

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

September 2023

Senior Center Services

Elder Resource Specialist
Amanda Mattress

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

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

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 Mattress
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
Richard Wood
Dennis Price
Tom Taylor

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.



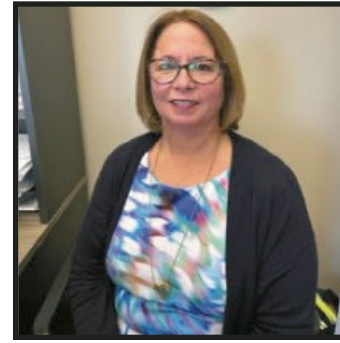
Message from the Mayor:

Greetings!

As the summer comes to an end, I would like to let everyone know early voting for the CD 1 Primary Election has begun. The CD 1 Primary Election for East Providence residents will be held on Tuesday, Sept. 5, 2023. The polling locations are listed in this newsletter as well as our city website at eastprovidenceri.gov. If you are a senior citizen that does not have transportation to vote, please call the Senior Center at 401-435-7800. Our Senior Center staff can provide transportation for you to the polls. If you have any questions regarding your polling place, please call 401-435-7502 or go to the Secretary of State website at vote.ri.gov. We have one more summer block party at the Weaver Library on Sept.5,2023. I hope to see you all there! Wishing everyone a happy fall season!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy Fall!

September is Senior Center Awareness Month. I would like to take the time to thank all our members, volunteers, and staff for their dedication and hard work to make our Senior Center the best it can be. I genuinely appreciate all you do! In the month of September, the Robert Rock, East Providence Senior Center is participating as a Senior Center in the Blue Cross & Blue Shield, Steppin' Out: Fitness Challenge for Senior Centers. The Challenge starts September 1st and ends September 30th. There will be a raffle that will take place on September 30th for any Senior Center who either tags their Center's page or posts their activity on the Blue Store Studio Facebook Group. Any Center that posted at least once or more on a weekly basis during the Challenge will be entered into a raffle. The Senior Center Prize will be selected at random from Centers that post during the Challenge. Four-\$500 gift cards will be awarded! Please pick up a flier at the Senior Center lobby kiosk for more information. Please take a look at our newsletter as we have a busy September with lots of new programs, flu shot clinics, and more!

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 SEPTEMBER:

September 4: Labor Day (Senior Center Closed)

September 5: CD1 Primary Election Day
(Senior Center is Open)



Amanda Mattress, our Elder Resource Specialist will be out of the office starting on Thursday, September 21. She will return to the office on Tuesday, October 10. Please see Gilbert, our Community Health Worker if you need assistance with resources and information.

WE ARE ADDING WALMART TO OUR GROCERY SHOPPING TRIPS!

Twice a month on the last Thursday and Friday of the month, we will be going to Walmart for shopping!

September shopping schedule is listed below:



September 1: WALMART

September 7: Stop & Shop

September 8: Shaw's

September 14: CANCELLED

September 15: Shaw's

September 21: Stop & Shop

September 22: Shaws

September 28: WALMART

September 29: 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.

WATCH IT FLOURISH: GARDENING CLUB

There is still time to join in on our Gardening Club!

Call the front desk today to add your name to the list of those interested in our gardening club!

401-435-7800



Are you interested in learning how to play Mah Jongg?
BEGINNING SEPTEMBER 19

Mah Jongg training will be offered at the Senior Center on Tuesdays from 1:30PM-3PM. Late bus transportation will be offered.
Call 401-435-7800 to register!

CHANGES TO 20/20/20 FITNESS TIMES AND DAYS

Beginning in September, 20/20/20

Fitness will be changed to:

**EVERY WEDNESDAY
9AM-10:00AM**



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!



SEPTEMBER 21, 2023 10AM

Going Blind Film Showing

Going Blind is a feature-length documentary about vision loss in the United States. It interweaves Joseph Lovett's struggle to keep his glaucoma at bay with the stories of six people he meets dealing with different sight loss levels. The film is an excellent resource for those with vision loss and family and friends struggling to understand the process and the best ways to adapt emotionally and practically. After the free screening of the film, there will be an opportunity for questions and answers.

COMMUNITY HEALTH WORLD:

Aging Vibrantly Adults Mental Health Awareness Training



20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.

This MHAT program helps individuals better understand mental health. Participants will gain knowledge, skills, confidence, and resources. These trainings will guide both care givers and older adults to better navigate through life so we can all age healthy and vibrantly.

East Bay Regional Coalition provides these trainings at no cost for the East Bay region.

September 13th, 10:30 - 11:30 AM at the East Providence Senior Center 610 Waterman Ave, East Providence, RI and receive a 25.00 gift card to Stop & Shop or Shaws

To register for training or for more information please contact Steven Eiland, MHAT Project Director at eastbaymhat@gmail.com or call 401-247-1900 ext. 346



East Bay Regional Coalition
Member of Rhode Island Regional Coalitions



This MHAT project is funded by SAMHSA
NOA 6H79SM084527-02M002

COVID TESTING/COVID VACCINES

IF YOU NEED ASSISTANCE BOOKING YOUR COVID TEST OR COVID VACCINE, PLEASE SEE GILBERT!

COVID testing and COVID vaccines are done at the following local pharmacies: Walgreens, CVS, Walmart. Appointments must be scheduled online.



*Do not have a computer?
No problem! Gilbert, our
Community Health Worker
will assist you with booking
online.*

Are you in need of assistance but don't know where to turn to for help? Could you use some help with personal care and help keeping your home or apartment clean and safe?

Rhode Island's Office of Healthy Aging can help link you up with services and programs in the community; many of which are not widely known about. Find out services that are available to you. This presentation will be extremely helpful for caregivers as well!

SEPTEMBER 25, 2023 10:30AM

RHODE ISLAND OFFICE OF
HealthyAging

Health Related Programs:

John LaCross is hosting Meditation on September 8, 2023
MEDITATION CANCELLED SEPTEMBER 22, 2023!

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 September 2023:

September 5, 2023 10:30AM
 Orchard View coming to the Senior Center to assist with Blood pressure checks.

**September 12, 2023
 10:30AM**

Grace Barker coming to the Senior Center to assist with Blood pressure checks.



**URI PHARMACY OUTREACH
 FRIDAY SEPTEMBER 22, 2023
 10:30AM**



Are you up to date on all your vaccines? Which ones need boosters and when?

The University of Rhode Island Pharmacy Department will be in house to discuss the most important vaccines for older adults, and recent guidelines regarding COVID vaccinations.



FLU SHOT CLINIC AT THE SENIOR CENTER!



**SEPTEMBER 27, 2023
 10:00AM-12:00PM**

Registration is required!

Please register with our Healthy Aging Nurse Coordinator, Shahnee by calling 401-270-1792.

**URI SNAP ED IS BACK!
 SEPTEMBER 20, 2023, 10:30AM**

Now that summer is coming to a close, some of you may be tempted to eat those hearty, high carbohydrate, comfort meals.

Learn tips on how to better balance a meal using the My Plate model as well as the importance of creating a routine on how to include foods that will benefit your mind, body, and health.



STAY TUNED!

CARELINK MOBILE DENTISTRY CLINIC COMING IN FALL 2023!



For more information, please call Shahnee at 401-270-1792.

COMING IN OCTOBER, MARK YOUR CALENDARS!

The Podiatrist Returns Friday, October 6!

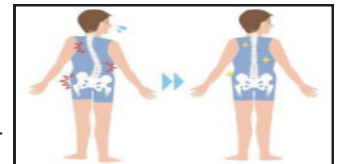


Toenail clippings & callus removal services. These appointments fill up FAST.

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

BROWN BAG MEDICATION REVIEW

URI Pharmacy is now booking 3 private 1:1 appointments to review medications, uses, and necessity. *If you are interested in booking an appointment, please call Shahnee at 401-270-1792.*

****Appointments held on Friday, October 27 10:30AM****

NURSE HOURS: Tuesday, Thursday, & Fridays 9AM-2PM

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 heard great feedback and are looking forward to hosting this event again in October 2023! Listed below are the current insurance providers we have on board for this year's 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
Solutions Team
A Plan for Everyone



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.**



A LOOK BACK FROM AUGUST:



Robert Rock Senior Center Activities

SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1 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
4 Senior center Closed 	5 8A: Nutritionist 9A: Bocce 9:30A: Chronic Pain Mgt. 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	6 8A: Nutritionist 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	7 9A: Nurse Hours 9:30A: Senior Shopping 10A: Memoir Writing 12:30P: Bridge 1P: Knit & Crochet	8 8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack
11 9A: Chronic Pain Mgt 10A: Chair Yoga with Marilyn	12 8A: Nutritionist 9A: Nurse Hours 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art	13 8A: Nutritionist 9A: 20/20/20 Fitness 10:30A: Age Well, Get Connected 10:30A: Mental Health Training 10:45A: PACE Chair Exercise 1P: Cribbage	14 SENIOR PICNIC NO LUNCH PROGRAM 9A: Nurse Hours Senior Shopping Canceled 10A: Memoir Writing 12:30P: Bridge 1P: Knit & Crochet	15 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
18 10A: Chair Yoga with Marilyn 10A: the Pointe Aging Assistance 1P: Movie Showing:	19 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 11A: Know Your Rights on Utilities Presentation 1:30P: BINGO! 1:30P: Mah Jongg Train 2P: Multimedia Art	20 8A: Nutritionist 9A: 20/20/20 Fitness 10:30A: URI SNAP ED 10:45A: PACE Chair Exercise 1P: Cribbage	21 9A: Nurse Hours 9:30A: Senior Shopping 10A: Going Blind Film Showing 12:30P: Bridge 1P: Knit & Crochet	22 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:30A: URI PHARM Outreach 10:45A: PACE Chair Exercise 1P: BCBS Balance 1:30P: Hi Lo Jack
25 9A: Chronic Pain Mgt 10A: Chair Yoga with Marilyn 10:30A: The Pointe At Home Presentation	26 8A: Nutritionist 9A: Bocce 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1:30P: BINGO! 1:30P: Mah Jongg Training 2P: Multimedia Art	27 FLU SHOT CLINIC 10A-12P 8A: Nutritionist 9A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 1P: Cribbage	28 9A: Nurse Hours 9:30A: Senior Shopping 12:30P: Bridge 1P: Knit & Crochet	29 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Mah Jongg 10:45A: PACE Chair Exercise 1P: BCBS Balance 1:30P: Hi Lo Jack

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.

Mondays with Marilyn 10:00AM. **No fee.**

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 10:45A-12:45P

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. Thursday's 9:30A-10:30A **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

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

Registration required. Fee is dependent on monthly craft being done.

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.

555 Pawtucket Ave., East Providence, RI 02914

434-3885

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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/>

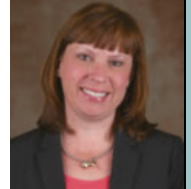
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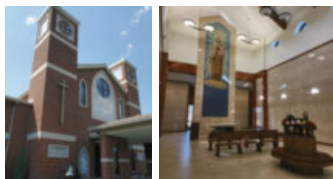
Call For An Appointment Today
401-431-5100



Conveniently Located

999 S Broadway, 3rd floor | www.GatewayHearing.com

Lisa Janicki, MS



Catholic Cemeteries

Diocese of Providence

Catholic Cemeteries has more options to choose from than ever before.

Numerous opportunities to memorialize your loved one regardless of their resting place. Ensure that YOUR wishes are met, rather than leaving it up to grieving family members. We are here to help you through the process.

Main Office: (401) 944-8383

Gate of Heaven Office: (401) 434-2579

Mention Discount Code EPSC at time of purchase

ricatholiccemeteries.org

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WINSLOW GARDENS

An Aldersbridge Community

Assisted Living & Independent Living
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www.Aldersbridge.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.Ipicommunities.com East Providence Senior Center, East Providence, RI 04-0741

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.

September 13, 2023 10:30AM



LOOKING FOR COMPUTER ASSISTANCE?

Gilbert, our Community Health Worker can help!



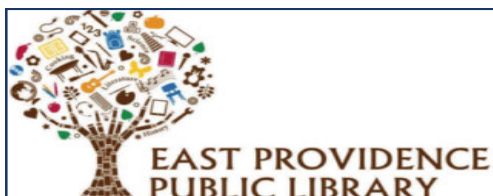
On Thursday mornings from 10AM-12PM, drop in to see Gilbert to get any questions about technology answered. Feel free to bring your own laptop or tablet!

Connecting older adults to family and friends and forging new friendships with younger generations through technology have been shown to improve a sense of connectedness, reduce loneliness and reduce societal ageism.



Additional technology assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment:

401-434-2453



MASTERING THE BASICS OF FLOWER ARRANGEMENT

SEPT. 11TH 1:00PM AT EPSC

This is a virtual class projected on Zoom!

In this class, we explore the fundamentals of arranging flowers, from selecting the perfect blooms to creating stunning compositions that will brighten up any space.

FREE EVENTS IN EAST PROVIDENCE:

VOTING INFORMATION:



Summer Block Parties

THURSDAYS THIS SUMMER!

ON THE LAWN AT WEAVER LIBRARY
4PM-7PM

FOOD TRUCKS

LIVE MUSIC

LAWN GAMES

BOOK SALE

KIDS ACTIVITIES

AND MORE!

September 21

*In case of inclement weather the rain date will be the following week.

**State Of Rhode Island and City of East Providence
Polling locations for the Special
CD 1 Primary Election for East
Providence Voters**

This is to notify and warn the legally qualified electors of the City of East Providence that a Special CD1 Primary Election will be held Tuesday, September 5, 2023
The polls will remain Open 7:00 a.m. until 8:00 p.m.

If You Usually Vote At	You Will Vote Today At
1001 Francis School, 64 Bourne Ave.	City View Manor, 99 Goldsmith Ave.
1002 City View Manor, 99 Goldsmith Ave.	City View Manor, 99 Goldsmith Ave.
1003 Whiteknact School, 261 Grosvenor Ave.	St. Francis Church, 81 N. Carpenter St.
1004 Rumford Towers, 95 Newman Ave.	City View Manor, 99 Goldsmith Ave.
1005 Francis School, 64 Bourne Ave.	City View Manor, 99 Goldsmith Ave.
1006 EP Senior Center, 610 Waterman Ave.	St. Francis Church, 81 N. Carpenter St.
1007 St. Francis Church, 81 N. Carpenter St.	St. Francis Church, 81 N. Carpenter St.
1008 Hennessey School, 75 Fort St.	St. Francis Church, 81 N. Carpenter St.
1009 Martin Middle School, 111 Brown St.	St. Martha's Church, 2595 Pawtucket Ave.
1010 Fuller Learning Center, 260 Dover Ave.	St. Martha's Church, 2595 Pawtucket Ave.
1011 Kent Heights School, 2680 Pawtucket Ave.	St. Martha's Church, 2595 Pawtucket Ave.
1012 Riverside Congregational, 295 Bullocks Pt. Ave.	St. Martha's Church, 2595 Pawtucket Ave.
1013 Harborview Manor, 3663 Pawtucket Ave.	Crescent Park Manor, 243 Crescent View Ave.
1014 Riverside Library, 475 Bullocks Pt. Ave.	Crescent Park Manor, 243 Crescent View Ave.
1015 Crescent Park Manor, 243 Crescent View Ave.	Crescent Park Manor, 243 Crescent View Ave.
1016 Waddington School, 101 Legion Way	Crescent Park Manor, 243 Crescent View Ave.
1017 Oldham School (Formerly Meadowcrest)	Crescent Park Manor, 243 Crescent View Ave.

**These Are the Four Polling Places That Will Be Open Only One in Each Ward for the
September 5, 2023 Special CD1 Primary Election**

Ward One	City View Manor	99 Goldsmith Ave.
Ward Two	St. Francis Church	81 N. Carpenter St.
Ward Three	St. Martha's Church	2595 Pawtucket Ave.
Ward Four	Crescent Park Manor	243 Crescent View Ave.

EARLY VOTING SHALL COMMENCE ON WEDNESDAY, AUGUST 16, 2023
EARLY VOTING CAN ONLY BE DONE AT EAST PROVIDENCE CITY HALL AT 145 TAUNTON AVE, EAST PROVIDENCE RI IN THE FIRST FLOOR LOBBY DURING THE FOLLOWING SCHEDULE.

MONDAY, TUESDAY, WEDNESDAY, 8AM-4PM
THURSDAY 8AM-6PM
FRIDAY 8AM-1PM

PLEASE BE AWARE THAT NO APPOINTMENTS WILL BE MADE FOR EARLY VOTING. EARLY VOTING IS STRICTLY ON A FIRST COME, FIRST SERVE BASIS DURING THE SCHEDULED WALK-IN TIME PERIOD.

PLEASE CALL 435-7502 IF YOU HAVE ANY QUESTIONS REGARDING YOUR POLLING PLACE OR YOU CAN GO TO THE SECRETARY OF STATES WEBSITE AT VOTE.RI.GOV

This notice is given in lieu of posting, in accordance with Chapter 17-15-17 of the Election Laws of the State of R. I. Jerome Spinola, Chairman, Christopher Dias, Clerk, Paul Moura, Member, East Providence Canvassing Authority.



We will be showing:
To BE ANNOUNCED!

In the Dining Room on:
SEPTEMBER 18, 2023 1:00PM

Popcorn will be served.



NEWPORT CREAMERY DINE OUT VOUCHER PROGRAM MENU OPTIONS:

Newport Creamery vouchers are still available at the East Providence Senior Center.

Suggested donation of \$7.50 per voucher.

You are welcome to drop by the Senior Center M-F 8AM-4PM to pick up a Newport Creamery voucher.

DINE OUT FOR BREAKFAST!

Obtain a voucher from
East Bay Community Action Program
for Newport Creamery Restaurant
for a suggested donation of \$7.50

*Valid for dine-in only, no take-out
Must be 60/+ years of age

Participating Restaurant Locations

296 County Road, Barrington, RI
208 West Main Road, Middletown, RI
Monday-Friday, 7 am - 11 am

--CHOICE OF 5 MENU ITEMS--

Each meal includes: Small Fruit Juice, Milk,
Coffee, Tea, or Fresh Fruit

TEXAS FRENCH TOAST

2 thick Texas-style French toast slices with choice of bacon or
lean sausage

LUMBERJACK STACK PANCAKES

Stack of 3 buttermilk pancakes with 1 egg

BREAKFAST

2 eggs, any style, 1 sausage link or 1 slice of bacon & 1 slice of
wheat toast or English muffin

GARDEN OMELETTE *

Egg whites with onion, pepper, mushroom, tomato, and
broccoli with wheat toast

GARDEN WHEAT WRAP *

Egg whites wrapped up with onion, pepper, mushrooms,
tomato, and broccoli

*Sorry, substitutions are not allowed. All food is to be
eaten in the restaurant. No takeout allowed on Senior
Program.*

**Vouchers must be used in the month of
purchase. For more information or to purchase
a voucher, call 401-437-1000, ext. 1121**



East Bay Community Action Program
is a non-profit organization funded in
part by Administration on Aging and state funds through the
Rhode Island Office of Healthy Aging
For more information or to purchase call 401-437-1000, ext. 1121

DINE OUT FOR DINNER!

Obtain a voucher from
East Bay Community Action Program
for Newport Creamery Restaurant
for a suggested donation of \$7.50

*Valid for dine-in only, no take-out
Must be 60/+ years of age

Participating Restaurant Locations

296 County Road, Barrington, RI
208 West Main Road, Middletown, RI
Monday-Friday, 4 pm - 8 pm

--CHOICE OF ENTREES (1)--

Each meal includes milk, coffee, or tea, and one
scoop of ice cream (no sugar added and yogurt
available), in a dish or cone

SENIOR CHEESEBURGER

SENIOR TUNA SALAD SANDWICH on wheat

SENIOR BLT SANDWICH on wheat

SENIOR TURKEY SANDWICH on wheat

SENIOR FISH DINNER

NEW ENGLANDER FISH SANDWICH on wheat

SENIOR SOUP & HALF SANDWICH on wheat
(Turkey or Tuna)

Choose a side:

**Newport French Fries (unsalted), Potato Salad,
Coleslaw, Broccoli, Mashed Potatoes & Gravy,
Applesauce, or Fresh Fruit Cup**

*Sorry, substitutions are not allowed. All food is to be
eaten in the restaurant. No takeout allowed on Senior
Program*

**Vouchers must be used in the month of
purchase. For more information or to purchase
a voucher, call 401-437-1000, ext. 1121**



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through the
Rhode Island Office of Healthy Aging



**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!**

THE POINT ASSISTANCE AT THE SENIOR CENTER!

SEPTEMBER 18 10AM-11:30AM

Do you have a question about opportunities available to you? Come speak to a representative from the Point to explore options for healthcare, employment, and more!

Mark your Calendars

**KNOW YOUR UTILITY RIGHTS
SEPTEMBER 19, 2023 11AM**

The George Wiley Center will share vital information on what to do to prevent a utility shutoff. Join us for this informative presentation to know what you can do before a shutoff happens.



AARP SAFE DRIVING CLASS

MONDAY, OCTOBER 30

11AM-4PM

Registration is required.

\$20.00 for AARP Members

\$25.00 non-AARP Members

***Cash or checks
accepted***



It's time for East Bay Community Action Program's

Congregate Nutrition Picnic

Thursday, September 14th 11:30am - 2:00pm

Rain Date: Friday, September 15th 11:30am - 2:00pm

Bristol Town Beach Pavilion

50 Asylum Rd. Warren, RI 02885

**RESERVATIONS MUST BE MADE THROUGH YOUR
LOCAL SENIOR CENTER BY SEPTEMBER 6TH**

SUGGESTED DONATION \$3.00

BY RESERVATION ONLY NO WALK INS

Congregate Nutrition Program, a division of the East Bay Community Action Program, "Funded in part by the United States Department of Health and Human Services, Administration for Community Living and state funds through the R.I. Office of Healthy Aging"

If you need transportation to the Congregate Nutrition Picnic, please call Cindy in the Dining Room at 401-270-1814

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

19 likes · 22 followers

Call Now

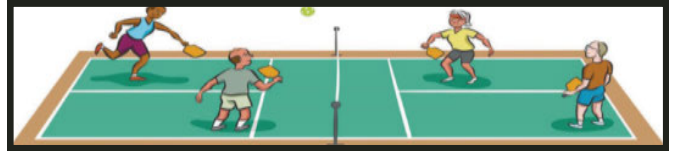
Message

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

Lunch is served at
12:00 pm

September 2023

**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
		<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>		<p>1 Tossed salad Roasted chicken thighs Rice pilaf Corn w/ tomatoes Cake Roll Roast beef sandwich</p>
4		<p>5 Greek cucumber salad Beef w/ honey teriyaki glaze Roasted sweet & white potatoes Green beans Fruit Sliced multi grain bread Seafood salad sandwich</p>	<p>6 Roasted chic pea salad Chicken Parm Rice pilaf w/ mushrooms Wax beans Roll Oatmeal raisin cookie Turkey & swiss cheese</p>	<p>7 Minestrone soup Meatloaf w/ gravy Mashed potato Baby carrots Roll Fruit Chicken salad plate</p>	<p>8 Chicken n rice soup Stuffed manicotti w / meat sauce Cauliflower w/ roasted carrots Garlic bread Pudding Roll Ham & cheese on rye</p>
11	<p>Tomato soup French onion baked chicken Roasted potatoes Peas & carrots Roll - Cookies Sliced whole grain bread Egg salad sandwich</p>	<p>12 Mediterranean rice salad Baked rigatoni w/minni meatballs Green beans Roll Fruit salad Turkey & swiss on rye</p>	<p>13 Chicken soup Meatball & pepper sandwich Pasta salad Roll Fruit Tuna salad plate</p>	<p>14 NO LUNCH PROGRAM CONGREGATE PICNIC</p> 	<p>15 Lentil soup Shepard's pie Mashed potato Ww roll Cake Corned beef on rye</p>
18	<p>Gazpacho Chicken frangese Roasted vegetable w/ potato Garlic bread Fruit Cobb salad</p>	<p>19 Lentil & bean soup Smothered pork chop w/apples & peppers Rice pilaf Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll</p>	<p>20 Navy bean soup Lasagna roll up w/ meat sauce Spinach Roll Jello Chicken salad plate</p>	<p>21 Minestrone soup Salisbury steak w/ mushrooms Sweet potato Mixed vegetables Roll Cake Tuna & cheese on rye</p>	<p>22 Greek salad Chicken cacciatore Rice pilaf Green beans Cookie Roll Tuna sandwich on wheat</p>
25	<p>Chicken escarole soup Sloppy joe 3-bean salad Potato salad Whole Wheat roll - cookie Chef salad</p>	<p>26 Escarole / bean & sausage soup Tossed salad Stuffed shell w/ meatball Garlic bread Fruit Spinach salad w/ chicken</p>	<p>27 Minestrone soup Tender eye round roast w/gravy Garlic green beans Mashed potatoes Cookie - roll Ham salad on rye</p>	<p>28 Mushroom barley soup Baked ham w/ gravy Sweet potato Corn Fruit Roll Tuna salad plate</p>	<p>29 Greek cucumber salad Sausage & pepper sandwich Broccoli salad Chips Roll Turkey & Swiss/whole wheat</p>