

Robert Rock Senior Center



June 2024

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

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

610 Waterman Avenue
East Providence, RI 02914

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



Follow us on Facebook!

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

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Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist
alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Community Health Workers
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
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.



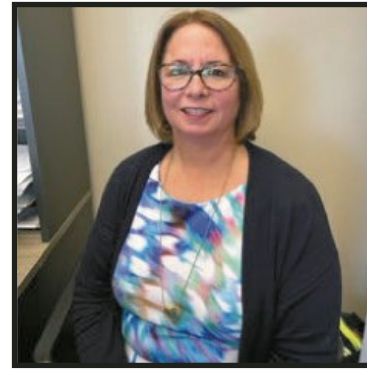
Message from the Mayor:

We have finally made it to the summer months! We have some celebrations lined up for June 2024. On June 1, we will be celebrating our 3rd annual Pride Parade and Celebration. Come celebrate with the City of East Providence with a Parade from Town Hall to Pierce Field. Lots of vendors, entertainment, and information booths. Plenty for everyone in the Family. Bring a friend and enjoy the festivities! Also, The Day of Portugal Flag Raising Celebration is on Monday, June 3 at 1:30PM. The flag raising will be at City Hall. I hope to see you at both of these great events.

Wishing you all a happy and safe summer season!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy Summer! I am very excited for sunshine and nice weather. We have some great events planned for the month of June. AARP will be at the Senior Center on June 14 to shred any documents you need shredded. Please limit to 2 boxes per person. This event will be located outside in our parking lot.

We have been getting lots of inquiries for the Farmer's Market voucher program. Unfortunately, there are no Farmer's Markets in East Providence this year. We will be providing transportation to the Farmer's Market at Goddard Park. Space will be limited for transportation to Goddard Park. Turn to page 11 in our newsletter for more details.

Lastly, let's kick off summer the right way with an ice cream social! The Sacred Cow in East Providence will be donating ice cream and toppings for us. *Thank you, Sacred Cow!* The ice cream social will be taking place on Friday, June 21. Make your reservations for lunch 2 days ahead, and beat the heat with some local ice cream!

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 JUNE:

June 14: Flag Day
 June 16: Father's Day
 June 19: Juneteenth
 June 20: First Day of Summer



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 JUNE 2024:

June 6: Stop & Shop
 June 7: Shaw's
 June 13: Stop & Shop
 June 14: Shaw's
 June 20: Stop & Shop
 June 21: **FARMERS MARKET**
 June 27: WALMART
 June 28: 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!*

CRAFT CLUB
MONDAY, JUNE 17 & MONDAY JUNE 24
10:30AM
DIY DREAMCATCHER

This Craft Club will be 2 sessions!

Registration Required.
 Please commit to both classes.

Sign up sheet is located by the front desk.
 Limited space available.



BACKGAMMON

Players move their checkers around the board according to rolls of the dice and the first player to get all their checkers off is the winner. The fun comes from hitting and blocking your opponent's checkers to impede their progress.

This is a game of odds, calculation, patterns, and vision. Whether you are a seasoned Backgammon player or would like to learn how to play, please join us!

MONDAY MORNINGS:
10:30AM-11:30AM



MAH JONGG

Tuesday Afternoons 1PM-3PM –Beginners
Friday Morning 10 AM-12PM
Intermediate/Advanced

Late bus transportation will be offered on Tuesdays

We will be showing:
THE PEANUT BUTTER FALCON

Monday, June 17
1:00PM

Popcorn will be served.

Zak, a man with down syndrome, runs away from a residential nursing home to pursue his dream of becoming a wrestler. Later, he meets with an outlaw who becomes his friend and coach.



CREATIVE ART STUDIO
EVERY WEDNESDAY
11AM-12:30PM

Looking for new artists to join in this self-guided multi media art class. The class is a very relaxing setting. Work on your art pieces at your own pace with good company.

\$3.00 per class.

SENIOR WELLNESS RETREAT: JUNE 3-JUNE 7

Join us for a week-long wellness retreat focusing on classes to help revitalize the body, calm the mind and offer balance in the busy world around us.

Participants may sign up for the entire week or select specific days. However, when selecting a day participants must attend all three sessions on that day. **There is a 20 person max per day. No fee required.**

This mindfulness journey is the first of its kind at the Robert Rock East Providence Senior Center. We want to offer a special thank you to our sponsor, Blue Cross and Blue Shield of Rhode Island. Blue Cross and Blue Shield of RI is committed to improving the lives of Rhode Islanders by helping facilitate access to affordable, high-quality healthcare as well as supporting initiatives and programs that improve access to behavioral health prevention and treatment.

Registration is required. Questions? Call Shahnee at 401-270-1792.

Senior Wellness Retreat Itinerary:

Treat yourself to a week of mind-body connection to help improve your sleep, lower your blood pressure, and leave you feeling recharged.

MONDAY, June 3rd

- 9:30am-10:30am Awaken the Body with Chair Yoga
- 10:30am-11:30am Amaze Your Senses with Aromatherapy
- 11:30am-12:30pm Explore the Healing Power of Reiki

TUESDAY, June 4th

- 9:30am-10:30am Boost Your Morning Energy with Qigong
- 10:30am-11:30am Become More Mindful Through Meditation
- 11:30am-12:30pm Creative Expression Rock Painting

WEDNESDAY, June 5th

- 9:30am-10:30am Finding Balance with Tai Ji
- 10:30am-11:30am Beginner Water Coloring
- 11:30am-12:30pm Brain Power Food: Cooking Demo and Tasting

THURSDAY, June 6th

- 9:30am-10:30am Creative Movement Dance Class
- 10:30am-11:30am Everything You Need to Know about Juicing, Herbal Teas and Spices
- 11:30am-12:30pm Body Wisdom Wellness: A Presentation on Slowing Down and Restoring Healthy Lifestyles

FRIDAY, June 7th

- 9:30am-10:30am Awaken the Body with Chair Yoga
- 10:30am-11:30am Sound Bowls Meditation
- 11:30am-12:30pm Reflective Journaling



**Blue Cross
Blue Shield**
of Rhode Island

Health Related Programs:

NURSE ON VACATION JUNE 24-JUNE 28

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

GRIEF SUPPORT AND HEALING

FRIDAY, JUNE 7
1:00PM-2:00PM



This will be the last Grief Support and Healing located at the East Providence Senior Center. If you are looking for grief support, please reach out to our staff members and we will help locate a support group.

Thank you to Hope Health Hospice for hosting!



Blood Pressure Checks in June 2024:

Tuesday, June 4:
Orchard View is coming to assist with blood pressure checks.

Tuesday, June 25:
Hattie Ide Chaffe is coming to assist with blood pressure checks.

**IT'S TIME TO LACE UP YOUR WALKING SHOES!
STARTING IN JUNE, WE WILL BEGIN OUR WALKING CLUB.**

We are looking for volunteers to help lead the way. Anyone who may be interested in volunteering can call our Healthy Aging Nurse at 270-1792.

Participants do not need to register.
The Walking Club will take place every Wednesday at 9:30am beginning June 12th.



Stretches will take place in the dining room before heading outside to the walking paths.

Meditation is cancelled June 7. Instead, we encourage you register for the Senior Wellness Retreat which includes multiple Meditation classes!

URI PHARMACY OUTREACH FRIDAY, JUNE 28 @ 10:30AM



Summer is peak season for urinary tract infections (UTI) because warm weather can make it easier for bacteria to grow in the urinary tract. Learn tips on how to prevent UTIs and stay hydrated through the summer.

Podiatrist David Ruggiero returns to the Senior Center Friday, June 21st from 1p-430p. As of right now, all appointments are taken. For anyone wishing to see him during his next visit on August 23rd please call Shahnee, our Healthy Aging Nurse Coordinator at 401-270-1792.



COVID-19 UPDATES

Updated COVID-19 Guidelines:

The updated Respiratory Virus Guidance recommends that people stay home and away from others until at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (and are not using fever-reducing medication). Note that depending on the length of symptoms, this period could be shorter, the same, or longer than the previous guidance for COVID-19.

Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

SPECIAL EVENTS AT THE SENIOR CENTER:




INVITING YOU FOR
ICE CREAM SOCIAL

FRIDAY, JUNE 21 AFTER LUNCH

COME KICK OFF SUMMER AT THE ROBERT ROCK EAST PROVIDENCE SENIOR CENTER!

THANK YOU to The Sacred Cow for donating the ice cream & toppings!


The Sacred Cow




Medicare Help, Right Where You Need It.

My experience as a local, independent agent has taught me that everyone's situation is unique. Your healthcare needs, your finances and where you live and seek care are all things that need to be considered when choosing the best-fit Medicare health plan for you. As part of this community, my goal is to help each of my clients make a decision they can feel good about—schedule a one-on-one appointment or attend a local meeting to learn more about plans in your area.

Len Walker
 lwalker@myhst.com
 774-210-2060
LICENSE NUMBER 1837833




MONDAY, JUNE 3, 11AM - NOON
 EAST PROVIDENCE SENIOR CENTER
 610 WATERMAN AVENUE
 EAST PROVIDENCE, RI 02914



Not connected to the Federal Medicare program. This is a solicitation for insurance. For accommodations of persons with special needs at meetings, call the agent phone number and TTY 781-952-4424.



Community Meetings with Mayor Bob DaSilva




Come and ask questions.
 Share your suggestions.
 Participate in community conversation.
 And spend some time with your neighbors.
 Mayor DaSilva & his staff!

All Seasons Cafe - 365 Waterman Ave.
Wednesday, June 5th 5 PM to 6 PM

More dates and locations to be added soon!

Fraud Watch Network



Fight Fraud. Shred it!

AARP Fraud Watch Network can help you protect yourself against identity theft. Join us for a FREE document-shredding event in your community. Mark your calendar!

JUNE 14, 2024
 East Providence Senior Center
 610 Waterman Avenue
 East Providence, RI 02914

Drop-offs, 9 a.m. to noon; no more than two boxes per person; no businesses, please.
 For more information visit www.aarp.org/RIEvents

CONCERTS IN THE PARK:

Concerts in the Park is back! Free weekly concerts at Crescent Park.
Bring your own chair!



2024 Concerts in the Park

FREE!

6PM at Crescent Park

701 Bullocks Point Ave. Riverside, RI 02915



June 6th
Atwater Donnelly
American & Celtic Folk

July 25th
Mixed Emotions
Soft Rock

June 13th
Strictly Sentimental Swing Band
Big Band Swing & Jazz

August 1st
Kelly & The Poor Boys
Credence Clearwater
Revival Tribute

June 20th
RI Wind Ensemble
Patriotic & Contemporary Music

August 8th
Mojo Rising
Classic Rock

June 27th
19th Nervous Breakdown
Rolling Stones Tribute

August 15
Jesse Liam Band
Pop & Original Music

July 11th
Playing Mantis
Pop Standards & Dance Tunes

August 22nd
Robin Hathaway &
Her Big Mouth Blues Band
Classic & Original R&B

July 18th
David Tessier's
All-Star Band of All-Stars
Classic Rock

August 29th
Red Bridge Band
Pop Standards & Classic Rock

All performances are weather permitting.
Questions? Call 401-435-7511

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CREDIT UNION



Robert Rock Senior Center Activities

JUNE 2024

Mon	Tue	Wed	Thu	Fri
3 9:30A: Wellness Retreat 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 2P: PODS Swimming *Tech Assistance by appt only*	4 9A: Bocce 9:30A: Wellness Retreat 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!	5 8A: SHIP Counseling 9:30A: Wellness Retreat 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	6 9:30A: Wellness Retreat 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 12:30P: Knit & Crochet	7 8:30A: Scrabble 9:30A: Senior Shopping 9:30A: Wellness Retreat 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1P: Grief Support 1:30P: Hi Lo Jack
10 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 2P: PODS Swimming *Tech Assistance by appt only*	11 9A: Bocce 9:30A: Tai Ji 10A: Watercolor Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!	12 8A: SHIP Counseling 9:30A: Walking Club 10:45A: PACE Chair Exercise 10:30A: Age Well, Get Connected 11A: Creative Art Studio 1P: Cribbage	13 9:30A: Senior Shopping 9:30A: 1:1 Technology Assistance 12:30P: Bridge 12:30P: Knit & Crochet	14 8:30A: Scrabble 9A: AARP Shred Event 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
17 10:30A: Backgammon 10:30A: Craft Club (session 1) 10:30a: Chair Yoga w/ Marilyn 1P: Movie Showing 2P: PODS Swimming *Tech Assistance by appt only*	18 9A: Bocce 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga 11A: Attorney General Scams Presentation 1P: Beginners Mah Jongg 1:30P: BINGO!	19 9A: SHIP Counseling 9:30A: Walking Club 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage NO LUNCH PROGRAM, SENIOR CENTER OPEN	20 9:30A: Senior Shopping 9:30A: Tai Ji 12:30P: Bridge 12:30P: Knit & Crochet	21 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 11A: Meditation 12P: Ice Cream Social 1P: BCBS Balance 1:30P: Hi Lo Jack
24 10A: The Pointe Assistance 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Craft Club (session 2) 2P: PODS Swimming *Tech Assistance by appt only*	25 9A: Bocce 9:30A: Tai Ji 10A: Water Color Paint 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1P: Beginners Mah Jongg 1:30P: BINGO!	26 9A: SHIP Counseling 9:30A: Walking Club 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage	27 9:30A: Senior Shopping 9:30A: 1:1 Technology Assistance 12:30P: Bridge 12:30P: Knit & Crochet	28 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: URI Pharm Presentation 10:45A: PACE Chair 1P: BCBS Balance 1:30P: Hi Lo Jack NO MEDITATION TODAY!
	**Calendar Items are subject to change based on cancellations and/or inclement weather**		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, Friday
9AM-2PM*

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.**

June 12- 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

Good for the body and Mind

Mondays with Marilyn 10:30AM **No Cost**

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

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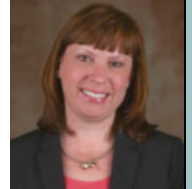


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Lisa Janicki, MS

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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.

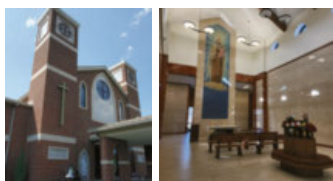
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**Benefits Reviews and Explanations • Medicare Advantage and Supplements
Cancer Protection • Skilled Nursing • Hospital Indemnity • Prescription Drug Plans**

**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



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



**FREE
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with purchase
of this space

**CALL
800-477-4574**





TECHNOLOGY ASSISTANCE



Smartphone/Computer Assistance

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

Gilbert, our Community Health Worker can help!



On Mondays, Gilbert will be available to answer questions about technology. **Appointments are required.** Please call 401-443-4312 to make your appointment. Feel free to bring your own laptop or tablet!

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.

June 12, 2024 10:30AM



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



FRIDAY, JUNE 24 3:00PM



LIVING HEALTHY

A LIFELONG VENTURE TO A HEALTHIER YOU

Please note: This is a virtual class projected on Zoom

Join the conversation in this Community Led Session about living a healthy lifestyle with other older adults.

ATEL Tech Time



Location:

East Providence Senior Center

Training times and dates:

Thursdays 9:30-11:30AM

6/13, 6/27, 7/18, 8/1, 8/15

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.

Any questions, please contact Amanda Laplante @ (401) 270-1788 x 112.

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



FARMERS MARKETS 2024:



Here is how the 2024 Farmer's Market Nutrition Program Works:

1. *Come to the East Providence Senior Center to fill out an application.*
2. *Applications will be collected and reviewed by staff members.*
3. *Staff members will call you to let you know if you are approved, and staff will let you know at that time when to pick up your cards.*

There are multiple Farmer's Markets running throughout the summer in Rhode Island. A list of all the Farmer's Market locations can be found by the front desk.

Unfortunately, there are no Farmer's Markets located in East Providence this year.

The Robert Rock East Providence Senior Center is offering Farmer's Market transportation to Goddard Park on one Friday per month (June 21, July 19, August 16). If you need transportation to the Goddard Park Farmer's Market, please register at the front desk. Transportation offered only to East Providence residents.

Registration is required for this service!

How to use your SFMNP Benefits

Eligible senior participants will receive a benefit card with **\$50** worth of Farmer's Market Benefits for the season that can be used from May through November.

- You will have a card with a QR code for SFMNP benefits.



- You can purchase fresh, unprepared, locally grown fruits and vegetables, fresh-cut cooking herbs, and honey.
- At the time of purchase, the farmer will scan your **QR code sticker** and verify available benefits.

Find a list of SFMNP-approved Farmers' Markets at:
www.farmfreshri.org/risummer/

Tips for Farmers' Market Shopping

Head to the market with a loose idea of what you want.

Farmers' markets do not always carry everything you need. Instead of having a specific product in mind, be flexible and take home fresh fruits and vegetables that look good to you.

Before you go, find out what kinds of payment you can use.

Many farmers' markets take different types of payment, including cash, debit cards, EBT, and Senior Farmers Market benefits.

Not sure about something? Ask the farmer!

Most farmers are cooks themselves and know their products well. They may be able to suggest how you should prepare the item, or may even be able to give you a sample.



State of Rhode Island
Department of Environmental
Management
www.dem.ri.gov



This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Senior Farmers Market Nutrition Program Frequently Asked Questions:

1. **How can I check the remaining balance of my benefits?**
 - Any participating producer will be able to check your SFMNP balance before and after transaction is processed.
2. **Do I need a smartphone or tablet to check my benefits?**
 - No, all you need is the card! You can think of it as the same as a gift card.
3. **Can I still get a box delivered to my home?**
 - If you have not received or cannot use a benefit card, you may be eligible for a produce box. Please contact the Senior Center for more information. Participants can only receive one type of benefit throughout the season.

For any additional questions, please call customer service at (866) 237-4814 for more information.

A LOOK BACK FROM MAY:



**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!

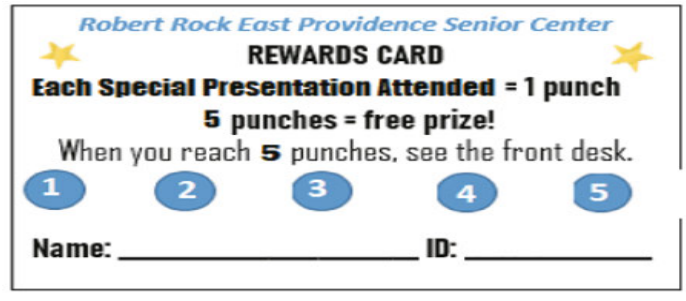


REWARD CARDS

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.



ADDITIONAL PROGRAMS/PRESENTATIONS:

**Warm Water Pool Time
At PODS SWIMMING**

**Mondays
2:00 pm-3:00 pm
11 Commercial Way
East Providence**

The Robert Rock East Providence Senior Center is partnering with PODS Swimming!

PODS Swimming has reserved their warm water pool for East Providence Senior Center members.

COST:

Senior discount of \$7.00 per session or if you prefer you can purchase a punch card for \$70.00 for 10 sessions.

TRANSPORTATION:

The Senior Center will provide transportation to PODS Swimming. Please contact Member Services for more information and to reserve transportation by calling 401-435-7800.

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.



east bay community action program

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**





Strawberry Banana Smoothie

Prep time: 5 minutes

Cook time: 0 minutes

Servings per recipe: 4

Serving size: 1 cup

Cost: \$2.81 per recipe, \$0.70 per serving

Ingredients

- 1 ripe banana
- 1½ cups frozen strawberries
- 1 cup nonfat plain yogurt
- 1 cup 100% orange juice

Directions

- 1) Peel the banana, break into pieces, and put in the blender.
- 2) Add the strawberries, yogurt, and orange juice.
- 3) Blend until smooth and pour into 4 cups. Enjoy!

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Eu Falo Portugues

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 Assisted Living & Independent Living
 40 Irving Avenue | 401-438-4456

www.Aldersbridge.com

\$3.00 Suggested Donation





Lunch is served at
12:00 pm



June 2024

**PLEASE CALL OUR DINING ROOM AT
401-270-1814 TO PLACE YOUR LUNCH
ORDER 48 HOURS IN ADVANCE!!**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals are ordered by reservation only. NO walk in's.</p> <p>Reservations are made TWO days in advance.</p> <p>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.</p> <p>Meals are served at 12PM Monday-Friday.</p> <p>Please arrive before 12:00PM to check in at the dining room desk.</p> <p>Seating is limited and on a first come basis. We are able to accommodate 60 diners.</p> <p>ENJOY YOUR MEAL!</p>	<p>3 Chicken soup Sausage & peppers w/potatoes Garlic bread 3 bean salad Cookie Roast beef on a roll</p>	<p>4 Greek cucumber salad Tuscan style chicken w/sausage & Beans, roasted vegetables Roasted potatoes Ww roll Sliced peaches Ham & cheese on wheat</p>	<p>5 Tomato soup BBQ chicken thigh Cole slaw Pasta salad Ww roll Melon Chef salad</p>	<p>6 Kale & bean soup Salisbury steak w/gravy Mashed potato Roasted vegetables Ww roll Pudding Seafood salad plate</p>	<p>7 Minestrone Soup Pub burger w/cheese Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll</p>
	<p>10 Mushroom barley soup Greek style chicken thighs Parmesan rice Mixed Vegetables Ww roll Tropical fruit Spinach salad w/ chicken</p>	<p>11 Vegetable barley soup Shepards pie Mashed potatoes Ww roll Pudding Greek salad w/ chicken</p>	<p>12 Tomato soup Glazed pork tenderloin Roasted potatoes Sliced carrots Ww roll Sliced pears Turkey & Swiss cheese</p>	<p>13 Chicken escarole soup BBQ Beef brisket Cole slaw Italian pasta salad Ww roll Cake Chicken salad plate</p>	<p>14 Fresh fruit Cup Slippy joe Sliced potatoes 3 bean salad Ww roll Melon Tuna salad sandwich</p>
	<p>17 Navy bean soup w/vegetables Chicken cacciatore/Rice pilaf French-style green beans Ww roll Pineapple chunks Ham & cheese on wheat</p>	<p>18 Tossed salad Swedish meatballs Mashed potatoes Buttered corn Ww roll Lorna Doone cookie Roast beef sandwich on a roll</p>	<p>19 NO LUNCH PROGRAM  SENIOR CENTER OPEN</p>	<p>20 Minestrone Soup Baked ham w/ gravy Sweet potato Peas & carrots Ww roll Sliced peaches Cobb salad</p>	<p>21 Vegetable soup Chicken Teriyaki Fried rice w/ vegetables Roasted vegetables Ww roll Sliced pears Tuna salad plate</p>
	<p>24 Kale bean & sausage soup Maricotti w/meat sauce Cucumber salad Garlic bread Chocolate cookie Egg salad sandwich</p>	<p>25 Tomato soup Chicken sautéed with/sundried tomatoes Roasted vegetables Parmesan rice Ww roll Tropical fruit Reuben on rye</p>	<p>26 Vegetable summer salad Beef tips w/ mushroom gravy Mashed potatoes Green beans w/carrots Ww roll Melon Chicken salad on wheat</p>	<p>27 Lentil soup w/ vegetables Greek turkey Lemon parsley rice Greek roasted vegetables Ww roll Cookie Seafood sandwich plate</p>	<p>28 Chicken soup Pork chop Italiano Waxed beans Roasted potatoes Ww roll Sliced peaches Chef salad</p>
	<p>east bay community action program  THE BRIDGE IN STEP-RELIANCE</p> <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>Suggested Donation \$3.00</p>				
	<p>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging </p>				
	<p>KICK OFF SUMMER AT THE SENIOR CENTER! ICE CREAM SOCIAL. AFTER LUNCH ON JUNE 21! </p>				

