

# 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!

## November 2024

### 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

**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

**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:**

I want to encourage everyone to get out and vote! Election Day is coming up and is Tuesday, November 5th. The polls are open from 7:00 a.m. to 8:00 p.m.

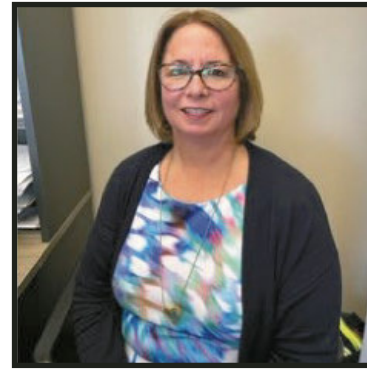
Visit the Rhode Island Secretary of State website at [Vote.SOS.ri.gov](http://Vote.SOS.ri.gov) to determine your voting location or to view a sample ballot. Early in-person voting at East Providence City Hall can be done from October 16 through November 4.

Hours for early voting are Monday - Wednesday 8a.m.-4p.m., Thursday 8 a.m. - 6p.m., and Friday 9 a.m. -1p.m.

If you are a senior and need a ride for early voting, please call the Robert Rock Senior Center at 401-435-7800 for transportation to City Hall to vote up to November 4th. Any questions about voting please feel free to call our Canvassing Department at 401-435-7502.

**Sincerely,**

**Mayor Bob DaSilva**



**Letter from the Director:**

November at the Senior Center is going to be very exciting. The good news is that there are lots of activities, learning opportunities and experiences to have this month. The bad news is you may have to choose from the many things we have planned each day.

I would like to highlight our upcoming third annual East Providence Senior Art Show and Exhibition. If you are 55 years or older you are eligible to enter your artwork into our show. You do not need to be a member of the Senior Center or an art student in one of our Senior Center art classes to enter your art. Your art can be any medium. I would like to thank East Providence Heritage Arts for their generosity in sponsoring our 2024 Senior Art Show. For more information on the art show see page 11 of this newsletter. I hope to see you there.

**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:

Tuesday, Nov, 5: Election Day (Senior Center **CLOSED**)  
Monday, Nov. 11: Veteran's Day (Senior Center **CLOSED**)  
Thursday, Nov. 28: Thanksgiving (Senior Center **CLOSED**)  
**CHAIR YOGA WITH MARILYN TAKING A PAUSE FOR THE WINTER BEGINNING NOVEMBER 18.**

## 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 2024:

Fri, Nov. 1: Shaw's  
Thurs, Nov. 7: Stop & Shop  
Fri, Nov. 8: Shaw's  
Thurs, Nov. 14: Stop & Shop  
Fri, Nov. 15: Shaw's  
Thurs, Nov. 21: Stop & Shop  
Fri, Nov. 22: Shaw's  
Fri, Nov. 29: Shaw's

**NO WALMART THIS MONTH!**



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

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



## DO YOU KNOW THE SENIOR CENTER HAS A BILLIARDS ROOM?

Our Billiards group is looking for more players. Join in on the fun. Our Billiards Room is located downstairs. Stop by today for more information. Our Billiards Group welcomes everyone!



No experience needed. The Billiards group meets up daily M-F at 8:30AM.

Back in September, we participated in a contest called Steppin' Out: Fitness Challenge. Each year, Blue Cross & Blue Shield of Rhode Island facilitates this contest to encourage people to stay active.

To be entered into the contest, the East Providence Senior center had to post on social media each week in September highlighting all the great fitness-related activities we have going on at the Senior Center. We were entered into a raffle in hopes to win a \$500.00 donation to the Senior Center.

**We are happy to announce, the East Providence Senior Center has WON this contest!!**

## We will be showing: THE AMERICAN PRESIDENT

Monday, November 25

1:00pm



With the end of his first term in sight, widowed U.S. President Andrew Shepherd knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade, Shepherd's supporters question the relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Shepherd must choose between his political career and his love for Sydney.

## CRAFT CLUB HOSTED BY BROWN UNIVERSITY STUDENTS!

Monday, November 25  
10:30AM-11:30AM

**Craft to be Announced!**

# MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment begins on October 15, 2024 and ends December 7, 2024. During the Medicare Open Enrollment period, we bring extra resources to the Senior Center to assist with your Medicare needs. See below for Medicare assistance during open enrollment.

## SHIP COUNSELING

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost, 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 (by appointment only).

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

## Medicare Open Enrollment is here

Now is the time to compare your current coverage to all your choices for 2024 and select the plan that best fits your needs and budget. Medicare's Open Enrollment period gives everyone with Medicare the opportunity to make changes to their prescription drug plans or health plans for coverage beginning January 1, 2024. But don't delay, the Open Enrollment period ends on December 7.



Len Walker  
lwalker@myhst.com  
774-210-2060



Len Walker is a Medicare Agent with Healthcare Solutions Team. Len can assist you with comparative supplemental insurance plans for Medicare. Call today to schedule your appt!

## 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



## Medicare Open Enrollment



## Medicare Part D Extra Help

If you are struggling with your prescription drug costs, **Extra Help** is a Medicare program that can help pay for your drug coverage (Part D) premiums, deductibles, coinsurance, and other out-of-pocket costs. If you make less than \$22,000 a year, it's worth it to apply.

Visit [ssa.gov/extrahelp](https://ssa.gov/extrahelp) or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply.

## Protect Yourself From Medicare Scams



Watch out for people who:

- Ask for your Medicare number
- Ask for your bank information
- Ask for your Social Security number
- Pressure you with time limits
- Say they represent Medicare
- Offer you gifts to enroll in their plan
- Make unsolicited calls, visits, or texts
- Approach you in parking lots or malls
- Threaten that you will lose your Medicare benefits unless you sign up for their plan
- Give you materials that look like they are from official government sources

# Health Related Programs:

## WISDOM FOR LIVING

**NOVEMBER 14 FROM 1PM-2PM**

Do you ever just want to grab a coffee or tea and talk with other like minded individuals about topics that interest you? Well, now you can!

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



**NEW NURSE HOURS: TUESDAY & THURSDAY 9AM-4PM**

## GRIEF SUPPORT AND HEALING

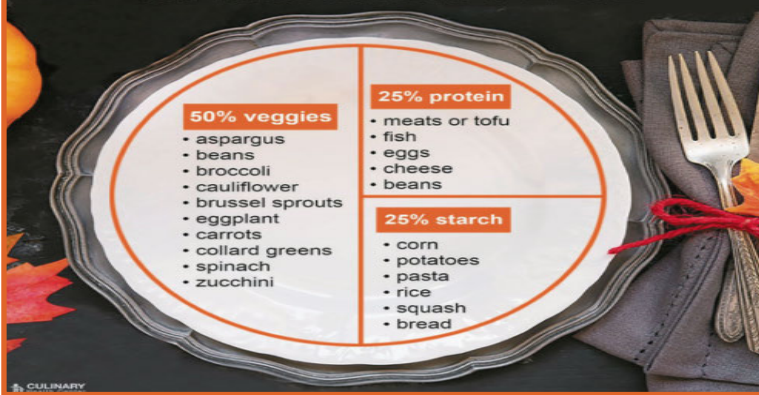
### WITH BEACON HOSPICE

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.



**Thursday, November 21 11AM-12PM**

## HOW TO BUILD A HEALTHY THANKSGIVING PLATE



## URI SNAP ED

**Wednesday, Nov. 20  
10:30AM**

THE UNIVERSITY OF RHODE ISLAND



## NUTRITION LABELS

Do you look at the labels on food items at the grocery store? How do you know what to look for? It's important you understand what you are eating and often times that means understanding food labels. URI SNAP Ed will offer suggestions on what to pay attention to when choosing food items.

Are you having trouble seeing? You may be suffering from age-related macular degeneration.

**FRIDAY, NOVEMBER 22  
10:30AM-11:30AM**

The disease is most common in people over 60 years of age. The University of Rhode Island Pharmacy Outreach team will be here to explain more about the disease and to share tips on how you can slow down the disease and save your eyesight.

## CARELINK MOBILE DENTAL CLINIC IS BACK! TUESDAY, NOVEMBER 26 (9AM-3PM)

CareLink Mobile Dentistry will be coming back to the East Providence Senior Center for a dental clinic. Registration in advance is required.

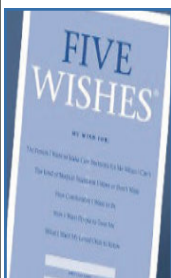
Please call Shahnee at  
401-270-1792 to  
reserve your spot  
today!



**PODIATRIST IN HOUSE NOVEMBER 1. THERE ARE CURRENTLY NO OPEN APPOINTMENTS.**

## 5 WISHES ADVANCED DIRECTIVES PRESENTATION

**THURSDAY, NOVEMBER 7 @ 11AM**



Five Wishes is the first living will that talks about your personal, emotional, and spiritual needs as well as your medical wishes. It is legally valid in nearly every state. Join us for a 5 wishes presentation facilitated by Beacon Hospice. Learn how to fill out the 5 wishes booklet and ask any questions you may have.

## The Importance of Oral Care in Older Adults

**WEDNESDAY, NOVEMBER 6  
9:30AM-11:00AM**

Older adults are at a high risk for poor oral health. Research has shown that gum inflammation (gingivitis) raises the risk for lung disease, heart disease, blood vessel blockage, and strokes. Another common problem older adults have with their oral care is dry mouth. Learn what you can do to improve your oral health and stay smiling years to come.

Anyone wishing to have their teeth cleaned can reach out to Shahnee for an appointment. Carelink Dental takes Medicaid, Medicare and private insurance coverage.

# Aging *Vibrantly* Adults



*20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.*

Learn to better understand mental health. Participants will gain knowledge, skills, confidence, and about resources. These trainings are for both care givers and older adults to better navigate mental health so we can all age healthy and vibrantly.

**Participants will receive a \$25.00 gift card to Shaws for completing a brief survey.**

Please join us Wednesday 11/27/24 10:00 AM - 11:00 AM at  
East Providence Senior Center Seminar Room 610  
Waterman Avenue, East Providence RI 02914

***To register for training or for more information please contact Steven Eiland, MHAT Project Director at [eastbaymhat@gmail.com](mailto:eastbaymhat@gmail.com) or call 401-247-1900 ext. 346 or Scan the QR code with your phone.***



This MHAT project is funded by SAMHSA  
NOA 6H79SM084527-02M002

# VOTING INFORMATION:

## Ways to Vote

Know your voting options for the  
2024 FALL ELECTION SEASON



### FROM HOME

Go to [vote.sos.ri.gov](https://vote.sos.ri.gov) to download a mail ballot application -OR- contact  
CANVASSING OFFICE  
401-435-7502

Primary Mail Ballot  
Deadline - August 20<sup>th</sup>

General Election  
Mail Ballot Deadline-  
October 15<sup>th</sup>



### EARLY IN- PERSON

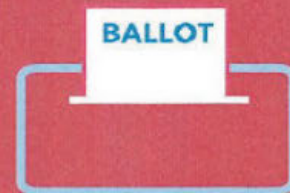
East Providence City Hall  
Mon-Wed 8am to 4pm  
Thursday 8am to 6pm  
Friday 9am to 1pm

Primary  
August 21<sup>st</sup>- September 9<sup>th</sup>

General Election  
October 16<sup>th</sup> – November 4<sup>th</sup>

For More Information Contact:  
Leslie Shattuck-Moore,  
Canvassing Administrator  
401-435-7502

[lshattuck-moore@eastprovidenceri.gov](mailto:lshattuck-moore@eastprovidenceri.gov)



### ON ELECTION DAY

Primary  
September 10<sup>th</sup>  
(All Polling Locations Open)

General Election  
November 5<sup>th</sup>  
( All Polling Locations Open)

Visit: [vote.sos.ri.gov](https://vote.sos.ri.gov) to determine your location  
Hours  
7:00 A.M to 8:00 P.M.

# Robert Rock Senior Center Activities

## NOVEMBER 2024

Mon	Tue	Wed	Thu	Fri
<p><i>**Calendar Items are subject to change based on cancellations and/or inclement weather**</i></p>		<p>REWARDS CARDS: Every event in <b>RED BOLD FONT</b> will count towards your reward card!</p>		<p><b>1</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Bird Watching 10:45A: PACE Chair 11A: Meditation (John Hosting) 1P: BCBS Balance 1p: Podiatrist appts 1:30P: Hi Lo Jack</p>
<p><b>4</b> 10:30A: Backgammon 10:30A: Bingocize 10:30a: Chair Yoga w/ Marilyn 10:30A: Senior Pickleball Meetup 2P: PODS Swimming</p>	<p><b>5</b> Election Day  Senior Center Closed</p>	<p><b>6</b> 8A: SHIP Counseling 9A: 20/20/20 Fitness <b>9:30A: Dental Care Presentation</b> 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>7</b> 9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 10:30A: Bingocize 11A: 5 Wishes Advanced Directives Presentation 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>8</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p><b>11</b> Veterans Day  Senior Center Closed</p>	<p><b>12</b> 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>13</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>14</b> 9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet 1P: Wisdom for Living Talks</p>	<p><b>15</b> 8:30A: Scrabble 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack  <b>*DROP OFF ART PIECES TODAY FOR ART SHOW*</b></p>
<p><b>18</b> <b>10A: ART SHOW</b> 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Bingocize 10:30A: Senior Pickleball Meetup 2P: PODS Swimming</p>	<p><b>19</b> 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>20</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP Ed 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>21</b> 9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance <b>10:30A: AARP Fraud Presentation</b> 11A: Grief Support &amp; Healing 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit &amp; Crochet</p>	<p><b>22</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg <b>10:30A: URI Pharm</b> 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1:30P: Hi Lo Jack <b>*TAKE ART PIECES HOME TODAY*</b></p>
<p><b>25</b> 10:30A: Backgammon 10:30A: Bingocize 10:30A: Craft Club 10:30A: Senior Pickleball Meetup 1P: Movie Showing 2P: Pods Swimming</p>	<p><b>26</b> 9:30A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p><b>27</b> 9A: SHIP Counseling 9A: 20/20/20 Fitness 10A: Age Vibrantly Adults Presentation 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p><b>28</b> Thanksgiving Day  Senior Center Closed</p>	<p><b>29</b> 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 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  
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.**

**NOVEMBER 20- 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.

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.**

## 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.**

2555 Pawtucket Ave., East Providence, RI 02914

**434-3885**

**Perry/  
McStay**  
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JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL

**LEN WALKER**

Senior Agent

Medicare Solutions

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Fax: 508-557-1824

lwalker@myhst.com

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Lisa Janicki, MS

## YOUR STORY INTERVIEWS

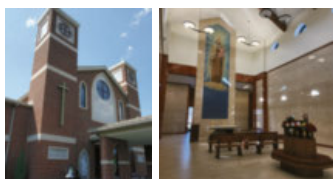


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MEMOIR**

**GRETCHEN VORBECK  
(520) 699-4988**

**GEVORBECK@GMAIL.COM**



# Catholic Cemeteries

**Diocese of Providence**

*Catholic Cemeteries has more options to choose from than ever before.*

*Numerous opportunities to memorialize your loved one regardless of their resting place. Ensure that YOUR wishes are met, rather than leaving it up to grieving family members. We are here to help you through the process.*

**Main Office: (401) 944-8383**

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

**Mention Discount Code  
EPSC at time of purchase**

**ricatholiccemeteries.org**

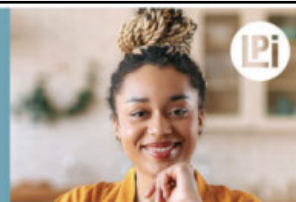
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Contact us at  
**careers@4ipi.com or  
www.4ipi.com/careers**

### **Gaps in Coverage? Turning 65? Confused about plans and benefits?**



I am an INDEPENDENT agent working with over 30 plans in RI and Mass. We want to assess your needs and find any gaps in coverage or ways to save costs without cutting benefits.

*Brenna Mavis Insurance Services inc*  
MEDICARE SERVICING AGENT

**Benefits Reviews and Explanations • Medicare Advantage and Supplements  
Cancer Protection • Skilled Nursing • Hospital Indemnity • Prescription Drug Plans**

**Our Agency is hosting workshops and events in Spring and Summer  
FREE to the seniors in this community. Please text, call or  
email to register for event and see event calendar on our website!**

**Bingo Nights always with prizes! • Companion Opportunities  
"STOP the SCAMS!" Technology workshop • Painting Lessons  
Expos for the best senior products on the market and much more!**

**401-864-4716 - brennamavis@gmail.com**



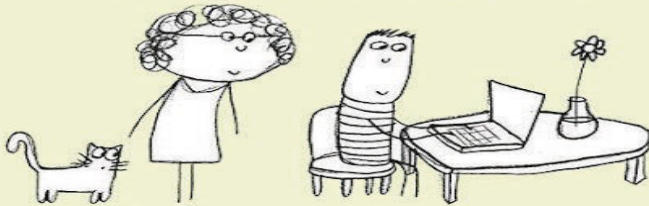


# TECHNOLOGY ASSISTANCE



## Smartphone/Computer Assistance

HAPPINESS IS...



helping someone with their computer

### AGE WELL, GET CONNECTED

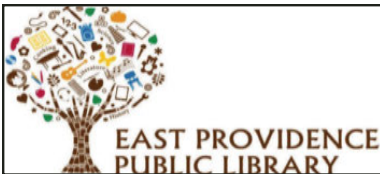
Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.

**November 20, 2024 10:30AM**



*Did you know that the Weaver Library Offers Technology Assistance?*



Schedule a one-on-one appointment to help you learn how to use the computer, set up an email account or ask any other computer or device question.

*Call Weaver Library to schedule your appointment today!*

401-434-2453

### SMARTPHONE HELP:



**EVERY TUESDAY MORNING 10AM-11AM**

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

*No registration required*



## ATEL TECH TIME THURSDAY, NOV. 7 & NOV. 21 9:30AM-11:30AM



*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.

***Sign up for your appointment slot by the front desk!***

To borrow a device, or see if you may be eligible to receive a no cost

smart device from the ATEL Program,

please contact Denise Corson,

401-486-3325 or

email [Denise.Corson@ors.ri.gov](mailto:Denise.Corson@ors.ri.gov)



# EAST PROVIDENCE SENIOR ART SHOW

## MONDAY, NOVEMBER 18, 2024

### 10AM-12PM

*Would you like to display your artwork and enter a contest?!*  
*We would love to feature your work at our 3rd 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. 15, 2024.**  
**Art pieces will be displayed for one week after the Art Show.**  
**Pieces will need to be taken home by Friday, Nov. 22, 2024.**



# LIBRARY NEWS:

We have received new books with grant funding in our Library!  
Stop by to take a look.



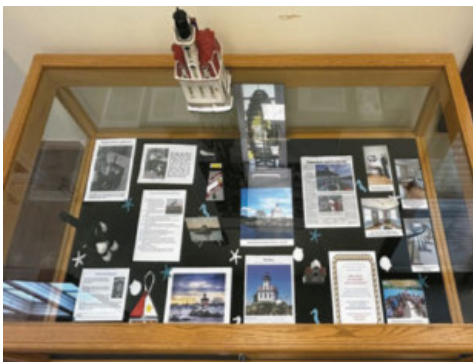
The Senior Center also has a program partnered with the Weaver Library. If you wish to read a book we do not carry at the Senior Center, call the Weaver Library at 401-434-2453. Weaver Library will deliver the book to the Senior Center. Once you are finished with the book, return to the Senior Center library.

We have many dedicated volunteers in the library that can help you choose a book.

*Donations are accepted of current books and magazines. Feel free to drop by with your book donations between the hours of 8AM-4PM Monday-Friday.*

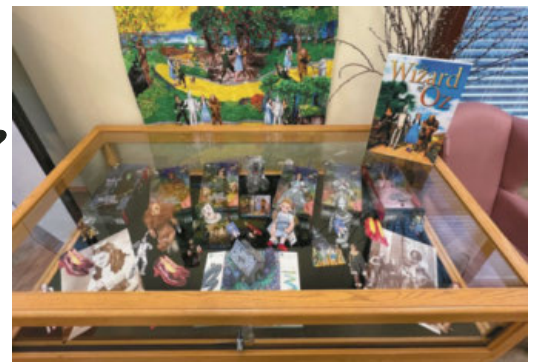
## DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?

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.



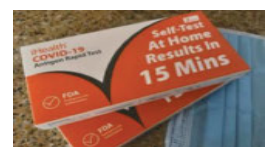
***Do you have a collection you would like to have featured in our display case?***

Please contact Amanda at 401-270-1788 to coordinate. We would love to feature your collection!



## ARE YOU IN NEED OF AT-HOME COVID-19 TESTS?

At the end of September, all U.S households are eligible to order 4 FREE COVID-19 tests at [covidtests.gov](https://www.covidtests.gov). The COVID-19 tests will detect current COVID-19 variants and can be used through the end of the year.



*If you need assistance ordering your free test kits, please call our Elder Resource Specialist Amanda at 401-270-1788.*

**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**

The East Providence Senior Center is excited to announce the return of the Rewards Program beginning in 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. 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.



Name: \_\_\_\_\_ ID: \_\_\_\_\_

**Ingredients**

- Nonstick cooking spray
- 1 cup all-purpose flour
- 1 cup uncooked old fashioned oats
- ½ cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 large egg
- ½ cup low-fat milk
- 1 (15 ounce) can pure pumpkin
- ¼ cup vegetable oil
- ⅔ cup raisins
- ½ cup chopped walnuts (optional)

**Pumpkin Muffins**

**Prep time: 15 minutes**

**Cook time: 35 minutes**

**Servings per recipe: 12**



**Directions**

- 1) Preheat oven to 350°F. Spray muffin tin with nonstick cooking spray.
- 2) Mix flour, oats, sugar, baking powder, salt, and cinnamon together in a bowl.
- 3) In another bowl, beat together egg, milk, pumpkin, and oil.
- 4) Make a hole in the center of the dry ingredients, and pour in the wet ingredients. Stir until just moistened.
- 5) Stir in raisins and walnuts, if using.
- 6) Fill muffin cups with ¼ cup of batter.
- 7) Bake for 35 minutes, or until lightly brown on top.



**Thank You!**

Veterans Day  
Honoring all who served!



## WHAT IS COMMUNITY POLICING?

Community policing or community-oriented policing is a strategy of policing that focuses on developing relationships with community members.

### DID YOU KNOW THAT THE SENIOR CENTER HAS TWO COMMUNITY POLICE OFFICERS?

**Officer Demers** and **Officer Cabrera** are stationed at the Robert Rock East Providence Senior Center to assist residents by providing advice/insight on particular situations. They also serve as a senior advocate who follow up on reports concerning elderly residents who may need social services and assistance with daily life. Officer Demers and Officer Cabrera also have experience with scams. Both are able to educate and assist those who feel they are in a possible scam situation.

*Officer Demers and Officer Cabrera's office is located upstairs in the Administration Office. Their office is to the left once you walk in to the Admin Office. Stop by to say hi!*



ELDERLY AFFAIRS  
OFFICER  
BILL  
DEMERS

SERGEANT  
KELVIN  
CABRERA



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40 Irving Avenue | 401-438-4456

**\$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.

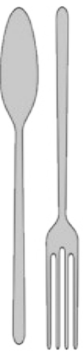
**Meals are served at 12PM Monday-Friday.**

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!**



**November 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
<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>Suggested Donation \$3.00</p>		
<p>4 Chicken soup Marry me meatballs Rice pilaf Green beans Ww roll Cookies Ham salad on rye</p>	<p>5 Election Day  Senior Center Closed</p>	<p>6 Beef lentil soup Sausage peppers and Roasted potatoes Ww roll Fresh melon Seafood Salad Plate</p>	<p>7 Tomato soup Pork scallopini Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich</p>	<p>1 Mushroom barley soup French onion baked chicken Rice pilaf Italian mixed vegetable Ww roll Sliced peaches Chicken salad plate</p>
<p>11 <b>Veterans Day</b>  <b>Senior Center Closed</b></p>	<p>12 Kale &amp; bean soup Chicken w/roasted tomato Mushrooms &amp; red onion Rice pilaf Ww roll Sliced peaches Roast beef on roll</p>	<p>13 Navy bean soup Pork roast w/ gravy Mashed sweet potatoes Green beans Ww Roll - Cake Seafood salad plate</p>	<p>14 <b>BirthDay Cupcake</b> Chicken soup Stuffed meatloaf Mashed potatoes Buttered corn Sliced peaches - Ww roll Chicken salad sandwich</p>	<p>15 Vegetable barley soup Shepard's pie Mashed potato Ww roll Cookie Ham &amp; cheese on wheat</p>
<p>18 Tomato soup Honey Glazed chicken Rice pilaf Florentine Roasted mixed vegetables Ww roll Oatmeal cookie Turkey sandwich</p>	<p>19 Chicken soup Meatball &amp; peppers sandwich Green beans Sliced potatoes Roll Sliced peaches Chef salad</p>	<p>20 Tuscan white bean soup Pasta alla norma w/eggplant Ground beef Zucchini &amp; carrots Ww roll Lorna doone cookie Tossed salad w/ chicken</p>	<p>21 Squash soup Roast turkey w/gravy Stuffing Mashed potatoes Roasted vegetables Cranberry sauce/ roll Holiday Pies</p>	<p>22 Escarole bean &amp; sausage soup Pub burger w/cheese Potatoes wedges 3 - bean salad Ww roll Fresh fruit Waldorf salad w/ chicken</p>
<p>25 Chicken escarole soup Lasagna roll up w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll</p>	<p>26 Roasted Cauliflower soup Marry me chicken Rice pilaf Corn &amp; carrots Ww roll Cobb salad</p>	<p>27 Vegetable soup Roast beef w/gravy Mashed sweet potato Mixed vegetables Ww roll Egg salad sandwich</p>	<p>28 <b>Thanksgiving</b>  <b>Senior Center Closed</b></p>	<p>29 <b>NO LUNCH TODAY</b></p>