule your appointment today!

401-434-2453



SMARTPHONE HELP:

**EVERY TUESDAY
MORNING AT THE
EAST PROVIDENCE
SENIOR CENTER
10AM-11AM**

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



*No registration
required*

Tips for Staying Safe while on the Internet

Technology has made it easier to communicate, shop, pay bills, and bank. But this convenience comes with the cost of privacy and security.

Update Passwords. Make an effort to update your passwords and make them more secure. They should be at least 8 characters and have a combination of upper and lower case letters, symbols, and numbers. Change them on a regular basis, especially for financial and email accounts. Also, don't use the same password for multiple accounts.

Protect Your Computer. Make sure that spyware or malware protection is installed on your computer and that it's up to date.

Backup Files. A virus can infiltrate any computer. So be certain to back up your files and photographs on a regular basis in the event that your system comes crashing down.

Secure Shopping. Only do online shopping through sites with "https" in the browser's address bar. The "s" stands for "secure." Secure sites will also have an icon of a locked padlock in the status bar at the bottom of your Web browser.

RI DATA BREACH: HOW TO KEEP YOUR PERSONAL INFORMATION PROTECTED



Did you receive a letter in the mail from the State of Rhode Island regarding the RI Bridges data breach that happened in December 2024?

If you receive a letter and have questions about the data breach or how to sign up for free credit monitoring, you can call the RIBridges Data Breach Hotline at 833-918-6603 on Monday – Friday from 9 a.m. to 9 p.m. If you do not have an activation code because you did not receive a letter, the RIBridges Data Breach Hotline will not be able to enroll you in free credit monitoring or confirm you are impacted.

Assistance with freezing credit is also available at the East Providence Senior Center Monday-Friday 8AM-4PM.

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
 - Child Care Assistance Program (CCAP)
 - Health coverage purchased through HealthSource RI
- Rhode Island Works (RIW)
- Long-Term Services and Supports (LTSS)
- General Public Assistance (GPA) Program
 - At HOME Cost Share

WEBSITE WITH MORE INFORMATION:

<https://admin.ri.gov/ribridges-alert#what-you-can-do>

RHODE ISLAND EBT SNAP SCAM & WHAT TO LOOK FOR:

In the beginning of March 2025, nearly \$500K had been stolen from Rhode Island residents Food Stamp EBT cards.

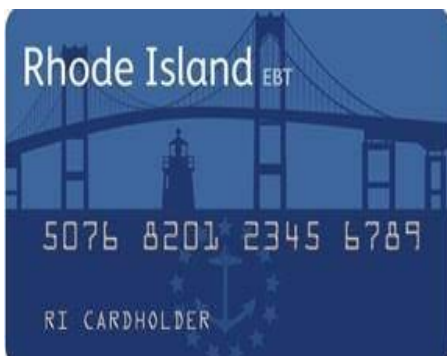
The RI Department of Human Services is investigating this issue.

The RI Department of Human Services is urging Rhode Island residents to take precautions when using their EBT food stamp cards:

- Be aware of your surroundings when using your card.
- Cover the keypad when entering your PIN.
- Inspect ATMs and card readers for anything unusual before inserting your card.



WHAT TO DO IF YOU BELIEVE YOUR SNAP BENEFITS WERE COMPROMISED:



1. Contact the RI Department of Human Services at **1-855-697-4347** to report that your SNAP benefits have been stolen.

You will be able to submit a claim following the RI Department of Human Services procedures. You will also submit a claim with the DHS for replacement of stolen benefits.

2. Reset your SNAP card PIN Number by calling **1-888-979-9939**.
3. File a police report. If your EBT card information was stolen or the physical SNAP card was stolen, contact local police to file a police report.

DO YOU LIKE WHAT YOU SEE?

ARE YOU INTERESTED IN BECOMING A MEMBER OF THE SENIOR CENTER?



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

MEMBERSHIP FEES:

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

GENERAL MEMBERSHIP:

Residents of East Providence: \$20.00/year

Non-residents: \$25.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$60.00/year

Non-residents: \$70.00/year

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

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

Parking Passes can be picked up at the front desk.



REWARD CARDS

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

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

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

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

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

Robert Rock East Providence Senior Center

REWARDS CARD

Each Special Presentation Attended = 1 punch

5 punches = free prize!

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

1 2 3 4 5

Name: _____ ID: _____

DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?

Each month, we search for collectors to take advantage of showing off their collections in our display case located in the lobby area. This gives collectors an opportunity to show their wonderful collections in our locked case. We try to switch out the display case monthly.

Do you have a collection you would like to have featured in our display case?

*Please contact Amanda at
401-270-1788 to coordinate.*



WHAT IS THE POINT?

The Point is the Rhode Island's free aging and disability resource center. Specialists are available to speak with you to help identify your needs, explore resources and services, as well as help with applying to public and private programs.

DID YOU KNOW THAT THE SENIOR CENTER HAS A SPECIALIST FROM THE POINT COME MONTHLY TO ASSIST WITH BENEFIT APPLICATIONS?

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***

Point



EARTH DAY 2025



On April 18, 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!



\$3.00 Suggested Donation

Lunch is served at
12:00 pm



Meals are ordered by
reservation only.

Reservations are made
TWO days in advance.

NO WALK IN'S.

Suggested donation per
meal is \$3.00. It is
important to call if you
need to cancel your meal.

You can cancel your
reservation by calling Cindy
at 401-270-1814.

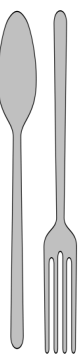
**Meals are served at 12PM
Monday-Friday.**

Please arrive before 12PM
to check in at the dining
room desk.

**NO ASSIGNED OR
RESERVED SEATING!**

We can accommodate 60
diners.

ENJOY YOUR MEAL!



May 2025

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>			<p>1 Fresh fruit Scrambled eggs Home fries Bacon & sausage Assorted muffins Chef salad</p>	<p>2 Vegetable soup Italian beef sandwich Roasted mixed vegetables Chips Watermelon Tuna salad plate</p>
<p>5 Escarole bean & sausage soup Chicken Diane Rice Florentine Green beans Ww roll Brownie Ham & cheese on rye</p>	<p>6 Minestrone soup Swiss steak Mashed potatoes Baby carrots Ww Roll Fresh melon Tossed salad w/ chicken</p>	<p>7 Vegetable lentil soup Pork chop Italiano Rice pilaf Peas & onion Ww roll Sliced pears Seafood salad sandwich</p>	<p>8 Tomato soup Stuffed meatloaf Mixed vegetables Roasted potatoes Roll Cookies Chef salad</p>	<p>9 Vegetable barley soup Pub burger Cole slaw Potato wedges Mixed fruit Ww roll Turkey sandwich</p>
<p>12 Tuscan white bean soup Shepard's pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich</p>	<p>13 Mushroom barley soup Grilled chicken Spanish rice Capri vegetable blend Ww roll Brownie Chef salad</p>	<p>14 Cabbage soup Pork shoulder roast w/ gravy Rice pilaf Green beans Ww roll Watermelon Tuna salad plate</p>	<p>15 Cauliflower tomato soup Open turkey sandwich Mashed sweet potatoes Stuffing Ww bread Cake Tossed salad w/ chicken</p>	<p>16 Chicken soup Cheesy baked pasta w/sausage Roasted zucchini Ww garlic roll Pineapple chunks Corned beef on rye</p>
<p>19 Vegetable lentil soup Meatball & pepper sandwich Potato wedges Cole slaw Watermelon Roast beef on roll</p>	<p>20 Escarole & bean soup Creamy Tuscan chicken thighs Mixed vegetables Rice pilaf Ww roll Sliced pears Chicken salad plate</p>	<p>21 Tomato soup Honey garlic pork tenderloin Mushroom rice pilaf Buttered corn Ww Roll Brownie Seafood salad sandwich</p>	<p>22 Vegetable soup Beef tips w/mushroom gravy Mashed potatoes Baby carrots Cake Ww roll Chopped salad w/chicken</p>	<p>23 Chicken escarole soup Chicken marsala Roasted potatoes Brussel sprouts Ww roll - Peaches Tuna salad plate</p>
<p>26 Senior Center Closed</p>	<p>27 Kale & bean soup BBQ chicken Roasted potatoes Green beans Ww roll Fresh fruit Turkey sandwich</p>	<p>28 Meatball soup Crustless chicken pot pie Mashed potatoes Ww roll Oatmeal cookies Italian grinder</p>	<p>29 Split pea soup Stuffed pork chop Rice pilaf Zucchini w/ tomatoes Ww roll/ Fruit cocktail Tossed salad w/grilled chicken</p>	<p>30 Creamy chicken tomato soup Fish sandwich Cole slaw Sliced potatoes Ww roll Cake Corned beef on rye</p>
<p>REMEMBER & HONOR Memorial Day</p>				