

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!

October 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:

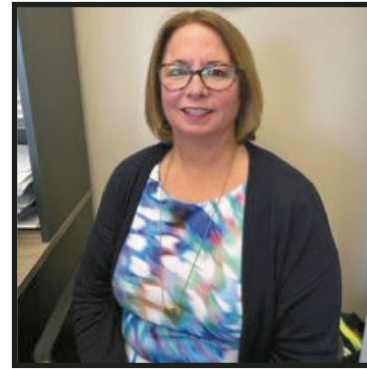
Hope you all are enjoying the fall season so far! It was an honor to be a part of the Patriot Day Veteran Ceremony at the Senior Center last month. We have so many dedicated Veterans in East Providence, and I am happy to have been able to be there with you all during such a great ceremony hosted by Beacon Hospice. We have some great events lined up for the month of October. The Great Townie Pumpkin Fest is on Saturday, October 5. There will be multiple craft vendors, food vendors, pumpkin decorating, and games for the kids. This is a family fun event, and I hope to see you all there!

With election season upon us, I would like to share that there are multiple ways you can register to vote if you are not registered yet. You can register to vote in person, online, or by mail. If you have any questions regarding voting, you can call the East Providence Canvassing Department at 401-435-7502. You must be registered to vote 30 days before election day.

Take a look at our City calendar for any upcoming events! <https://eastprovidenceri.gov/calendar>.

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy autumn! I would like to thank Beacon Hospice for coming out on Patriot Day to honor our East Providence Veterans. The ceremony was wonderful and we were able to highlight some of our great East Providence Veterans.

I am happy to announce that Bingocize is back beginning October 7. This is a 10-week commitment. If you are interested in signing up for this class, please see the front desk. Registration is required for this class.

I would also like to thank you all for joining us as we hosted a farewell party for our Community Health Workers Gilbert and Theany. During Gilbert's time at the Senior Center, he was able to become certified as a Community Health Worker. Theany was able to get work experience which is required for this certification. We wish them both luck in their future endeavors!

If you are new to Medicare or have a loved one aging into Medicare, please consider coming to our Annual Medicare Open Enrollment Informational Fair. We will have multiple resources available. Learn more information about this event on page 4 of this newsletter.


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 OCTOBER:
 Monday, Oct. 14: Columbus Day (Senior Center **CLOSED**)
 Tuesday, Oct. 15: Medicare Open Enrollment Begins



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
OCTOBER 2024:

October 3: Stop & Shop
 October 4: Shaw's
 October 10: Stop & Shop
 October 11: Shaw's
 October 17: Stop & Shop
 October 18: Shaw's
 October 24: WALMART
 October 25: WALMART
 October 31: Stop & Shop



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



BACK BY POPULAR DEMAND— BINGOCIZE!

Join us for a FREE 10 week program that combines the fun of BINGO with exercise and education designed for older adults. Improve mobility and nutrition, socialize, reduce falls, and learn more about safe medication practices.

Call today to register. Classes begin Oct. 7!




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.

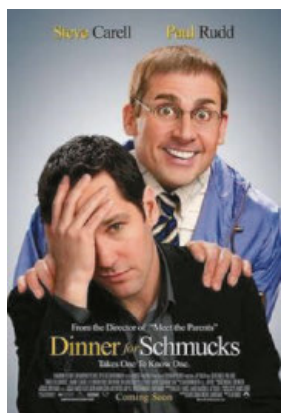
RIPTA OUTREACH PRESENTATION
THURSDAY, OCTOBER 10 10AM




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.

We will be showing:
DINNER FOR SCHMUCKS
Monday, October 28 1:00PM

Tim, a rising executive, works for a boss who hosts a monthly event in which the guest who brings the biggest buffoon gets a career boost. Though he declines the invitation at first, he changes his mind when he meets Barry.



CRAFT CLUB
HOSTED BY BROWN UNIVERSITY STUDENTS!
Monday, October 28 10:30AM-11:30AM
Craft Will Be Announced!



MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment begins on October 15, 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 as well as information on our annual Medicare Open Enrollment Info Fair!

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!

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



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!

MEDICARE OPEN ENROLLMENT PERIOD



2024
MEDICARE OPEN ENROLLMENT
INFORMATIONAL FAIR
THURSDAY OCTOBER 10, 2024
10:00AM-12:00PM

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



Are you new to Medicare, or will be eligible soon? Looking for more information to understand how Medicare works, the parts of Medicare, and your options for coverage?

Use this informational fair as a one stop shop to gather information on Medicare Open Enrollment 2025 plans.

Seek out new policy information, supplemental plans, information on first time enrollments. Speak to Representatives on site! We will also have Medicare Specialists, Heating Assistance Representatives, and the United Way RV bus available to assist you with resources.



THURSDAY OCTOBER 10, 2024



10:00AM-12:00PM



Health Related Programs:

WISDOM FOR LIVING

OCTOBER 10 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, October 17 11AM-12PM

TAI JI LEVEL 2- BEGINNING IN OCTOBER!



Take the challenge and continue to improve your balance and coordination with Tai Ji Level 2. This class builds off of skills learned in Level 1.

Classes will meet once a week beginning

Tuesday, October 8th from 9:45am-10:45am.

Participants must have already completed Tai Ji Level 1.

Pre-screening assessments will be held on October 1st and 3rd by appointment only.

URI SNAP ED

Wednesday, October 16 10:30AM

THE UNIVERSITY OF RHODE ISLAND



HEALTHY ALTERNATIVES

SNAP-Ed workshops focus on nutrition information and choosing healthy options on a budget. They are hands-on and often include cooking recipe demonstrations and recipe tastings.

COMING TO THE SENIOR CENTER IN NOVEMBER:

THE PODIATRIST IS BACK!

FRIDAY, NOVEMBER 1

1 PM-4PM

Callus removal and nail clipping services. Please contact Shahnee, our Healthy Aging Nurse Coordinator for an appointment **401-270-1792**.

You must be a member of the Senior Center to have a scheduled appointment to be seen.



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

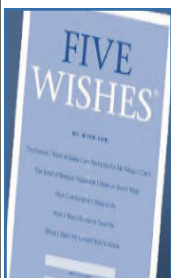
CareLink Mobile Dentistry will be coming back to the East Providence Senior Center for a dental clinic. Registration in advance is required.

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



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.



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.

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**.

COMMON SCAMS IN RI:

“Grandparent” Scam

- Targets older adults
- Usually starts with a phone call – a con artist poses as a grandchild or a person calling on behalf of a relative in trouble and in urgent need of money.
- In every case, the caller claims that an emergency has occurred and requests that money be sent immediately via wire transfer.
- Sometimes the caller claims to be a lawyer or a close friend of the child, whose alleged problems range from being in prison in a foreign country, to being in a car accident, missing a wallet, losing an airline ticket, or having a credit card stolen while traveling.

Rhode Island Energy Scam

- Individuals claiming to be from Rhode Island Energy contact a business owner or a residential customer to demand immediate payment or else the company will shut off the power supply.
- In some instances, the scammers have been able to provide the customers with detailed information such as last payment date and amount.
- REMEMBER: While Rhode Island Energy may contact customers with past due balances by phone to offer payment options, the company NEVER demands direct payment immediately over the telephone.

"Windows Support" Scam

- You receive an unsolicited phone call from individual posing as Microsoft Windows tech support letting you know your computer has "corrupt" files and needs to be fixed.
- Caller then walks through a series of computer commands, allegedly fixing the issue, but actually installing malware or other software that allows the scam artist to remotely control your computer.

IRS Phone Scam

- Individuals claiming to represent the IRS contact taxpayers via telephone, telling you that you owe back taxes and demanding that you pay the money immediately with a pre-loaded debit card or wire transfer.
- Caller often threatens victims with arrest, deportation or suspension of a business or driver's license.

WHERE TO GO IF YOU BELIEVE YOU ARE A VICTIM OF A SCAM:

If you think you have been a victim of one of these or any other scam, contact the Attorney General Consumer Protection team at 401-274-4400 or consumers@riag.ri.gov.

At the East Providence Senior Center, we have Community Policing that will also be able to help if you believe you are a victim of a scam.

Stop by the Resource Center and speak with Amanda (Elder Resource Specialist). Amanda has resources and literature on red flags to help identify scams.

EARLY VOTING INFORMATION:

Ways to Vote

Know your voting options for the
2024 FALL ELECTION SEASON



FROM HOME

Go to vote.sos.ri.gov to download a mail ballot application -OR- contact CANVASSING OFFICE 401-435-7502

Primary Mail Ballot
Deadline - August 20th

General Election
Mail Ballot Deadline-
October 15th



EARLY IN- PERSON

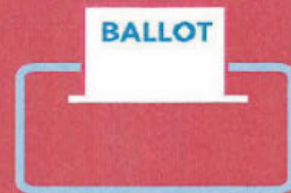
East Providence City Hall
Mon-Wed 8am to 4pm
Thursday 8am to 6pm
Friday 9am to 1pm

Primary
August 21st- September 9th

General Election
October 16th – November 4th

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

lshattuck-moore@eastprovidenceri.gov



ON ELECTION DAY


Primary
September 10th
(All Polling Locations Open)

General Election
November 5th
(All Polling Locations Open)

Visit: vote.sos.ri.gov to determine your location
Hours
7:00 A.M to 8:00 P.M.

Robert Rock Senior Center Activities

OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
	1 9A: Bocce 9:30A: Tai Ji Level 2 Screenings 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	2 8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Program 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	3 9:30A: Senior Shopping 9:30A: Diabetes Management Series 9:30A: Tai Ji Level 2 Screenings 12:30P: Bridge 12:30P: Knit & Crochet	4 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Bird Watching 10:45A: PACE Chair 11A: Meditation (John Hosting) 1P: BCBS Balance 1:30P: Hi Lo Jack
7 10:30A: Backgammon 10:30A: Bingocize 10:30a: Chair Yoga w/ Marilyn 10:30A: Senior Pickleball Meetup 2P: PODS Swimming	8 9A: Bocce 9:45A: Tai Ji Level 2 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	9 8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Program 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	10 MEDICARE OPEN ENROLLMENT INFO FAIR 10AM-12PM 9:30A: Senior Shopping 10A: RIPTA Presentation 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom for Living	11 8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1:30P: Hi Lo Jack
14 Senior Center Closed  Columbus Day	15 9A: Bocce 9:45A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	16 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP ED 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	17 9:30A: Senior Shopping 9:30A: 1:1 Computer Assistance 10:30A: Bingocize 11A: Grief Support & Healing 12:30P: Bridge 12:30P: Knit & Crochet	18 8:30A: Scrabble 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
21 9A: Len Walker Appts 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Bingocize 10:30A: Senior Pickleball Meetup 2P: PODS Swimming	22 9A: Bocce 9:45A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	23 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	24 9:30A: Senior Shopping 10A: Mobile Mini Golf 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	25 8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10A: Insight Support 10:45A: PACE Chair 11A: Meditation (Gretchen Hosting) 1P: BCBS Balance 1:30P: Hi Lo Jack
28 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Bingocize 10:30A: Craft Club 10:30A: Senior Pickleball Meetup 1P: Movie Showing 2P: Pods Swimming	29 9A: Bocce 9:34A: Tai Ji Level 2 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!	30 9A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	31 9:30A: Senior Shopping 10:30A: Bingocize 12:30P: Bridge 12:30P: Knit & Crochet	REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!

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.**

October 9- 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.

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

PO Box 121, Seekonk, MA 02771

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

www.sandlhealthcaresolutions.com

Medicare Solutions



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Lisa Janicki, MS

YOUR STORY INTERVIEWS

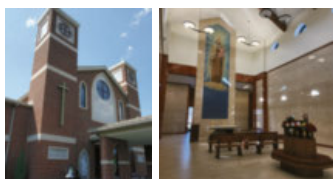


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MEMOIR**

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(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

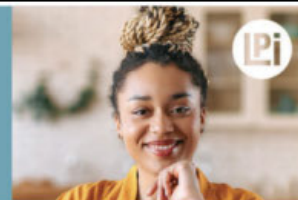
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Contact us at
careers@4ipi.com or
www.4ipi.com/careers

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

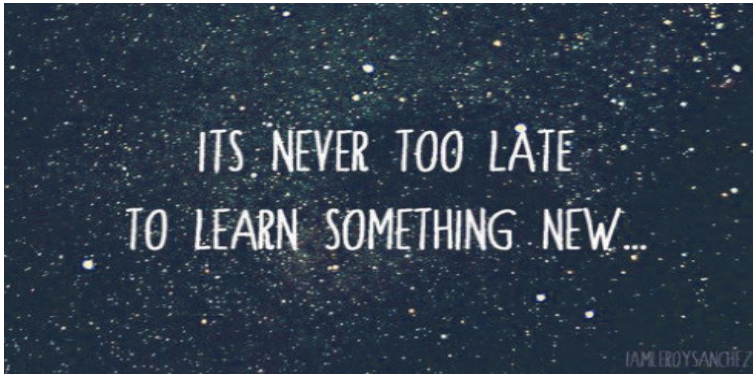




TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance



AGE WELL, GET CONNECTED

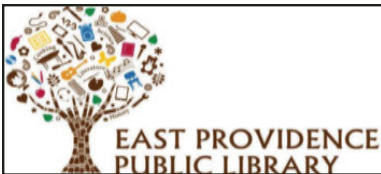
Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.

October 9, 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, OCTOBER 17 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



OCTOBER EVENT IN EAST PROVIDENCE:

PUMPKIN FEST - OCTOBER 5TH



THE GREAT TOWNIE PUMPKIN FESTIVAL

OCTOBER 5, 2024
11AM - 4PM

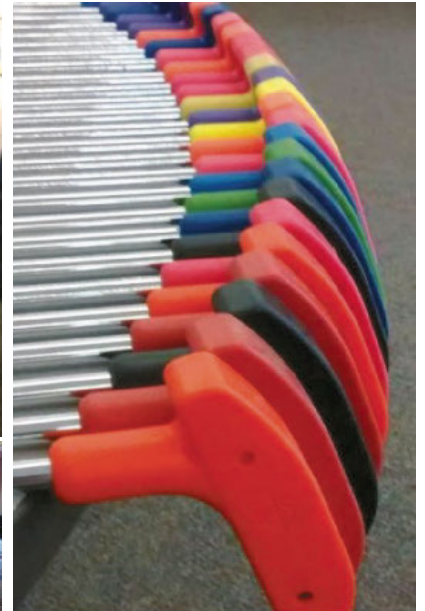
MOBILE MINI-GOLF AT THE SENIOR CENTER: THURSDAY, OCTOBER 24 10AM-12PM

Mobile-Mini Golf is an interactive, all-inclusive activity designed to team up individuals on a fun and challenging Mini Putt-Putt course delivered to you and set up in the common spaces of your Community.

Mobile-Mini Golf is coming to the Senior Center on Thursday, October 24. Grab a friend and watch our Multipurpose Room transform into an indoor mini golf course!

This is a free activity paid for with grant funding. All materials will be provided. Come have some fun!

The mini-golf course will be handicapped accessible.



VOLUNTEERS NEEDED IN DINING ROOM:



We are currently looking for dining room volunteers. Below are volunteer opportunities available in the dining room Monday-Friday.

If you are interested in any of these volunteer opportunities, please call Cindy our Dining Room Manager at 401-270-1814.

Available Dining Room Volunteer Opportunities:

10:00AM-11:00AM Serve coffee / tea with pastries

- Serving individuals their morning coffee and/or tea
 - Getting pastries for individuals.

10:00AM-11:00AM Set tables for lunch

- Placemat setting
- Utensil & water cups setting

10:00AM-11:00AM Prepare sandwiches / salads for lunch

- Put together sandwiches/salads, wrap and place in the refrigerator

11:30AM-12:30PM Beverage Volunteer

- Fill water pitchers and place on tables
 - Pass out milk
- Serve coffee/tea during lunch

11:45AM-1:00PM Volunteer Server

- Bring plated hot food and cold meals to tables using a cart.

11:45AM-1:00PM Plating Food in Kitchen

- Assists with plating food on hot plates for serving

12:30PM-1:30PM Clearing Tables After Lunch

- Collect dinnerware off tables and bring to the kitchen using a cart.

1:00PM-2:00PM Stocking Volunteer After Lunch

- Refill salt/pepper shakers
- Refill sugar packets and napkins

**VOLUNTEERS
NEEDED**



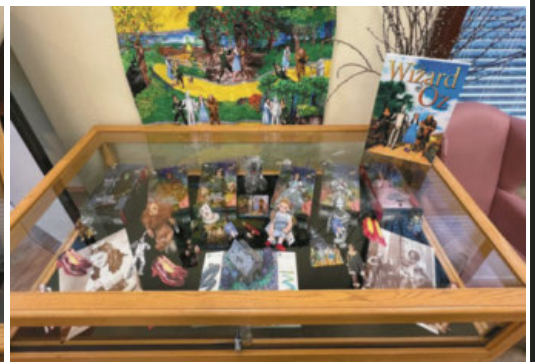
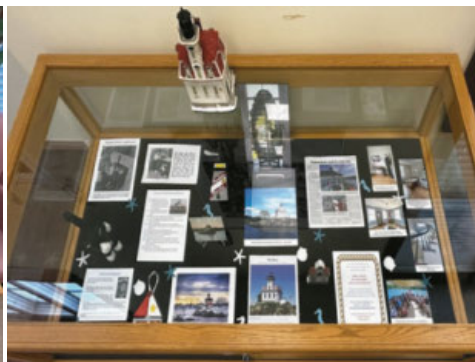
DO YOU HAVE A COLLECTION YOU WOULD LIKE TO SHOW OFF?

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!



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: _____

**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.



Congratulations to one of our Cribbage players for getting a perfect hand during Cribbage in September!

The odds of getting a perfect 29 are very rare. Well done!

Congratulations!

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!



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OFFICER
BILL
DEMERS



SERGEANT
KELVIN
CABRERA



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\$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

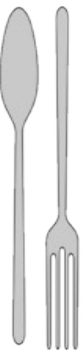
Monday-Friday.

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!



October 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
	Suggested Donation \$3.00				
7	Escarole & bean soup Meatball sandwich Pasta salad Ww Roll Cake Turkey Sandwich on rye	8 Minestrone Soup Chicken cordon bleu Mashed potato Green beans w/ carrots Ww Roll Sliced peaches Tossed salad w/ chicken	9 Chicken soup French onion baked chicken Rice Pilaf Italian vegetables Cookie Ww Roll Seafood Salad Plate	10 Vegetable soup Meatloaf w/ gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	11 Cheeseburger /w roll BBQ Chicken Tomato & cucumber salad Sliced watermelon Cornbread Cupcake
14	Senior Center Closed				
	Columbus Day				
21	Meatball soup Greek-style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Roast beef sandwich on wheat	22 Creamy chicken potato soup Swedish meatballs Mashed potato Mixed Vegetables Roll Sliced peaches Chef salad	23 Tuscan white bean soup Baked pasta w/ ground beef, Florentine Zucchini w/carrots Ww roll Lorna Doone cookie Corned beef on rye	24 Tomato soup Honey garlic pork chop Sweet potatoes Peas & carrots Ww roll Tropical fruit Tuna salad sandwich	25 Escarole bean & sausage soup Chicken fajita w/ peppers & onions Spanish rice Sour cream Chocolate chip cookie Roll Waldorf salad w/ chicken
28	Chicken escarole soup Stuffed shell w/ meat sauce Wax beans Ww roll Sliced peaches Roast beef on roll	29 Roasted Cauliflower soup Pork chop Italiano Rice Pilaf Corn & carrots Ww roll Cake Cobb salad	30 Vegetable soup Roast beef w/ gravy Mashed sweet potato Mixed vegetables Ww roll Cookie Egg salad sandwich	31 Lentil soup Baked ham w/ gravy Rice Florentine Sliced carrots Ww roll Fresh fruit Tossed salad w/ chicken	