

# Robert Rock Senior Center



## October 2022

### Senior Center Services

Elder Resource Specialist

Amanda Mattress

Monday–Friday 401-270-1788

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

When: The first Wednesday of each month 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

M-F 9:00 am-12:00 pm 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 and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP (State Health Insurance Program) Counseling

By Appointment Only– Call 401-435-7876 x1137

Veteran Benefit Counseling

Every Monday at the Senior Center by Appointment.

Michael– 401-208-5484

610 Waterman Avenue  
East Providence, RI 02914

401.435.7800

Fax: 401.563-7024

[www.eastprovidence.ri.gov](http://www.eastprovidence.ri.gov)

### Staff

Laura Jones

Director

[ljones@eastprovidenceri.gov](mailto:ljones@eastprovidenceri.gov)

Shontell Gomes

Admin. Assistant

[sgomes@eastprovidenceri.gov](mailto:sgomes@eastprovidenceri.gov)

Shahnee Lagor

Healthy Aging Nurse Coordinator

[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

Amanda Mattress

Elder Resource Specialist

[amattress@eastprovidenceri.gov](mailto:amattress@eastprovidenceri.gov)

Cindy DeMedeiros

Dining Room 401-270-1814

[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

Pat Thomas & Rhonda Marzetta

Member Services Representatives

[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)

[rmarzetta@eastprovidenceri.gov](mailto:rmarzetta@eastprovidenceri.gov)

Facilities

Edward Joseph

Kenny Atkinson

Transportation

Joe Serodio

Dennis Price

Christopher Januario

### 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 disabled persons in the East Providence area.



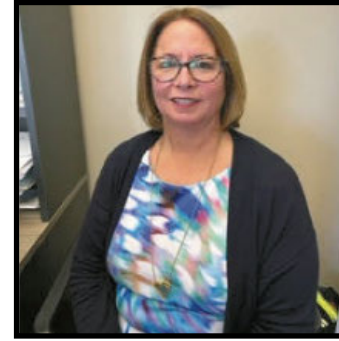
### **Message from the Mayor:**

It is October and the landscape project on the grounds of the Senior Center is well on its way. The new and improved walkway will provide our seniors and residents a safe and beautiful place to walk in a park -like setting. The new patio gives more access to the gazebo allowing for outside meeting areas. Benches and plantings provide space to sit and enjoy the seasons. The newly constructed pickle ball court is getting much attention. Residents are excited to join in and experience or watch this nationally popular sport. If you are not already signed up to receive the City's monthly newsletter, please sign up so you are aware of all the upcoming events including the Great Townie Pumpkin Fest on Oct. 1<sup>st</sup> and Truck or Treat for the Children on Oct. 22<sup>nd</sup>. On Nov. 11<sup>th</sup> please join us to commemorate our men and women veterans. For more information on these and future events and to receive the monthly newsletter please sign up using this link.

<https://lp.constantcontactpages.com/su/3CZ5I08/CityofEastProvidenceNews>

Sincerely,

Mayor Bob DaSilva



### **Letter from the Director:**

Fall is here and the leaves are turning colors. We have an exciting month ahead with lots of activities and events. Consider joining the Chronic Pain Self-Management 6-week program, register for the Living Well with Diabetes Program, attend our Medicare Open Enrollment Info Fair, and Stronger Together Mental Health Training. I want to encourage all to keep your suggestions coming. Recently a member suggested starting a Craft Club here at the Center. If you are interested in participating, come to the Craft Club meeting on Oct. 17th to provide your input. Do you have a medicine cabinet filled with old medications that you need to safely dispose of? If so, save the date for the annual East Providence Coalition Take Back Day on Saturday, Oct. 29th from 10:00 am to 2:00 pm at the East Providence Police Station. Please note the In-Sight support group is scheduled for Friday, Oct. 14th at 1:00 pm. I want to take a moment to thank Dick Wood who will be joining the Senior Center Advisory Group starting in October.

Best,

Director, Laura Jones

Robert Rock East Providence Senior Center  
Advisory Group

Judy Phillips  
Jan Kinder  
Jim Phillips  
George Furtado  
Ann Fagundes  
Ken Goucher  
Elaine Robinson  
Donald Senna

**DAYS TO REMEMBER IN OCTOBER:**

October 5-Fall Bulk Produce Distribution 9-11  
October 10- Columbus Day (Senior Center Closed)

**ANNOUNCEMENT**

**Nurse Hours have  
changed:**

**Tuesdays: 9AM-2PM**

**Thursdays: 9AM-2PM**

**Fridays: 9AM-2PM**

LAST DAY OF CHAIR  
EXERCISE WITH MARILYN  
FOR THE 2022 SEASON:

**MONDAY  
NOVEMBER 7**

**REWARDS CARDS ARE AVAILABLE  
AT THE SENIOR CENTER!**

**HOW IT WORKS:** Attend *FIVE special presentations (in red bold on the calendar)*. Have Amanda or the front desk stamp your rewards card once you attend a special presentation (rewards cards are available in the Resource Center). Once you reach 5 stamps, you will receive a gift card!

Robert Rock East Providence Senior Center

★ **REWARDS CARD** ★

**Each Special Presentation Attended = 1 punch**

**5 punches = free prize!**

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

1 2 3 4 5

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



**BINGO INFORMATION:**

**EVERY TUESDAY**

Doors Open at 1:00PM, Games start at 1:30PM  
Dabbers are sold at the Senior Center, and we also  
have BINGO items located in our gift shop to  
purchase!

**Congratulations to our September 2022 BINGO raffle  
winner! A huge THANK YOU to Pawtucket Falls for their  
monthly sponsorship to our BINGO days!**

**PULL TAB INFORMATION:**

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM TUESDAYS

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



# STRONGER



# TOGETHER

PROVIDED BY THE EAST BAY REGIONAL COALITION

*We are excited to partner with the East Bay Regional Prevention Coalition to offer free mental health trainings here at the Robert Rock Senior Center. An introduction to understanding, recognizing, and addressing mental health in your community, was developed right here in the East Bay to help spread awareness about mental health to the public. The Stronger Together program teaches participants about mental health, how to promote mental health and well-being, and how to recognize and approach a loved one or friend who may be struggling.*

**Support friends, family, & coworkers by attending one of these FREE trainings on October 26, 2022:**

**Seniors & Staff Members:  
9:30 am - 11:30 am**

**All Community Members:  
4:30 pm - 6:45 pm**

at the **East Providence Senior Center** (610 Waterman Avenue • EP)



### Information Included:

- Recognizing Mental Health Concerns
- Effective Tools for Communication
- Promoting Mental Health
- Accessing Resources



### Workshop Audience:

For anyone interested in learning more about mental health and effectively addressing mental health concerns in a personal or professional context.

**Register for either training online: [bit.ly/3xSTIJD](https://bit.ly/3xSTIJD)**

**Or by calling the Healthy Aging Nurse Coordinator at 401-270-1792**

For more information, please email our Program Director at [EastBayMHAT@gmail.com](mailto:EastBayMHAT@gmail.com).  
To find out more about other programs we offer, please visit [www.EastBayMHAT.com](http://www.EastBayMHAT.com).



**East Bay  
Regional Coalition**  
Member of Rhode Island Regional Coalitions



BARRINGTON  
Prevention Coalition



EPPC  
East Providence  
Prevention Coalition



Warren  
Prevention Coalition

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

## Health Related Programs:

### HOSPICE MYTHS— BUSTED!

No one likes to think about the end of their life, but we all know that day will come. Hospice is a unique service helping patients and loved ones make that transition. Learn more about what hospice is, the benefits of having hospice care, who qualifies, and how to advocate for death with dignity at the end of life.

**WEDNESDAY, OCTOBER 5<sup>TH</sup> 10:00AM**



### URI PHARMACY OUTREACH OCTOBER 28<sup>TH</sup> 10:30AM

Each year, approximately 2 million older Americans sustain fractures because of weak bones, leading to temporary or permanent disability, and even death. Fortunately, there are things you can do to maintain and even improve your bone strength.

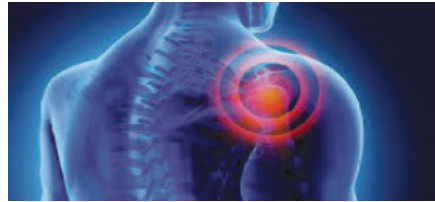
*You are never too old to improve your bone health!*

Join us for a presentation on bone health and Osteoporosis. Understand your risk for a fracture, and find out what you can do to build up your bone mass.

### ***Do you suffer from chronic aches and pain? Don't let another bad day get in the way of living your life!***

Join us for a FREE 6-week program on Chronic Pain Self-Management. The program is geared towards helping participants learn skills and techniques to manage pain. Participants will learn to:

- Manage pain
- Improve sleep
- Manage medications
- Eat healthier
- Become more active
- Improve communications with health care providers



**CLASSES START MONDAY OCTOBER 24<sup>TH</sup> FROM 9:30-11:30**

*For more information on the Chronic Pain Self-Management Program or to register today, please call the Healthy Aging Nurse Coordinator at 401-270-1792.*

### COMING SOON: LIVING WELL WITH DIABETES PROGRAM

***STARTING NOVEMBER 2, 2022 9:30AM-11:45AM***

4 week educational program for diabetics and pre-diabetics to help support diabetes management and promote preventative care. Special hosts include a registered nurse, nutritionist, and pharmacist. *If interested please call Shahnee, the Healthy Aging Nurse Coordinator to register at 401-270-1792.*

### URI SNAP ED

**Wednesday, October 19th 10:30AM**

THE  
UNIVERSITY  
OF RHODE ISLAND  
[web.uri.edu/SnapEd](http://web.uri.edu/SnapEd)





# COMMUNITY EVENTS IN OCTOBER:

## 1st Annual Fall Fair & Classic Car Show

A whole day filled with food, crafts, and music  
SUPPORT LOCAL VENDORS  
in your community

**FREE  
EVENT!**



FOOD



CLASSIC CARS



VENDORS

Classic Car Show,  
Food Trucks, Live Music,  
Over 30+ Vendors, Raffles  
& Much More

**08** OCTOBER  
SATURDAY  
START AT 2:00 PM

Brightbridge Club  
59 Brightbridge Avenue  
East Providence, Rhode Island





# 2022

**MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR**

**TUESDAY OCTOBER 11, 2022  
9:00AM-11:30AM**

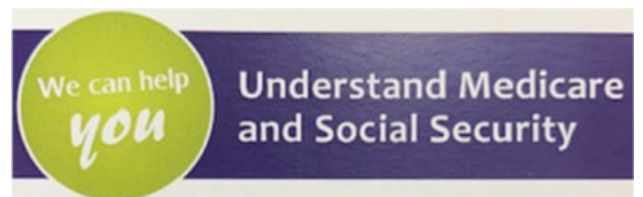
ROBERT ROCK EAST PROVIDENCE SENIOR CENTER  
610 WATERMAN AVENUE  
EAST PROVIDENCE, RI 02914

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

Use this as your one stop shop to get information on Medicare Open Enrollment 2023 plans.


Seek out new policy information, and speak to representatives on site.

**TUESDAY OCTOBER 11, 2022  
9:00AM-11:30AM**



# Robert Rock Senior Center Activities

**OCTOBER 2022**

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:30A: LSVT BIG Exercise Class 11A: Chair Yoga with Marilyn <b>11:30A: AARP Safe Driving Course</b> <i>Veteran Benefit Counseling by appointment only*</i>	<b>4</b> 8A: Nutritionist 9A: Bocce 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	<b>5</b> 8A: Nutritionist 8:30A: Eastside Clinical Lab 9A: 11A Fall Bulk Produce Distribution 9A: Nurse Hours <b>10A: Myths about Hospice Presentation</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>6</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	<b>7</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 9A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack
<b>10</b> <b>Columbus Day</b>  <i>Senior Center Closed. No Meal Program</i>	<b>11</b> 8A: Nutritionist 9A: Bocce <b>9A: Medicare Open Enrollment Info Fair</b> 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	<b>12</b> 8A: Nutritionist 9A: Nurse Hours 10:45A: PACE Chair Exercise 1P: Cribbage	<b>13</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	<b>14</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Senior Shopping 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: Insight Support Group
<b>17</b> 9:30A: LSVT BIG Exercise Class 11A: Chair Yoga with Marilyn 11A: Craft Club Meeting  <i>Veteran Benefit Counseling by appointment only*</i>	<b>18</b> 8A: Nutritionist 9A: Bocce 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	<b>19</b> 8A: Nutritionist 8A: SHIP Counseling <b>10:30A: URI SNAP Ed</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>20</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	<b>21</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Senior Shopping 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1:30P: Hi Lo Jack
<b>24</b> 9:30A: Chronic Pain Self Management 11A: Chair Yoga with Marilyn  <i>Veteran Benefit Counseling by appointment only*</i>	<b>25</b> 8A: Nutritionist 9A: Bocce 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1P: Len Walker Medicare Agent Appts 1:30P: BINGO! 2P: Multimedia Art	<b>26</b> 8A: Nutritionist 8A: SHIP Counseling <b>9A: Mental Health Training</b> 10:45A: PACE Chair Exercise 1P: Cribbage	<b>27</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit & Crochet	<b>28</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 9A: Senior Shopping 10A: Moh Jongg <b>10:30A: URI Pharmacy Presentation</b> 10:45A: PACE Chair 1:30P: Hi Lo Jack <b>*NO MEDITATION TODAY*</b>
<b>30</b> 9:30A: Chronic Pain Self Management 11A: Chair Yoga with Marilyn  <i>Veteran Benefit Counseling by appointment only*</i>	<b>31</b> 8A: Nutritionist 9A: Bocce 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art			<b>Red Bolded activities count towards REWARDS CARDS!</b>  <i>If you are interested in our rewards program, please visit the Resource Center.</i>



## 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.

## SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

## Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

## Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

## Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM. No Cost.

## PACE Chair Exercise

PACE (People with Arthritis Can Exercise) class consists of range of motion, gentle strengthening, balance, weight bearing, breathing, and endurance exercises. All exercises are performed in a seated position. Accommodates individuals with different limitations.

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's Thursdays and/or Fridays. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you off at home. \$1 round trip transportation fee. Registration is required. \*Only offered to East Providence residents\*

## 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.

## Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM Free of cost sponsored by Blue Cross Blue Shield.

## 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. Thursday's 9:30A-10:30A \$2.00 per class.

## Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

## Chair Exercise with Marilyn

Simple yoga breathing practices and yoga movements for strength, stability, and mobility. Done while sitting in a chair. Guided meditation to follow Certified yoga instructor. Class held on Monday's 11AM.

## Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!

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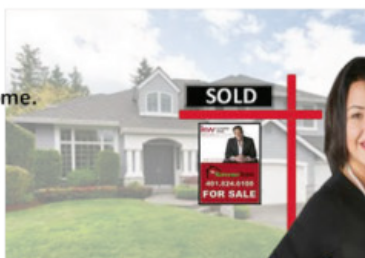
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&  
Alessa**

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Lisa Janicki, MS

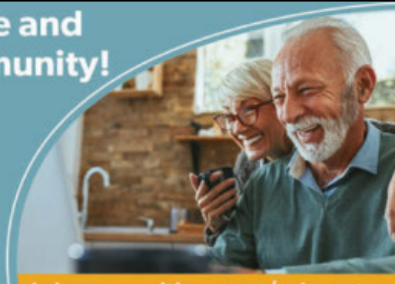
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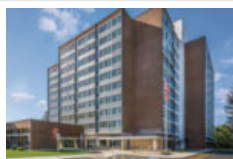
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# TECHNOLOGY ASSISTANCE



## Computer/Tablet Assistance



### AGE WELL, GET CONNECTED

Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action.

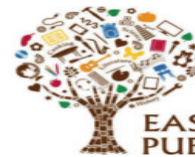
Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.

**November 12, 2022 10:30AM**



*Additional technological assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment (401) 434-2453.*



EAST PROVIDENCE  
PUBLIC LIBRARY

### WEEKLY TABLET/COMPUTER ASSISTANCE AT THE SENIOR CENTER!

Beginning in September, Amanda will be available on Monday's from 10AM-11AM to answer any questions you may have about your computer or tablet. Learn some new tips and tricks! No appointment needed, just stop by the Resource Center or call to learn more!

Amanda: 401-270-1788

### YOU CAN NOW ENJOY SURFING THE INTERNET THROUGHOUT THE SENIOR CENTER BUILDING!

If you would like to sign out a Chromebook, please see Amanda in the Resource Center.

Chromebooks must be returned to the Resource Center by the end of the day.



## Smartphone 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*

I use technology for communication, but I don't have a Blackberry or an iPhone. I use an outdated cell phone, but I'm fine with it.

Nicolas Cage

# COMMUNITY RESOURCES:



## WORKSHOP FOR CAREGIVERS

*Share, Support, and Learn as You Care for a  
Loved One with Memory Loss*

*Light refreshments will be provided. Workshop will begin at 2pm  
at the East Providence Senior Center.*

**October 19th:** Tips for Basic Brain Health and Healthy Aging

**November 16th:** Emotional and Psychological Barriers with Dementia

**December 21st:** Make The Most of Your Visits

For more information kindly reach out  
to Darby Noonan at 401-273-6565 or  
[dnoonan@wingatehealthcare.com](mailto:dnoonan@wingatehealthcare.com)

**Presentation Address:**  
**East Providence Senior Center**  
**610 Waterman Ave, East**  
**Providence, RI 02914**

353 Blackstone Boulevard, Providence RI, 02906 | [ResidencesOnBlackstone.com](http://ResidencesOnBlackstone.com)

## MEMORY CARE WORKSHOPS THE ART OF HEALTHY LIVING FOR YOUR BRAIN AND BODY

Presented by **Coastal1** CREDIT UNION

Join us for a two-part lecture series, focused on healthy living and its positive impact on chronic diseases such as dementia, diabetes, and heart disease.

**Session I** **Session II**  
Tuesday, October 11th Wednesday, October 19th

5:00 PM to 8:30 PM (Both sessions)

Radisson Airport Hotel  
2081 Post Rd, Warwick, RI 02886

FREE to the general public  
Enjoy complimentary hors d'oeuvres & light refreshments

Space is limited. Pre-registration is required.

To register, call us at (401) 435-8888  
or online at [www.riala.org/Memory2022](http://www.riala.org/Memory2022)



**Session I: Tuesday, October 11th**



**An Antidote for Dementia,  
Diabetes and Heart Disease**

**Sudhir Bansal, MD**  
Endocrinologist- Diabetes & Metabolism



**Food is Medicine: The impact of  
olive oil and plant-based diets on  
brain health**

**Mary Flynn, Ph.D.**  
Brown University  
Associate Professor of Medicine

**Session II: Wednesday, October 19th**



**The Latest in Alzheimer's  
and Dementia Research**

**John Stoukides, MD**  
Chief of Geriatrics and Palliative Medicine,  
Roger Williams Medical Center



**Build Your Brain and Body:  
A Non-Pharmacological  
Approach to Healthy Living**

**Jennifer Davis**  
Brown University Associate Professor of  
Psychiatry and Human Behavior



# COMMUNITY RESOURCES:

## VETERAN BENEFITS COUNSELING

*Available every Monday at the Robert Rock  
East Providence Senior Center.*

**Call Michael for an appointment today to see  
if you are getting the maximum benefits you  
deserve as a Veteran!**

**Michael Rhilinger- (401) 208-5484**

**Michaelrhilinger@veteransinc.org**



## EAST PROVIDENCE'S NEIGHBORHOOD FOOD PANTRY

.....

**FREE**  
TO ALL EAST  
PROVIDENCE RESIDENTS

.....

**OPEN**  
WEDNESDAYS  
9:00 AM - 12:00 PM

.....

**LOCATED**  
DRIVE-THROUGH AT  
55 TURNER AVE AND  
WALK-IN AT 68 DORR AVE



FOLLOW US FOR SCHEDULE  
CHANGES & PROGRAM UPDATES

GOODNEIGHBORSRI.ORG  
401-433-0045

SHIP Counseling now available by  
appointment at the Senior Center on  
Wednesday's and Friday's during  
Open Enrollment.

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



**Navigating Medicare**



*Are you struggling to heat your home in the  
winter months? Are you concerned about how  
you are going to keep the heat on?*  
Contact Amanda (Elder Resource Specialist) to  
explore options for heating assistance.  
401-270-1788.

*You can also contact the LIHEAP program  
directly to apply over the phone!*  
401-437-5102

## Mark your Calendars

ZUMBA CLASSES AT THE SENIOR CENTER ARE TO BE DATED. WE APOLOGIZE FOR THE DELAY. THANK YOU FOR YOUR PATIENCE AS WE FINALIZE DETAILS TO BRING BACK ZUMBA!



### URI SNAP ED

Wednesday October 19, 2022 10:30AM

### East Side Clinical Lab

The East Side Clinical Laboratory visits the Robert Rock Senior Center on the first Wednesday of the month. All you need to bring is your lab slip and East Side Clinical Lab will take your bloodwork right at the Senior Center!

**WEDNESDAY OCTOBER 5, 2022 8:30AM-11AM**



**East Providence Prevention Coalition**  
Promoting Healthy Lifestyles in East Providence  
**Drug Takeback Day-Saturday**  
**October 29, 2022 10AM-2PM**  
**East Providence Police Station**

### BLOOD PRESSURE CLINICS

*Monitoring your blood pressure is easy!*

Grace Barker **OCTOBER 11, 2022 10:30AM-11:30AM**

Hattie Ide Chafee **OCTOBER 18, 2022 10:30AM-11:30AM**

# HALLOWEEN WORD SEARCH

Halloween

October

Spooky

Scary

Ghost

Vampire

Werewolf

Witch

Zombie

Skeleton

Monster

Black

Orange

Candy

Trick or Treat

Haunted House

Jack O' Lantern

Boo

Spider

Bats

Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
O	O	S	U	E	D	R	L	I	R	B	J	P	B	B
T	O	U	V	M	R	L	D	P	S	E	Z	V	O	M
E	B	O	Z	V	O	E	G	B	G	H	C	A	T	O
L	A	H	L	W	R	I	E	N	A	W	F	M	C	Z
E	T	D	E	Y	A	R	A	Y	E	Y	J	P	O	S
K	S	E	T	A	E	R	T	R	O	K	C	I	R	T
S	N	T	K	K	O	Q	E	Y	I	O	T	R	J	O
I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
J	E	H	F	C	T	F	J	K	T	G	B	N	N	B





## Ingredients

1 large egg  
 ½ cup canned pumpkin  
 1¾ cups fat-free milk  
 2 tablespoons vegetable oil  
 2 cups whole wheat flour  
 2 tablespoons brown sugar  
 1 tablespoon baking powder  
 2 teaspoons pumpkin pie spice  
 ½ teaspoon salt  
 Non-stick cooking spray



## Pumpkin Pancakes

Prep time: 10 minutes  
 Cook time: 3-5 minutes  
 Servings per recipe: 8  
 Serving size: 2 pancakes  
 Cost: \$3.19 per recipe, \$0.40 per serving

## Directions

- 1) Beat egg, pumpkin, milk and oil in large mixing bowl.
- 2) Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
- 3) Heat griddle over medium heat. Lightly spray with non-stick cooking spray.
- 4) Using a ¼ cup measure, pour batter onto hot griddle. Cook until pancakes bubble, flip, then cook until golden brown.

**R**  
**M**  
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 582 Warren Avenue • East Providence, RI 02914

## LUIS A. MATEUS

Eu Falo Portugues

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Call today for more information | 401-488-7145



## \$3.00 Suggested Donation

Please call our dining room at  
401-270-1814 to place your  
lunch order 24 hours in  
advance.



# October 2022

Lunch is served at 12:00 pm

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

**GRAB AND GO LUNCH UPDATE:**

Grab and go lunches will be discontinued  
beginning June 3, 2022.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken &amp; Brown Rice Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread (Egg Salad on Marble)</p>	<p>4 Vegetable Beef Soup Teriyaki Pork Fried Rice Stir Fry Vegetables Tropical Fruit Nuan Bread (Seagood Salad on Nuan Bread)</p>	<p>5 Split Pea Soup Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot &amp; Cabbage Mix Coffee Cake Wheat Dinner Roll (Fish Sandwich On Wheat Hamburger Bun)</p>	<p>6 Venus de Milo Soup Baked Fish w/Crumb Topping Baked Potato w/Lite Sour Cream Italian Blend Vegetables Jelly 9-Grain Bread (Turkey and Cheese on 9 Grain)</p>	<p>7 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash &amp; Zucchini Fresh Fruit Rye Bread (Meatballs on a Grinder Roll)</p>
<p>10 <u>Columbus Day</u>  Senior Center Closed No Meal Program</p>	<p>11 Onion Soup w/Croutons Meatloaf w/LS Gravy Mashed Potatoes Mixed Vegetables Pudding Multi Grain Bread (Chicken Salad on Multi Grain)</p>	<p>12 Chicken Escarole Soup Italian Style Chicken Cutlet Wild Rice Broccoli Cuts Shortbread Cookies Oatmeal Bread (Tuna on Oatmeal)</p>	<p>13 Vegetable Soup Fried Steak w/Country Gravy Crispy Cube Potatoes Brussel Sprouts Fresh Fruit Rye Bread (Shrimp Salad on Rye)</p>	<p>14 Red Chouder Stuffed Sole Red Bliss Mashed Potatoes Capri Blend Vegetables Sliced Peaches Wheat Bread (Meatloaf on Wheat)</p>
<p>17 Lemonade Low Sodium Hot Dog Baked Beans Scandinavian Blend Vegetables Spynomi Brown Bread (Hamburger on a Roll)</p>	<p>18 Chicken Soup w/Anci de Pepe Stuffed Cabbage Seasoned Brown Rice Carrots Diced Peas Sliced Italian Bread (Turkey Salad on Italian)</p>	<p>19 Pasta &amp; Bean Soup Italian Sausage w/Mustard Peppers &amp; Onions Sliced Seasoned Potatoes Fresh Fruit Marble Bread (Meatball Sub)</p>	<p>20 <u>Happy Birthday</u> Cream of Broccoli Soup Shepherd's Pie Asparagus Cuts Frosted Cupcake Wheat Bread (Italian Grinders)</p> 	<p>21 Vegetable Beef Soup Turkey Meatloaf w/Cranberry Chutney Rice Pilaf Green Beans Lemon Pudding Rye Bread (Tuna on Rye)</p>
<p>24 Tomato Brown Rice Soup Sweet &amp; Sour Pork Loin Capri Blend Vegetables Chocolate Chip Cookies 9-Grain Bread (Turkey &amp; Cheese on 9-Grain)</p>	<p>25 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/Ketchup Fruited Yogurt (Italian Tuna Roll w/Salad)</p>	<p>26 Turkey Chili Soup BBQ Chicken Leg Corn Bread Tomato Cucumber Salad Tapioca Pudding Rye Bread (Ham Salad on Rye)</p>	<p>27 Barley Soup Veillon sodium Mushroom Gravy Oven Roasted Potatoes Seasoned Spinach Fresh Fruit Marble Bread (Roast Beef &amp; Cheese Marble)</p>	<p>28 Red Chouder Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Sliced Carrots Frosted Brownie Wheat Bread (Chicken Salad on Wheat)</p>
<p>31 Goblin Chicken Soup Ravens Beef w/Mushrooms &amp; Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll (Scary Seagood Salad on Roll)</p> 	<p>Reservations must be made a day in advance by 11:00 AM Monday – Friday with Cindy 401-270-1814</p>			
		<p>Please remember to call and cancel your reservation if you are unable to attend Thank you</p>		<p>Thank you for your donations! Your donations help keep the program going. ~ All menu items may contain nuts, seeds, beans, wheat, bran, and other allergens.</p>
				