

# Robert Rock Senior Center



## September 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 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 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

Fernando Dorego

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.

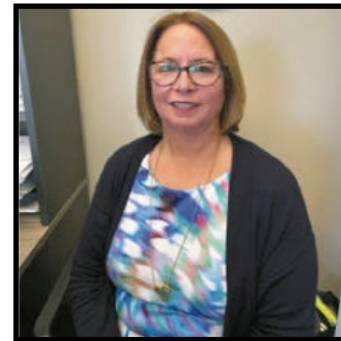


### **Message from the Mayor:**

September is here and that means it is election season! I want to encourage all registered voters to vote in the primary on September 13<sup>th</sup>. Please visit the City's website at <https://eastprovidenceri.gov/departments/canvassing> for information on early voting, polling locations and requests for poll workers. The polls will be open from 7:00 am- 8:00 pm. Please call 401-435-7502, if you have any questions regarding your polling place.

The Crescent Park Looff Carousel is now open. After being closed for over two years, renovations are finally complete. The City of East Providence is proud to be home to this historical gem. The Crescent Park Carousel was built in 1895 by Charles I.D. Looff, one of the earliest and foremost carousel designers. The Carousel is nationally recognized as a true masterpiece of wood sculpture. Saved in the 1970's by a handful of residents, the Crescent Park Carousel was placed on the National Register of Historic sites and places in 1976. In 1985, the Rhode Island General Assembly proclaimed the Carousel as the State Jewel of American Folk Art and in 1987, the Department of the Interior, National Park Service, designated the Carousel as a National Historic Landmark. Fall is a great time to come visit and take a ride on the carousel!

Sincerely,  
Mayor Bob DaSilva



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

The East Providence Senior Center has had an amazing summer. New programs added include: Veteran Benefit Counseling, Podiatrist, Dr. Ruggiero, and a caregiver support group. We had beautiful music by cellist, John Bender and a concert by the Haven Youth Chamber Ensemble. Senior Center members attended the 2022 Gubernatorial Candidates Forum, the Senior Farmers Market Nutrition Program distributed fresh produce to our seniors and Chef Kevin Millonzi sponsored by BCBSRI came and did a free cooking demonstration.

Fall looks to be just as exciting. Neighborhood Health Plan will be sponsoring a Zumba class and continued funding is allowing us to offer another round of Tai Ji for Better Balance classes starting September 13<sup>th</sup>. In anticipation of Medicare Open enrollment, the center is in the process of organizing a Medicare provider fair where all the plans will be invited to our center to present what is new for 2023.

Applications are being accepted through September 15<sup>th</sup> for the fall Senior Farmers Market Nutrition Program. See Cindy, Senior Center Dining Manager, for eligibility requirements and an application.

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 SEPTEMBER:**

September 5– Labor Day: Senior Center Closed  
September 13– Primary Elections

**ANNOUNCEMENTS:**

Chair Exercise with  
Cyn on Tuesday,  
September 20th  
10:45AM-11:45AM  
is cancelled.

**Shahnee Lagor's RN  
hours are changing  
beginning 9/12/22:**

Tuesdays: 9AM-2PM  
Thursdays: 9AM-2PM  
Fridays: 9AM-2PM

**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: \_\_\_\_\_



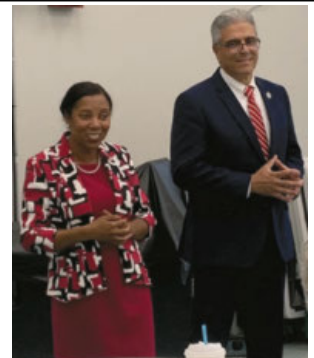
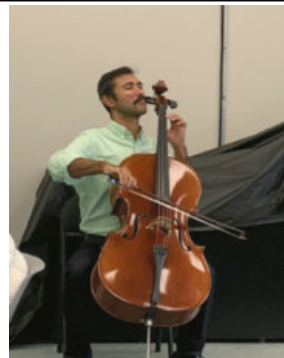
**BINGO INFORMATION:**

**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!

**PULL TAB INFORMATION:**

.50 ¢ per pull tab  
OPEN 1:00PM-1:25PM TUESDAYS  
All transactions **MUST** be completed by 1:25PM.





# AVAILABLE SERVICES AT THE SENIOR CENTER:

## **MONTHLY CAREGIVER SUPPORT GROUP**

**Friday September 30, 2022 3PM-4PM**

Helpful resources will be provided to help guide you through the caregiving journey. Please join us to learn ways to cope with caregiving as well as discuss any concerns you may have with your caregiving journey.

Open to the public. Free of charge.



## **SHIP COUNSELING**

SHIP (State Health Insurance Program Counseling) is available at the Senior Center every Friday by appointment only for the month of September. Discuss Medicare enrollment, current plans, and future medical plans.

Call John today for an appointment!

401-435-7876 x1171



**east bay community  
action program**



## **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**



## Health Related Programs:

### LSVT BIG MOTION EXERCISE CLASS

Join us for a 6-week exercise class to help improve movement and coordination in people living with Parkinson's Disease, Stroke and/or other neurological disorders. This community-based program not only helps recalibrate the brain to understand both big and small movements but it also incorporates social support, friendship and encouragement. Classes are taught by a certified occupational therapist.

LSVT BIG Movements



***Mondays from 9:30am-10:30am. Classes start September 12th. Register today!***

### TAI JI QUAN

***Tai Ji Quan Better Balance Program starts Tuesday, September 13th.***

**Classes will be held on:**

**Tuesdays from 9:30am-10:30am**

**Thursdays from 10:45am-11:45am.**

Must be registered and complete a balance assessment screening to participate. Tai Ji Quan is a 6 month long, evidence-based program with proven results in fall prevention. Classes are fully booked. ***To get your name on a waitlist please call Nurse Shahnee at 401-270-1792.***



### URI PHARMACY OUTREACH MANAGING HIGH BLOOD PRESSURE **Monday September 19 10:30AM**

Hypertension, also known as high blood pressure, is one of the most common health conditions amongst Americans. Many people are on medications to help lower their blood pressure and prevent heart disease and stroke, but not many people understand which medications do what and why. Learn more about the different kinds of medications prescribed. Understand how the medications work, when is the best time to take them and common side effects to be on the lookout for.

Plus, hear more about our Blood Pressure Self Monitoring Program offered right here at the Robert Rock Senior Center. ***Enrollment starts this fall!***



**PODIATRIST IS FULLY BOOKED ON SEPTEMBER 16, 2022**

### ADVANCED DIRECTIVE HOPE HEALTH **SEPTEMBER 7, 2022 10AM** YOUR VOICE, YOUR CHOICE



Do your loved ones know what your end of life wishes are? What happens if you are in an accident and can't make health care decisions? End of life discussions are difficult. For many, the burden is placed on family to decide what life saving measures their loved one wants; but you can ease that pain by making your wishes known ahead of time in what we call an advance directive.

***Hear what your options are so that you can be prepared and ensure your end of life wishes are followed.***

# REWARDS CARDS: A WAY TO SEEK OUT LOCAL RESOURCES

Martha Cote has been a member of the Senior Center for years. She particularly loves weekly BINGO. Each week, Martha takes a look at the newsletter and sees if there are any new presentations she can sit in on. The first time she learned about the newly launched rewards program was from Resource Specialist, Amanda Mattress. “I remember Amanda stood outside the White Cross presentation handing out these cards to anyone who walked in. That’s when I decided to get more information and when I did- I thought; this is a great program!”

Martha has been attending special guest presentations at the Senior Center since the rewards program was launched in the beginning of 2022. Martha is one punch away from receiving her first reward! Martha will be the first member of the Senior Center to utilize this program to the fullest, and will even get a reward at the end!

“I used to come in to the Senior Center on Tuesday mornings and just sit in the dining room until lunch and BINGO began. The rewards program got me out of my seat and encouraged me to attend different presentations. It has taught me more about how many local resources are out there for us.”

The Robert Rock Senior Center staff as well as Martha recommend the rewards program as a way to seek out local resources many have not known about. Every month, staff at the Senior Center work hard to bring in new interesting topics and guest speakers to make everyone aware of local resources they may have never heard of. The reward cards are a great way for the Senior Center to promote attendance to special presentations.

## *Here is how the rewards program works:*

See Amanda in the Resource Center to get a rewards card. Every event on our monthly calendar that is **in bold red font** is a presentation that can count towards your rewards card. After the presentation, see Amanda in the Resource Center so your card can be punched. Once you reach 5 presentations, you will get a free reward! If you have any questions regarding the rewards program, contact Amanda at 401-270-1788 or drop by the Resource Center for more information!







BRAIN INJURY  
ASSOCIATION  
OF RHODE ISLAND



TUESDAY, SEPTEMBER 6, 2022  
ROBERT ROCK SENIOR CENTER

11:00AM-11:45AM

# **DISTRACTED DRIVING**

## ***DECISIONS THAT DEVASTATE***

~a presentation for senior drivers

***A COMPLIMENTARY presentation by  
the Brain Injury Association of RI***

In 2020:


- almost 48 million licensed drivers ages 65+. That's a 68% increase since 2000.
- 7500 older adults were killed in traffic crashes.
- there were 3142 distracted driving deaths in the US (8% of fatal crashes).

While seniors are among the safest drivers on the road, they have higher crash rates. Many factors may attribute to this, including distracted driving. Learn more about distracted driving and how it may relate to brain injury. The 75+ age group is particularly at a higher risk for mild traumatic brain injury (concussion). Please join us to learn more!

Contact us at 401-228-3319  
Find us online at [biari.org](http://biari.org)

# Robert Rock Senior Center Activities

SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p><b>Red Bolded activities count towards REWARDS CARDS!</b></p> <p>If you are interested in our rewards program, please visit the Resource Center.</p>			<p><b>1</b></p> <p>9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>2</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack</p>
<p><b>5</b></p> <p><b>Labor Day Senior Center Closed</b></p>  <p><b>LABOR DAY</b></p>	<p><b>6</b> 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn <b>11:15A: Distracted Driving Presentation</b> 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>7</b></p> <p>8A: Nutritionist 8:30A: Eastside Clinical Lab <b>10A: Advanced Directive Presentation</b> 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>8</b></p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>9</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1:30P: Hi Lo Jack</p>
<p><b>12</b></p> <p>9:30A: LSVT BIG Exercise Class 11A: Chair Yoga with Marilyn</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>13</b> <i>Primary Elections</i></p> <p>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</p>	<p><b>14</b></p> <p>8A: Nutritionist 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>15</b></p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>16</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1P: Podiatrist by apt only! 1:30P: Hi Lo Jack</p>
<p><b>19</b></p> <p>9:30A: LSVT BIG Exercise Class <b>10:30A: URI Pharmacy Presentation</b> 11A: Chair Yoga with Marilyn</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>20</b></p> <p>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</p>	<p><b>21</b></p> <p>8A: Nutritionist <b>10:30A: URI SNAP Ed</b> 10:45A: PACE Chair Exercise 1P: Cribbage 1P: RSVP Advisory Meeting</p>	<p><b>22</b></p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>23</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair 1:30P: Hi Lo Jack</p> <p><i>*Meditation Cancelled today*</i></p>
<p><b>26</b></p> <p>9:30A: LSVT BIG Exercise Class 11A: Chair Yoga with Marilyn</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>27</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</p>	<p><b>28</b> 8A: Nutritionist 10:45A: PACE Chair Exercise <b>11A: Medicare Informational Presentation</b> 1P: Cribbage 1P: RSVP Meeting</p>	<p><b>29</b></p> <p>9A: Nurse Hours 9A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>30</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack 3P: Caregiver Support</p>



## LSVT BIG Exercise Class

Exercise class that trains/improves movements for any activity, whether "small motor" or "large motor" tasks. The treatment improves walking, self-care and other tasks by helping people "recalibrate" how they perceive their movements with what others actually see. It also teaches them how and when to apply extra effort to produce bigger motions.

## 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.

## 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. Free class.

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. 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.

\*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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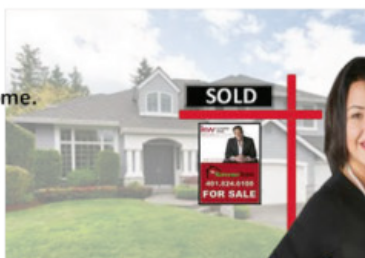
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Alessa**

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Lisa Janicki, MS

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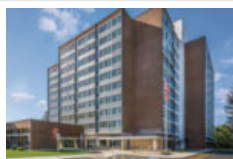
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# TECHNOLOGY ASSISTANCE



## 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*

The capacity to learn is  
a *gift*; the ability to  
learn is a *skill*; the  
willingness to learn is a  
*choice*.

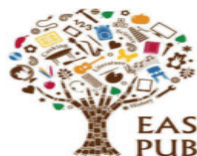
Brian Herbert



## Computer/Tablet Assistance



*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

## 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.



## 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.





# COMMUNITY EVENTS IN SEPTEMBER:

## WEAVER LIBRARY FARMERS MARKET



## 2022 ENTERTAINMENT LINEUP

SEPTEMBER 1

KLEYLA FAMILY BAND

SEPTEMBER 8

NATE JONES

SEPTEMBER 15

CARDBOARD OX

## PVD FOOD TRUCK EVENT IN EAST PROVIDENCE!

SACRED COW— 187 NORTH BROW STREET EAST PROVIDENCE RI 02914

**SUNDAY, SEPTEMBER 4, 2022 4:30PM-7:30PM**

Free Admission! Just pay for your food, ice cream and drinks.

Bring your own chair and/or blanket to sit on and enjoy the live music!



Eat from your favorite local food truck or try something new...or maybe even eat at multiple trucks! The trucks accept cash, credit, or debit.

**The Sacred Cow**



## Weaver Library Farmers Market

Fresh Food, Live Music, Family Entertainment

Thursdays, June 30th - September 15th 4-7pm

41 Grove Avenue, East Providence, RI 02914

SNAP · WIC · CASH · CREDIT



# SENIOR FARMERS MARKET NUTRITION PROGRAM

*Do you want a FREE box of fresh, RI grown fruits and vegetables?*

1. Are you, 60+ years of age or do you receive SSDI?
2. Do you earn less than the income listed below?
3. Are you a Rhode Island resident?

Number of Family Members:	Annual Income:
1	\$23,828
2	\$32,227

If you answered "yes" to all the above and you meet the income guidelines, you are eligible for a free produce box of fruits and vegetables. Forms to sign up are available at the Robert Rock East Providence Senior Center.

**DEADLINE TO SIGN UP: SEPTEMBER 15, 2022**

*Please visit or call the Dining Room with any questions: 401-270-1814*



**A huge THANK YOU to those who assisted with our first round of food distribution in August!**



**CONGRATULATIONS**  
to our August  
BINGO raffle  
winner!

Thank you  
Pawtucket Falls for  
sponsoring our  
BINGO days!





## Mark your Calendars

### ZUMBA CLASSES

Starting in September  
4 week program

Call front desk if interested!

**401-435-7800.**

Sponsored by Neighborhood Health RI



### URI SNAP ED

Wednesday September 21, 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 SEPTEMBER 7, 2022 8:30AM-11AM**

### BLOOD PRESSURE CLINICS

*Monitoring your blood pressure is easy!*

Grace Barker **SEPTEMBER 13, 2022 10:30AM-11:30AM**

Hattie Ide Chafee **SEPTEMBER 20, 2022 10:30AM-11:30AM**



This dessert is  
perfect for apple  
season!

## Easy Apple Crisp

### Directions

- 1) Preheat oven to 375°F.
- 2) Combine ½ cup brown sugar, water and cinnamon in a bowl. Press mixture in bottom of a 8x8-inch baking pan.
- 3) Spread apple slices on top.
- 4) In a separate bowl, combine remaining ½ cup brown sugar, flour, oats, salt, and butter. Using two knives, cut until crumbly.
- 5) Spread mixture over apples and pat until smooth.
- 6) Bake for 40-50 minutes until apples are tender and crust is browned.
- 7) Serve hot.

### Ingredients

- 1 cup brown sugar, divided
- ¼ cup water
- ½ teaspoon cinnamon
- 6 large apples, peeled and sliced
- ¾ cup flour
- ½ cup uncooked old-fashioned oats
- ¼ teaspoon salt
- 2 tablespoons butter





## Exercise the Mind

### Fall Word Search

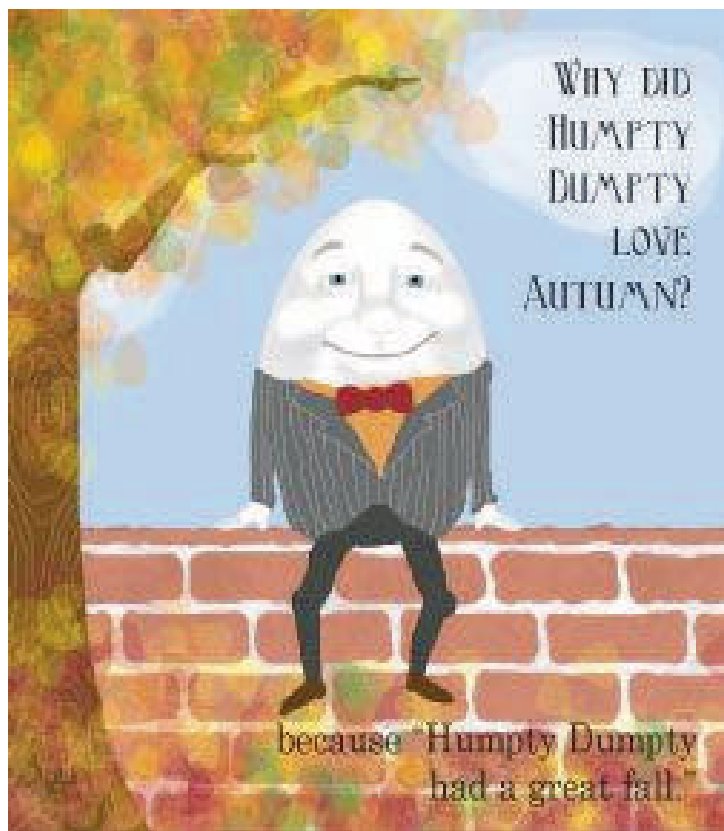
C U W V B F K S Q S W H A R V E S T H G  
O Y S M A N T A T O U U O G K R P M L E  
A C F D F O O T B A L L W B T Q W O Z B  
S E E Z Z A G E R Y N T U E N I B E X R  
W J P N X T B U W A A P P L E C I D E R  
E A U O A H U D C N U T U U N C T A Q  
A P R V S A U U R K K P P Z M H R B C T  
T P L E A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



CORN	THANKSGIVING	PUMPKIN
AUTUMN	HARVEST	FOOTBALL
BONFIRE	LEAVES	SWEATER
BOOTS	CARNIVAL	NOVEMBER
OCTOBER	APPLES	SEPTEMBER
RAKE	APPLE CIDER	SUNFLOWER



## Quick Laugh



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## \$3.00 Suggested Donation

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

# September 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><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>	<p>Reservations must be made 24 hours in advance by 11:00 <b>Monday – Friday</b> <b>401-270-1814</b></p>	<p><i>Please remember to call and cancel your reservation if you are unable to attend</i> <i>Thank you</i></p>	<p>1. Lentil Soup Italian Sausage w/ Mustard Peppers &amp; Onions Tortellini Wafer Cookie Rye Bread <i>(Wheat Hamburger on Roll)</i></p>	<p>2. Minestrone Soup Shepherd's Pie Roasted Brussels Sprouts Jello Garlic Roll <i>(Seafood Salad on Wheat)</i></p>
<p>5 <b>CLOSED</b> <b>Labor Day</b></p>	<p>6 Chicken Vegetable Soup Pork Loins w/ Applesauce Brown Rice Green Beans Sliced Peaches Dinner Roll <i>(Egg Salad on Rye)</i></p>	<p>7 Italian Wedding Soup Meatballs w/ Sauce Pesto Pasta Italian Blend Vegetables Tapioca Pudding Italian Bread <i>(Turkey Salad on Italian)</i></p>	<p>8 Onion Soup Roast Turkey w/ Gravy Corn Bread Stuffing California Blend Vegetables Fruit Bar Marble Bread <i>(Pastrami &amp; Swiss on Marble)</i></p>	<p>9 Lemonade Grilled Chicken Breast Baked Beans Prince Edward Blend Vegetables Watermelon Multi Grain <i>(Hot Dog on Bun)</i></p>
<p>12 Split Pea Soup Baked Ham w/ Pineapple Slice Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>(Tuna on Rye)</i></p>	<p>13 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread <i>(Turkey &amp; Cheese on Marble)</i></p>	<p>14 Tomato &amp; Brown Rice Soup Chicken w/ Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread <i>(Meatloaf on Whole Wheat Bread)</i></p>	<p>15 <b>HAPPY BIRTHDAY</b> Chicken Escarole Soup French Meat Pie w/ Ketchup Green Beans Frosted Cupcake Pumpernickel Bread <i>(Ham Salad on Pumpernickel)</i></p>	<p>16 Clear Chowder Potato Crunch Fish w/ Tartar Sauce Au Gratin Potatoes 3-Bean Salad Sliced Pears Wheat Bread <i>(Roast Beef &amp; Cheese on Wheat)</i></p>
<p>19 Turkey &amp; Brown Rice Soup Pot Roast w/ Gravy Mashed Potatoes Broccoli Pudding Wheat Dinner Roll <i>(Egg Salad on a Bulky Roll)</i></p>	<p>20 Vegetable Soup Beef Wellington w/ Ketchup Lyonnaise Potatoes Roasted Zucchini Fruit Cocktail Rye Bread <i>(Corned Beef &amp; Swiss on a Rye)</i></p>	<p>21 Pasta &amp; Bean Soup Stuffed Pepper w/ Sauce Brown Rice Baby Carrots Mandarin Oranges Wheat Bread <i>(Turkey &amp; Cheese on Wheat)</i></p>	<p>22 Lentil Soup Veal Cutlet w/ Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread <i>(Salami w/ Provolone &amp; Mustard on Italian)</i></p>	<p>23 Red Chowder Seafood Salad Chic Pea Salad Cole Slaw Fresh Fruit Multi-Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>
<p>26 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i></p>	<p>27 Chili Soup Tuna Salad Macaroni Salad Beet Salad Lemon Pudding Multi Grain Bread <i>(Sliced Chicken on Multi Grain)</i></p>	<p>28 Chicken Escarole Soup Stuffed Pepper w/ Sauce Seasoned Diced Potatoes Baby Carrots Mandarin Oranges Wheat Bread <i>(Turkey &amp; Cheese on Wheat)</i></p>	<p>29 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Asian Blend Vegetables Wafer Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p>30 100% Apple Juice Cheese Omelet w/ Tomato Slice Turkey Sausage Crispy Cube Home Fries Fresh Fruit Cup <i>(Ham &amp; Cheese on Wheat w/ Side Salad)</i></p>