

Robert Rock Senior Center



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

October 2023

Senior Center Services

Elder Resource Specialist
Amanda LaPlante

Monday-Friday 401-270-1788

Community Health Worker
Gilbert Williams-Hackney

Monday-Friday 401-443-4312

Healthy Aging Nurse Coordinator
Shahnee Lagor, BSN, RN-BC

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

Registered Dietitian

Ann Marie Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory Transportation
Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

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

Senior Shopping

Thursday & Friday Mornings: Call 401-435-7800

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

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Staff

Laura Jones
Director

ljones@eastprovidenceri.gov

Shahnee Lagor
Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante
Elder Resource Specialist
amattress@eastprovidenceri.gov

Gilbert Williams-Hackney
Community Health Worker
gwhackney@eastprovidenceri.gov

Cindy DeMedeiros
Dining Room 401-270-1814
cdemedeiros@eastprovidenceri.gov

Pat Thomas & Rhonda Marzetta
Member Services Representatives
pthomas@eastprovidenceri.gov
rmarzetta@eastprovidenceri.gov

Facilities:
Kenny Atkinson
Ed Lachance Jr.

Transportation:
Joe Serodio
Christopher Januario
Dennis Price
Tom Taylor
Richard Wood

MISSION STATEMENT:

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

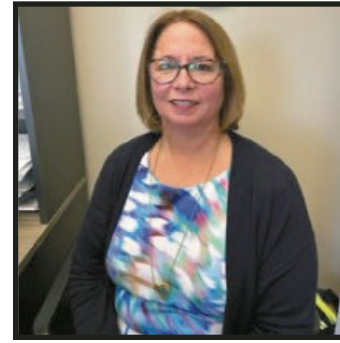


Message from the Mayor:

October is filled with many great events happening in the City of East Providence. This month, we have our Great Townie Pumpkin Festival scheduled for Sunday, Oct. 1st from 11:00 AM-4:00 PM at the Crescent Park Carousel located at 700 Bullocks Point Ave, Riverside. There will be pumpkin decorating, live music, and over 30 vendors. There will be something for the whole family. Hope to see you all there! We have one final Movie in the Park on Friday, Oct. 6th at 7:00 PM. Grab your lawn chair and head to Crescent Park for this event. If you are not already signed up to receive the City's monthly newsletter, please sign up so you are aware of all the great upcoming events.
<https://eastprovidenceri.gov/city-east-providence-newsletters>

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

I hope everyone is enjoying the Fall season! Thank you to everyone that attended our successful flu clinic. We were able to get many individuals vaccinated. We are now unfortunately coming into flu and cold season. If you are looking for a COVID-19 vaccine, please stop by our Community Health Worker Suite and visit Gilbert our Community Health Worker for up-to-date COVID-19 information and assistance with vaccination appointments. Gilbert can help schedule your online appointment for protection against this year's strain of COVID-19. Also located in the Community Health Worker Suite are at home COVID-19 test kits. If you need a test kit or a tutorial on how to use them, Gilbert can help you. Save the date for our upcoming 2nd annual Medicare Open Enrollment Informational Fair scheduled for Oct. 12th. For more information, turn to page 6 of this newsletter. Last year, the fair was very successful, and we are looking forward to hosting this event again. Come learn about the new benefits and services Medicare providers are offering for 2024 and pick up lots of vendor gifts and give aways. October is jam packed with great programs, presentations, and special events. We look forward to your participation and hope you enjoy what we have in store for October!

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:

October 9: Columbus Day (Senior Center Closed)
October 12: Medicare Open Enrollment Info Fair

AARP SAFE DRIVING CLASS

MONDAY, OCTOBER 30

11AM-4PM

Registration is required.

\$20.00 for AARP Members
\$25.00 non-AARP Members



SHOPPING TRIPS SCHEDULE OCTOBER 2023:

October 5: Stop & Shop
October 6: Shaw's
October 12: Stop & Shop
October 13: Shaw's
October 19: Stop & Shop
October 20: Shaw's
October 26: WALMART
October 27: WALMART

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

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

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.

Are you interested in learning how to play Mah Jongg?

CONTINUING THROUGH OCTOBER!

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



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



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



CHANGES TO 20/20/20 FITNESS TIMES AND DAYS

20/20/20 Fitness has been changed to:

EVERY WEDNESDAY 9AM-10:00AM



CREATIVE CONNECTIONS

We are happy to announce that the Robert Rock East Providence Senior Center is partnering with Brown University to provide a program that integrates art practices into medical interactions. The goals of this program is to promote awareness, increase community involvement, and encourage discussion about the use of art as ways of healing and connecting in medicine.



BROWN

In this class, participants will be painting with assistance from Brown University students.

If you love painting and would like to hear what Creative Connections is all about, please join us!

REGISTRATION IS REQUIRED. Please call 401-435-7800 to register today!

THURSDAY, OCT. 19, 2023 10:30AM-11:45AM





CareLink
Mobile Dentistry

FRIDAY, OCTOBER 20, 2023

Convenient. Accessible. Comprehensive.

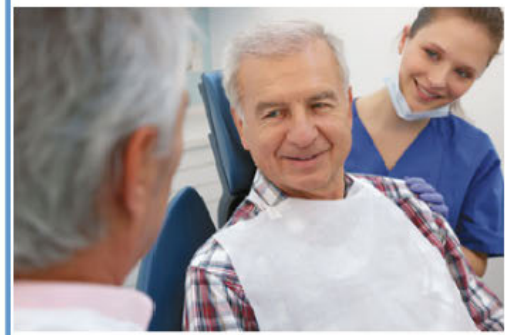
Oral health is critical to an individual's overall health and wellness.

Our highly regarded team consists of dentists, dental hygienists, and dental assistants who provide diagnostic, preventative & palliative services including (but not limited to):

- Comprehensive oral evaluations
- Two periodic examinations per calendar year
- Limited (problem focused) and emergency examinations
- X-ray and diagnostic imaging services
- Two cleanings (prophylaxis) per calendar year
- New denture fittings, relines and repairs
- Fillings
- Simple Extractions

**REGISTRATION IN
ADVANCE IS REQUIRED!**

Please call Shahnee, the East Providence Senior Center Healthy Aging Nurse Coordinator at **401-270-1792** to reserve your spot today!



Health Related Programs:

The Podiatrist Returns Friday, October 6!

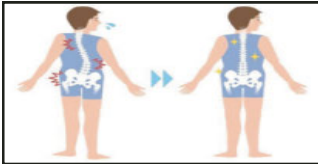
Toenail clippings & callus removal services.
These appointments fill up FAST.
The Podiatrist visits every 9 weeks!

Please call Shahnee at 401-270-1792 to reserve an appointment today!



Do you suffer from lower back pain or have trouble with balance? Chiropractic therapy may help!

This drug free treatment has proven to help reduce pain and improve balance and alignment in some patients. Join us to hear more from a local chiropractor!



**TUESDAY, OCTOBER 10
10:30AM**

Blue Cross Blue Shield Strength and Balance classes FRIDAYS 1:00PM

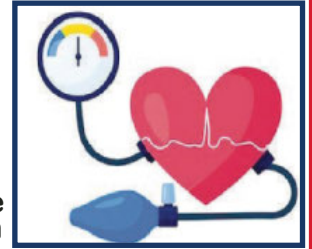
If you struggle with balance and coordination, this class is for you!

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



Blood Pressure Checks in October 2023:

October 3, 2023 10:30AM
Orchard View coming to the Senior Center to assist with Blood pressure checks.



October 10, 2023 10:30AM
Grace Barker coming to the Senior Center to assist with Blood pressure checks.

Life is full of stressors both big and small. It is how we handle stress that either helps us overcome, or leaves us feeling overwhelmed and unwell.



We've put together a 4 part series on Stress Management.
Learn tips on how to stay calm and balanced when things don't go your way.

Classes will be held on **Mondays** starting October 16th until November 6th 10:30am-11:30am.

Call our Healthy Aging Nurse Coordinator Shahnee to register, 401-270-1792.



DO YOU TAKE A LOT OF MEDICATIONS?

EVER WONDER IF YOU ACTUALLY NEED ALL OF THOSE MEDICATIONS?

Come sit down with a pharmacist and find out more about the medications you are taking. We are now booking 3 private, 1:1 appointments with the University of Rhode Island's Pharmacy Outreach team for a Brown Bag review. Bring in all your medications and learn more about what you are taking, when you should take it, and for what purpose.

Please call Nurse Shahnee to make your appointment today, 401-270-1792.

COMING NOV. 1, 2023: HEARING CLINIC AT THE SENIOR CENTER!

With the guidance of a CareLink audiologist, individuals are able to receive personalized, patient-focused care. The Carelink team's compassionate approach leads to a better understanding of one's hearing loss issues, their specific lifestyle and budget when assisting them find their best solutions.



CareLink Mobile Audiology provides:

- Comprehensive audiologic evaluations
- Complimentary hearing aid evaluations, conducted by a board-certified audiologist
- Affordable hearing aid options from coveted manufacturers
- Hearing aid repair and cleanings



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

MEDITATION CANCELLED OCTOBER 27, 2023!!

2023 MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR

In October 2022, the East Providence Senior Center hosted its first annual Medicare Open Enrollment Informational Fair. This gave Seniors a great opportunity to come in, ask questions, and gather information before fully committing to a new insurance plan for the upcoming year. We have heard great feedback and looking forward to hosting this event again in October 2023! Listed below are the current insurance providers we have on board with this event:

**2023
MEDICARE OPEN ENROLLMENT
INFORMATIONAL FAIR**
THURSDAY OCTOBER 12, 2023
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 2024 plans.

Seek out new policy information, supplemental plans, information on first time enrollments, and speak to representatives on site!

THURSDAY OCTOBER 12, 2023

10:00AM-12:00PM



**BlueCross
BlueShield**



Healthcare
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A Plan for Everyone®



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

See below for availability of our amazing Medicare Specialists:

SHIP COUNSELING

The State Health Insurance Assistance Program (SHIP) helps people find the right Medicare coverage at the right cost. SHIP also assists beneficiaries with limited income to apply for programs, such as Medicaid, Medicare Savings Program and Extra Help/Low Income Subsidy, which can subsidize or reduce healthcare costs.

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

**BY APPOINTMENT
ONLY.**

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



THE POINT

Maria from the Point will be visiting the Senior Center on the 4th Monday of the month to assist with Medicare, Medicaid applications, and DHS applications.

**Call Maria to schedule an
appointment today! 401-519-0374**

Schedule:

Monday, Oct. 23: 10A-12P

Monday, Nov. 27: 10A-12P



LEN WALKER

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

Available at the Senior Center every other Monday.

Schedule:

Monday, Oct. 16: 1P-4P

Monday, Oct. 30: 1P-4P

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



Healthcare
Solutions Team®
A Plan for Everyone®

A LOOK BACK FROM SEPTEMBER:



Robert Rock Senior Center Activities

OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
2 	3 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:30A: Chiropractor Presentation 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	4 8A: Nutritionist 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	5 9A: Nurse Hours 9:30A: Senior Shopping 12:30P: Bridge 1P: Knit & Crochet	6 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
9 SENIOR CENTER CLOSED 	10 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: Chiropractic Health Benefits Pres. 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Multimedia Art	11 8A: Nutritionist 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage	12 9A: Nurse Hours 9:30A: Senior Shopping 12:30P: Bridge 1P: Knit & Crochet MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR 10A-12P	13 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
16 9:30A: Matter of Balance Class 10:30A: Stress Management 1P: Len Walker Open Enrollment	17 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 11A: Affordable Connectivity Presentation 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Multimedia Art	18 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:30A: URI SNAP ED 10:45A: PACE Chair Exercise 1P: Cribbage	19 9A: Nurse Hours 9:30A: Senior Shopping 12:30P: Bridge 1P: Knit & Crochet	20 8A: SHIP Counseling 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
23 9:30A: Matter of Balance Class 10:30A: Stress Management 10A: The Pointe Assistance on site 1P: Movie Showing 1P: Len Walker Open Enrollment	24 8A: Nutritionist 9A: Bocce 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Multimedia Art	25 8A: Nutritionist 8A: SHIP Counseling 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	26 9A: Nurse Hours 9:30A: Senior Shopping 11A: Computer Basics Presentation 12:30P: Bridge 1P: Knit & Crochet	27 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 1P: BCBS Balance 1P: Insight Support Group 1:30P: Hi Lo Jack
30 9:30A: Matter of Balance 10:30A: Stress Management 11A: AARP Safe Driving Course 1P: Len Walker Open Enrollment	31 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Multimedia Art			

Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you. **Registration not required. No fee.**

SHIP Counseling

State Health Insurance Program (SHIP)

Counselor is available on Fridays (by appointment only). Counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

Call 401-435-7876 X1137 for an appointment.
No Fee

Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps. Drop-in on Tuesdays 10:00AM-11:00AM.

No registration required. No fee.

Chair Yoga

Chair Yoga is wonderful for both your mind and body.

Tuesdays with Cyn 10:45AM **\$2.00 per class.**
No registration required.

Multi-Media Art Class

Oriented for personal choice media such as collage, acrylic, pastel, etc. Tuesdays 2:00PM

Registration required \$2.00 per class.

PACE Chair Exercise

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

No registration required. No fee.

Senior Shopping

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

\$1 transportation fee. Registration is required.

Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM.

No registration required. No fee.

Certified Fitness Instructor- Robin

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

For fitness members only

Tuesdays 9:30A-11:30A Thursdays 9:30A-11:30A

No registration required. No fee.

20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Wednesdays 9A-10A **No registration required. \$2.00 per class**

Hi Lo Jack

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

\$3.00 to play

.25 ups or bumps

Craft Club

Participants are given the opportunity to explore various art-making skills. Activities allow participants to enhance their creative and visual skills.

Registration required. Next Craft Club in December 2023.

Cribbage, Bridge, Scrabble, Mah Jongg

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

No registration required. \$3.00 fee for Cribbage.

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LEN WALKER

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

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

Medicare Solutions



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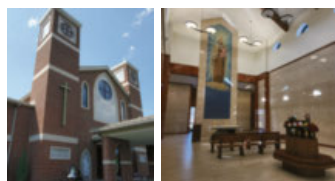
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Lisa Janicki, MS



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TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

Drop by the Robert Rock East Providence Senior Center on

TUESDAYS FROM 10AM-11AM

Learn some tips and tricks with your Smart Phone!

No registration required

AGE WELL, GET CONNECTED

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



No Registration Required.

October 11, 2023 10:30AM



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

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

Tuesday, Oct. 17: Affordable Connectivity Presentation 11AM-11:45AM. *Learn about how you can save on your internet bill each month!*

Thursday, Oct. 26: Computer Basics Class 11AM-11:45AM

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

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



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

Gilbert, our Community Health Worker can help!

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



DID YOU KNOW?

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

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

401-434-2453



EATING FOR HEALTH



SEPTEMBER 11, 2023 1:00PM

This is a virtual class projected on Zoom!

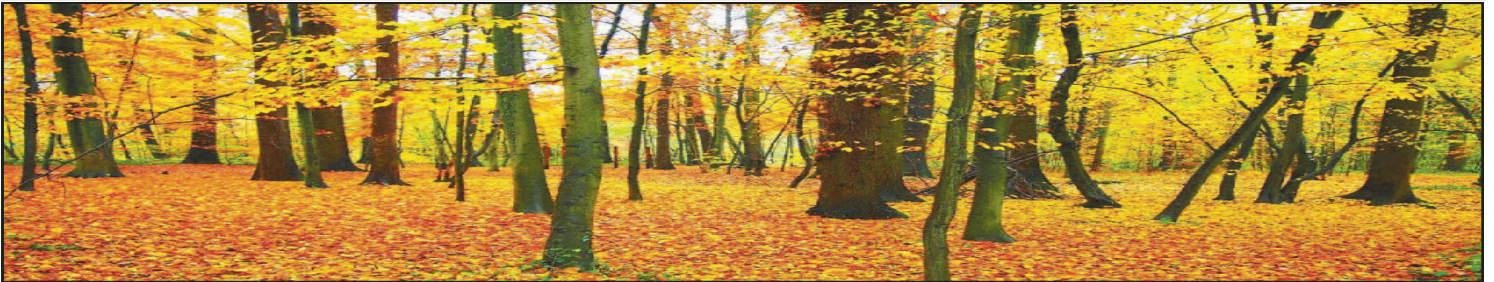
Learn how to plan health-promoting meals, and how to use food to manage the conditions that are thought to be a normal part of aging.

EVENTS IN EAST PROVIDENCE IN OCTOBER:



Grab your lawn chair and come on down to Crescent Park to have some popcorn and watch a Movie in the Park. It will be fun for all!

October 6, 2023 7:00PM



THE GREAT TOWNIE PUMPKIN FESTIVAL

**October 1, 2023
11AM-4PM**

OVER 30 VENDORS



AND MORE!



We will be showing:

HOCUS POCUS

In the Dining Room on:

OCTOBER 23, 2023 1:00PM

Popcorn will be served.





OCTOBER GUARDIAN ANGEL AWARD

Pat is a lifesaver- *for real!* Last year, Pat was credited with helping locate a senior who was suffering a medical emergency in his apartment. She came to the rescue again this year when she tracked down the nurse at the Senior Center and asked for help after a member fell ill during BINGO. Instead of focusing on her BINGO card and letting the member go home, Pat insisted the member stay while she went to the Health Office to ask the nurse for help. Pat lives by the motto- if you see something, say something, and because of that she has helped save not one, but TWO lives.




Patricia Sceeles

Thank you Pat for all that you do to help serve your community!

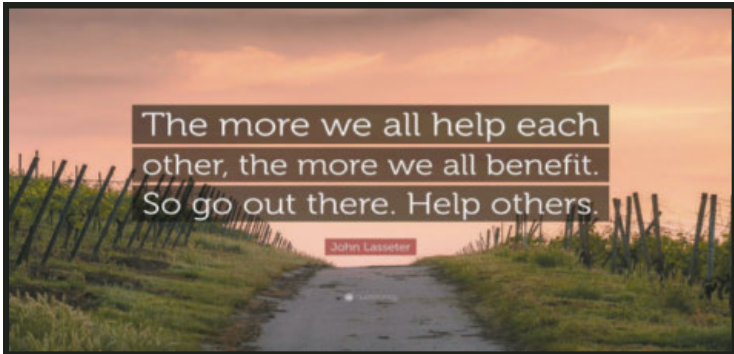
Do you know someone who goes above and beyond for someone in need?

Maybe they helped make your day or life better in some special way and you want to thank them. ***Tell us your story!*** Nominate a senior today for the Guardian Angel Award. Nomination forms can be found in the Health Office. Fill it out explaining why this senior is so amazing. Senior Center staff will review each nomination and select a winner quarterly or monthly (depending on how many submissions we receive). We will highlight the awardee on the board in the Health Office as well as in our newsletter.



Look for the good in every person and every situation. You'll almost always find it.

Brian Tracy



The more we all help each other, the more we all benefit. So go out there. Help others.

John Lasseter

**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

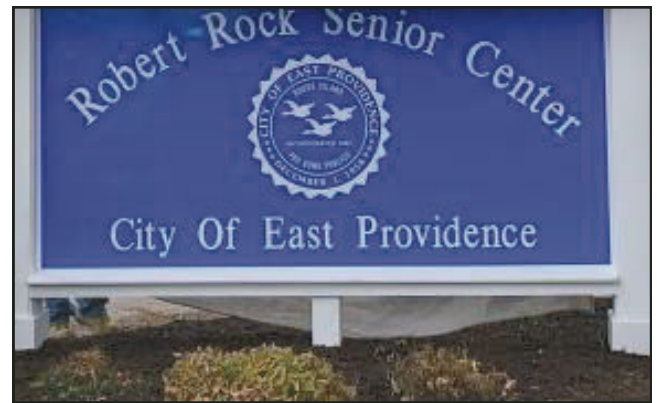
GENERAL MEMBERSHIP:

Residents of East Providence: \$15.00/year
Non-residents: \$20.00/year

GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:

Residents of East Providence: \$55.00/year
Non-residents: \$65.00/year

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



NEW PROGRAMS AT THE SENIOR CENTER:

BINGOCIZE

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

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

**10 Week Program. Register today!
Coming in Fall 2023
Dates and Times to be determined.**



MATTER OF BALANCE

A Matter of Balance is a workshop designed to increase activity levels among older adults who are concerned about falls.

This class is designed to reduce participants' fear of falling, which often limits their activities and can result in physical weakness, making the risk of falling even greater. This workshop is an 8 week commitment led by a trained facilitator.

**MONDAY OCTOBER 16-
MONDAY DECEMBER 4
9:30AM-11:30AM**

**Register today for this
class at the front desk
or by calling
401-435-7800.**



**east bay community
action program**

FOLLOW THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER ON FACEBOOK!

Give us a 'like' and a 'follow' to stay up to date on activities and announcements!



East Providence Senior Center

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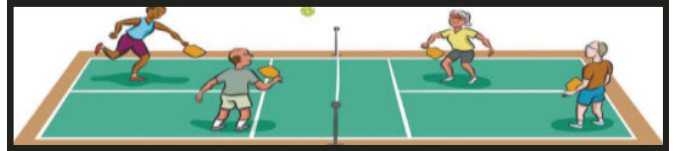
Message

Liked

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

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

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



"Life is Good, Pickleball Makes it Better"

DID YOU KNOW?

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

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

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



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\$3.00 Suggested Donation

October 2023

Lunch is served at
12:00 pm

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	Lentil & bean soup Honey Glazed chicken thigh Rice pilaf Mixed vegetables Cookie- ww roll Waldorf chicken salad	3 Mushroom barley soup Baked pasta Florentine Roasted zucchini w/ carrots Sliced bread Mixed fruit Ham & cheese	4 Chicken soup Sweet & sour meatballs Vegetable fried rice Stir fry vegetables Coffee Cake Ww Roll Chicken Sandwich	5 Tomato soup Pepper steak Roasted potato Peas & carrots Ww Roll Fruit Spinach salad w/ chicken	6 Tossed salad Chicken cacciatore Rice pilaf Broccoli Yellow Cake Ww Roll Roast beef sandwich	
9	Senior Center Closed 					
15	Tomato soup Sloppy Joe Roasted potatoes 3 - bean salad Cookies Ww Roll Egg salad sandwich	17 Vegetable soup Chicken Alfredo Rice pilaf Mixed vegetables Fruit salad Ww Roll Corned beef on rye	18 Chicken soup Meatball & pepper sandwich Pasta salad w veggies Ww Roll Fruit Cobb salad	19 Minestrone soup Salisbury steak w/ mushrooms Sweet potato Mixed vegetables Ww Roll Cake Ham & cheese on rye	20 Clam chowder (red) Shepard's pie Mashed potato Ww roll Cake Roast beef sandwich	
23	Cottage cheese w/ fruit Chicken francese Roasted vegetable w/ potato Garlic bread Fruit Seafood salad sandwich	24 Vegetable barley soup Smothered pork chop w/apples & peppers Rice pilaf Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	25 Navy bean soup Veal patty w/ mushroom gravy Spinach Mashed potato Jello Ww roll Ham salad on rye	26 Cream of broccoli soup Tender eye round roast w/gravy Garlic green beans Roasted sweet potato Ww roll Pudding Chicken salad plate	27 Greek salad Beef stew Fruit Whole wheat roll Cookie Grilled chicken sandwich	
30	Vegetable soup Chicken pot pie Mashed potato Cake Whole Wheat roll Turkey sandwich	31 Tossed salad Stuffed shell w/ meatball Garlic bread Mixed vegetables Fruit Corned beef sandwich	