

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401-435.7800
Fax: 401-563-7024
www.eastprovidenceri.gov

November 2023

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

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

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 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

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 persons with disabilities in the East Providence area.

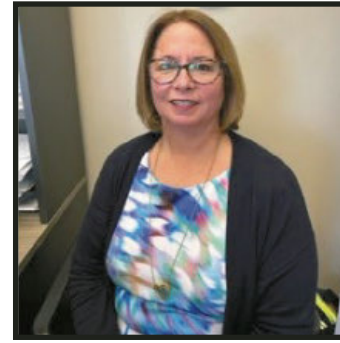


Message from the Mayor:

Happy Holidays to you and your families. Did you hear about my interview with your amazing Senior Services Director, Laura Jones? If not, you should hear what she has to say about the great things happening and offered at the Senior Center. Laura was my guest on my new public access television show, *the Pulse of East Providence with Mayor Bob DaSilva*. If you have not viewed the show you can click on or copy this link: <https://www.youtube.com/watch?v=1ZhM28OUSSU>. If you want to learn more about what's happening in our city or watch interviews with state officials, business owners and local nonprofits, please check out the show. It airs on Tuesdays, Wednesdays, and Sundays too. And speaking of shows, please mark your calendars for the City's Annual Tree Lighting and Holiday Celebration on Sat., Dec. 2nd with a rain date of Sun., Dec. 3rd. The celebration will include food trucks, vendors, memorial ornaments, popcorn, hot chocolate, music and performances, raffles and what we look forward to every year -- a visit from Santa. Check out the City's calendar for all upcoming events <https://eastprovidenceri.gov/calendar>.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

East Providence Senior Center Members,

I am pleased to let you know that the Robert Rock Senior Center is alive and growing. This year our membership has grown to 677 active members. This is 157 new members who have joined us and 520 who have returned and renewed their membership. Our new fiscal year starts November 1, 2023, and ends October 31, 2024. We have seen many improvements to the Center this year including our beautiful landscaping, refurbished walking paths and our new pickleball court. The Center was able to give our kitchen a facelift and is one of the first dining sites in Rhode Island to go green. We have given up our Styrofoam, plastic forks, knives, and spoons and have switched to glass, refillable salt, and pepper shakers. It may seem like a small thing, but we all want to do our part to help the planet be a better place for the next generation.

I would like to let everyone know that this year the center will be raising our membership rates. As our membership grows, the center is using more supplies and costs have risen. Membership fees will increase \$5.00. Our class fees will be increasing from \$2.00 to \$3.00, and classes that currently cost \$5.00 per class will increase to \$6.00 per class. Please note that no one will be turned away if they are unable to pay their membership dues or fees. Please contact me by phone or see me in person if you require fees to be waived. I look forward to another fun filled year at the Robert Rock Senior Center.

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 NOVEMBER:

Nov. 10: Senior Center Open, NO LUNCH PROGRAM.
Nov. 11: Veteran's Day
Nov. 13: Vet's Day observed, SENIOR CENTER CLOSED.
Nov. 23: Thanksgiving, SENIOR CENTER CLOSED
Nov. 24: Senior Center Open, NO LUNCH PROGRAM

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 NOVEMBER 2023:

Nov. 2: Stop & Shop
Nov. 3: Shaw's
Nov. 9: Stop & Shop
Nov. 10: Shaw's
Nov 16: Stop & Shop
Nov. 17 : Shaw's
Nov. 24: Shaw's
Nov. 30: WALMART
Dec. 1: 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!**



BINGOCIZE

Bingocize is an evidence based program that combines exercise and health information with a game of BINGO. It has been proven that this program will help improve and/or maintain mobility and independence.

Come play some BINGO and learn more about fall reduction, improved nutrition, and other health-related behaviors!

**10 Week Program. Register today!
Dates and Times to be determined.**



**Are you interested in learning how
to play Mah Jongg?
CONTINUING THROUGH
NOVEMBER!**

*Mah Jongg training will be offered
at the Senior Center on **Tuesdays**
from **1:30PM-3PM**. Late bus
transportation will be offered.*

ARE YOU INTERESTED IN PARTICIPATING IN A CO-ED BILLIARDS LEAGUE?

If you are interested in learning
how to play billiards,
please call:
401-435-7800 to inquire today!



We will be showing:
Planes, Trains, and Automobiles (1987)

In the Dining Room on:

NOVEMBER 27, 2023 1:00PM

Popcorn will be served.



COVID-19 VACCINE CLINIC
WEDNESDAY, NOV. 8, 2023 10AM-12PM

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



Individuals must register at the front desk or by calling 401-435-7800.

Did you know that symptoms of long COVID can linger for months and possibly years? Doctors and researchers are still learning more about long COVID, but based on what we do know diagnosing long COVID can be challenging. Symptoms often mimic signs of aging such as fatigue, loss of appetite, slowing down, sleep disruptions, etc.



Stay strong and healthy through the fall and beyond!

Schedule your booster today!

BE PREPARED... DO YOU NEED AT HOME COVID-19 TEST KITS?



Get FOUR FREE AT HOME COVID-19 tests this fall!

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home from USPS.

[Covidtests.gov](https://www.covidtests.gov)

Need help placing an order for your free at-home tests?
Contact Gilbert, our Community Health Worker at 401-443-4312.

Health Related Programs:

Blue Cross Blue Shield Strength and Balance classes

FRIDAYS 1:00PM

*If you struggle with balance and coordination,
this class is for you!*

This class offer lower-body workout techniques to increase stability and improve balance. Incorporates exercises for strength, balance, endurance, and flexibility.

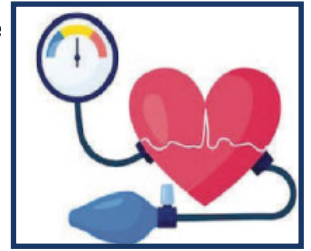


**Blue Cross
Blue Shield**
of Rhode Island

Blood Pressure Checks in November 2023:

We are happy to announce that every Tuesday in November we will be hosting a blood pressure clinic!

Special thank you to Orchard View, Hattie Ide, and URI students for participating!



10 HEALTHY TIPS FOR THANKSGIVING

1. BRING A HEALTHY DISH
2. DON'T SKIP MEALS
3. BREATHE
4. DRINK MORE WATER, LESS ALCOHOL
5. MAKE HEALTHY SWAPS
6. HAVE PORTION CONTROL
7. HAVE REALISTIC GOALS
8. DON'T WORRY
9. BE PREPARED
10. INDULGE MINDFULLY

URI SNAP ED

WEDNESDAY, NOV. 15 10:30AM



Get the whole truth on whole grains. Whole grains provide fiber, vitamins, minerals, and other nutrients. They also help control cholesterol levels, weight, and blood pressure which in turn lowers your risk of diabetes, heart disease, and other conditions.

Join us for a lively discussion and taste testing!

THE
UNIVERSITY
OF RHODE ISLAND



The Robert Rock Senior Center will host a Hearing Clinic on Wednesday November 1st from 9am-3pm.

Registration is closed. This is a reminder to those who signed up ahead of time.

We will be offering a second hearing clinic in January 2024! Dates to be announced in the December newsletter.

Anyone with known hearing loss who is looking for a new evaluation for hearing aids will need a paper order from their primary care physician. Those who have undiagnosed hearing loss or are just curious to know if they are suffering from hearing loss can come as a walk in.

If you have any questions, please contact Shahnee at 401-270-1792.

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

MEDITATION CANCELLED NOVEMBER 24, 2023!!

NEWLY ADDED TO SENIOR CENTER TRANSPORTATION:

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 starting Monday, Oct. 16, 2023.

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.

MEDICARE OPEN ENROLLMENT SERVICES AT THE SENIOR CENTER:

During the Medicare Open Enrollment period (October 15-December 7), we are offering some extra Medicare counseling services to help you navigate the Medicare world.

See below for availability of our amazing Medicare Specialists:

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.

SHIP Counselors are at the Senior Center weekly on Wednesday & Friday's.

**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**

Schedule:

Monday, Oct. 23: 10A-12P

Monday, Nov. 27: 10A-12P



LEN WALKER

Senior agent from Healthcare Solutions, Len can assist with new to Medicare enrollees or to review your current Medicare plan to see which 2024 plan will best meet your needs.

Available at the Senior Center every other Monday.

Schedule:

Monday, Nov. 27: 1P-4P

**Call to schedule your
appointment: 774-210-2060**




Healthcare
Solutions Team®
A Plan for Everyone®

A LOOK BACK FROM OCTOBER:



Robert Rock Senior Center Activities

NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
	BOCCE Scheduled for 9A Every Tuesday Weather Permitting	1 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 9A: Hearing Clinic 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Matter of Balance	2 9:30A: Senior Shopping 10A-12P 1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet	3 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance
6 9:30A: Matter of Balance Class 10A: Senior Art Show 10:30A: Stress Management 1P: Len Walker Open Enrollment 2:00 PODS Swimming	7 8A: Nutritionist 9:30A: Cert. Fitness Instruction (Gym) 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Creative Art Studio	8 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10A: COVID Vaccine Clinic 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Matter of Balance 2P: Get Set Up	9 9A: Nurse Hours 9:30A: Senior Shopping 10A-12P 1:1 Computer Assistance 11A: Internet Basics Presentation 12:30P: Bridge 1P: Knit & Crochet	10 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack NO LUNCH PROGRAM
13 Veterans Day Observed  Senior Center CLOSED	14 8A: Nutritionist 9A: Nurse Hours 9:30A: Cert. Fitness Instruction (Gym) 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Creative Art Studio	15 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP ED 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Matter of Balance	16 9A: Nurse Hours 9:30A: Senior Shopping 10A-12P 1:1 Computer Assistance 12:30P: Bridge 1P: Knit & Crochet	17 8A: SHIP Counseling 8:30A: Scrabble 9A: Dental Clinic 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
20 9:30A: Matter of Balance 1P: Len Walker Open Enrollment 2:00 PODS Swimming	21 8A: Nutritionist 9A: Nurse Hours 9:30A Cert. Fitness Instruction (Gym) 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Creative Art Studio	22 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage 1P: Matter of Balance	23 Thanksgiving  Senior Center CLOSED	24 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 1P: BCBS Balance 1:30P: Hi Lo Jack NO LUNCH PROGRAM
27 9:30A: Matter of Balance 10am The Point 10:30A: Stress Mgt. 11A: AARP Safe Driving Course 1P: Len Walker Open Enrollment 1P: Movie Showing 2P: PODS Swimming	28 8A: Nutritionist 9A: Nurse Hours 9:30A: Cert. Fitness Instruction (Gym) 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Creative Art Studio	29 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	30 9A: Nurse Hours 9:30A: Senior Shopping 10am-12pm 1:1 Computer Assistance 11A: Email Basics Presentation 12:30P: Bridge 1P: Knit & Crochet	

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.**
NOVEMBER 8- 10:30AM

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

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.

Chair Yoga

Chair Yoga is wonderful for both your mind and body.
Tuesdays with Cyn 10:45AM **\$3.00 per class.**
No registration required.

Creative Art Studio

Oriented for personal choice media such as collage, acrylic, pastel, etc. Tuesdays 2:00PM
Registration required \$3.00 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 that 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 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.

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.

Certified Fitness Instructor- Robin

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

For fitness members only
Tuesdays 9:30A-11:30A Thursdays 9:30A-11:30A
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**

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

Craft Club

Participants are given the opportunity to explore various art-making skills. Activities allow participants to enhance their creative and visual skills. **Fee: \$5.00**

Registration required. Next Craft Club in December 2023.

Cribbage, Bridge, Scrabble, Mah 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 registration required. \$3.00 fee for Cribbage.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

Perry/
McStay
FUNERAL HOME

JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL

LEN WALKER

Senior Agent

Medicare Solutions

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

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



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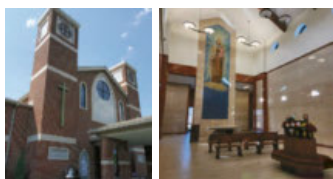
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Diocese of Providence

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**Gate of Heaven Office:
(401) 434-2579**

Mention Discount Code

EPSC at time of purchase

ricatholiccemeteries.org

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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.

November 8, 2023 10:30AM



COMPUTER BASICS CLASSES COMING TO THE SENIOR CENTER OCTOBER-NOVEMBER 2023!

The East Providence Senior Center has teamed up with the East Providence Library to provide computer basics classes at the senior center this fall. Chromebooks are available to use, or you are welcome to bring your own laptop or tablet.



Thursday, Nov. 9: Internet Basics 11AM-11:45AM

Thursday, Nov. 30: Email Basics 11AM-11:45AM



LOOKING FOR 1:1 COMPUTER ASSISTANCE AT THE SENIOR CENTER?

Gilbert, our Community Health Worker can help!

On Thursday mornings from 10AM-12PM, drop in to see Gilbert to get any questions about technology answered. Feel free to bring your own laptop or tablet!



DID YOU KNOW?

The East Providence Library offers additional technology assistance and classes to sharpen your technology skills.

Call to see what classes and assistance is being offered today!

401-434-2453



**NOVEMBER 8
2PM**



THE MINDFULNESS WHEEL OF AWARENESS

This is a virtual class projected on Zoom!

Being mindful is about turning our attention to what is actually happening in the present moment. In this class, we will cover a mindfulness exercise which can help you to become more aware of your thoughts and feelings in any given moment.

EVENTS IN EAST PROVIDENCE IN NOVEMBER:

Save the Date
**CITY OF EAST PROVIDENCE
VETERANS DAY CEREMONY**



**SATURDAY
NOVEMBER 11, 2023
@ 10AM SHARP
GARDEN OF FLAGS AT
VETERANS MEMORIAL PARK**

**IF YOU ARE AN EAST PROVIDENCE
SENIOR AND NEED TRANSPORTATION,
PLEASE CALL 401-435-7800**



**EAST PROVIDENCE SENIOR ART SHOW
MONDAY, NOVEMBER 6, 2023
10AM-12PM**

*Would you like to display your artwork and enter a contest?!
We would love to feature your work at our 2nd annual art show!*

Prizes will go to art pieces:
(best in show, first place, second place, judges recognitions)



Drop off your art entries on Friday, Nov. 3, 2023.

Art pieces will be displayed around the Senior center for the month of November.

Pieces will need to be taken home by November 30, 2023.



GUARDIAN ANGEL AWARD

Do you know someone who goes above and beyond for someone in need?

Maybe they helped make your day or life better in some special way, and you want to thank them. **Tell us your story!** Nominate a senior today for the Guardian Angel Award.

Nomination forms can be found in the Health Office. Fill it out explaining why this senior is so amazing. Senior Center staff will review each nomination and select a winner quarterly (depending on how many submissions we receive). We will highlight the awardee on the board in the Health Office as well as in our newsletter.

Next Guardian Angel Award will be announced in January 2024!

AVAILABLE RESOURCES:

FIRE SAFETY FREE SMOKE ALARMS

At no cost, American Red Cross will install free smoke alarms within your home.

Call 1-877-287-3327 option 1



**American
Red Cross**

iCanConnect is a national program with local contacts to help people stay connected with friends, family, and their community.

iCanConnect provides free equipment to people with both significant vision and hearing loss who meet disability and income guidelines.

For general iCanConnect questions, contact Angelique Landry, Perkins School for the Blind, 617-972-7712.

iCanConnect

The National Deaf-Blind Equipment Distribution Program

HOME MODIFICATIONS: RI LIVABLE HOME MODIFICATION GRANT

This program pays 50% of the cost of home modifications for people with disabilities to stay in their home (up to \$4,500.00).

Website: <https://gcd.ri.gov/ri-livable-homes-modification-grant>



**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

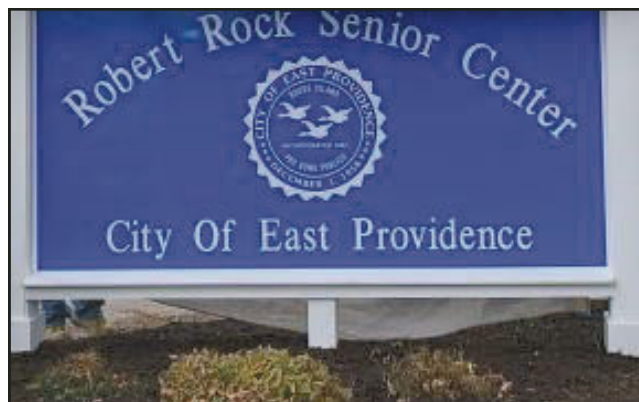
Non-residents: \$25.00/year

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!**



Heart Healthy Stuffing



Directions

- 1) Preheat oven to 375°F. Spray a 9x13-inch pan with nonstick cooking spray.
- 2) In a large pan, heat the oil over medium heat. Add celery, carrots, onion and apple and cook until onions are clear.
- 3) In a large mixing bowl, mix herb stuffing, cooked vegetables, sage, and black pepper.
- 4) Add the chicken broth slowly, tossing until moist throughout.
- 5) Place stuffing in prepared baking dish.
- 6) Bake until lightly browned, about 20-25 minutes.

Ingredients

- Nonstick cooking spray
- 2 tablespoons olive oil
- 1 cup chopped celery
- 1 cup chopped carrots
- ½ cup chopped onions
- 1 apple, chopped
- 1 (14 ounce) bag herb stuffing
- 1 teaspoon dried sage
- ¼ teaspoon black pepper
- 2½ cups low-sodium chicken broth

FOLLOW THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER 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

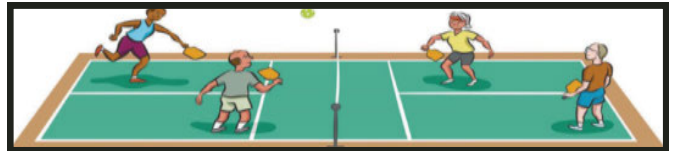
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Pickleball lessons are pushed back while we wait for the court to be completed. We are currently not registering anyone for lessons at this time until we have a definite date of completion.

Rest assured— if you previously signed up and/or paid for your lessons, there will be a spot for you in the rescheduled classes.

COMING SOON: RIBBON CUTTING AND CEREMONY. DATE TO BE DETERMINED!



“Life is Good, Pickleball Makes it Better”

DID YOU KNOW?

Pickleball provides all the benefits of regular exercise plus some extra perks:

Stronger muscles, lower blood pressure, improved flexibility, better footwork and agility, improved hand-eye coordination.

Pickleball also forces you to use your brain in different ways!



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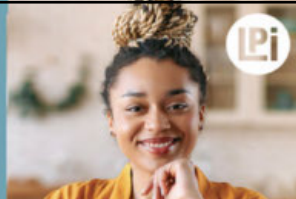
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\$3.00 Suggested Donation

November 2023

Lunch is served at
12:00 pm

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 24 HOURS IN ADVANCE!!**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Funded in Part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p> <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens \$3.00</p> <p>Suggested Donation</p> <p>Please call our Dining room 24 hours in advance</p>				
6	Vegetable soup Chicken w/sausage, peppers & potatoes Rice pilaf Ww Roll Pudding Ham & cheese on rye	7 Lentil & bean soup Lasagna roll up w/ meat sauce Green beans Garlic bread Fruit Sliced multi grain bread Seafood salad plate	8 Kale & bean soup Chicken cutlet w/tomatoes mushrooms & spinach Rice pilaf Ww Roll Oatmeal raisin cookie Turkey & Swiss cheese	9 Minestrone soup Pork roast w/ gravy Mashed potato Baby carrots Ww Roll Cake Chicken salad plate	10  SENIOR CENTER OPEN NO LUNCH PROGRAM 
13	 <p>Senior Center Closed in observance of Veterans Day</p>				
14	Beef lentil soup Honey chicken & Broccoli Rice pilaf Fruit salad Ww Roll Corned beef on rye	15 Tossed salad Pork scallopini Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate	16 Holiday Squash soup Turkey w/gravy Stuffing Mashed potatoes Roasted vegetables Cranberry sauce / roll Holiday pies	17 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich	
20	Escarole & bean soup Swedish meatballs Mashed potatoes Baby carrots Fruit Seafood salad sandwich	21 Vegetable barley soup Fajitas style chicken Spanish rice Mixed vegetables Roll -- Jello Cobb salad	22 Navy bean soup Veal patty w/ mushroom gravy Spinach Mashed potato Ww roll -- Fruit Ham salad on rye	23 Senior Center Closed 	24 SENIOR CENTER OPEN NO LUNCH PROGRAM  
27	Tomato soup Shepard's pie Mashed potatoes Cookies Ww Roll Chicken salad	28 Chicken soup Mongolian beef White rice Steamed broccoli Ww roll Puddin	29 Cream of mushroom soup French onion baked chicken Sweet potatoes Green beans -- roll Fruit Tossed salad w/ chicken	30 Chicken & rice soup Meatloaf w/ gravy Mashed potatoes Corn - roll Cake Spinach salad	