

Robert Rock Senior Center



610 Waterman Avenue
East Providence, RI 02914

401-435-7800

Fax: 401-563-7024

www.eastprovidenceri.gov



Follow us on Facebook!

September 2024

Senior Center Services

Elder Resource Specialist
Amanda LaPlante

Monday-Friday 401-270-1788

Community Health Workers
Gilbert Williams-Hackney
Theany Cardoso

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

Staff

Laura Jones

Director

ljones@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
slagor@eastprovidenceri.gov

Amanda LaPlante

Elder Resource Specialist

alaplante@eastprovidenceri.gov

Gilbert Williams-Hackney

Theany Cardoso

Community Health Workers
gwhackney@eastprovidenceri.gov
tcardoso@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:

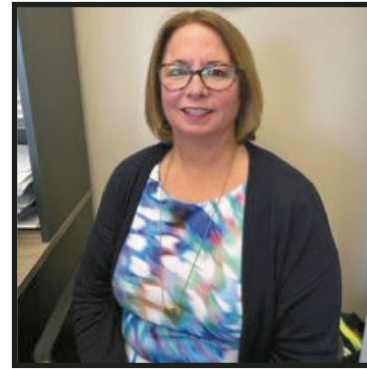
I hope you all had a nice, relaxing summer! We are now coming up on the fall months and looking forward to some great fall events. Wednesday, Sept. 11th is Patriot Day. On that day, the Senior Center is hosting an appreciation event for our Veterans. The event is sponsored by Beacon Hospice and will take place at the Robert Rock Senior Center located at 610 Waterman Avenue . You do not need to be a Senior Center member to participate. If you would like to stay for lunch however, please contact Cindy on or before Friday, September 6th at 401-270-1814. Any Veteran that would like to participate in the pinning ceremony should contact Amanda at 401-401-270-1788 with their rank and branch. In addition to this event, East Providence will be holding a 9/11 ceremony at City hall. Time of the event is to be announced.

I would like to thank everyone who participated in our summer events this year. We can see everyone enjoyed themselves by the large number of residents who attended. It is nice to see everyone come together to relax and unwind.

Keep an eye on our city calendar as the city is planning a Veterans Day event. More details to come. To see other great events planned for September and the fall season, you can go to: <https://eastprovidenceri.gov/calendar>. Our city website highlights all the wonderful happenings we have going on throughout the city!

Sincerely,

Mayor Bob DaSilva



Letter from the Director:

Happy fall! I hope you all enjoyed the summer. We are continuing our Bird Watching group in September on Friday mornings. Feel free to join us! Bocce is also picking back up in September on Tuesday mornings. They are always looking for new players, feel free to jump in.

I am happy to announce we have a brand new Senior Center bus! I hope you all enjoy riding in the new bus.

The Robert Rock Senior Center was fortunate to receive a 2 year grant called Expanding the Public Health Workforce. Which started October 1, 2022. I would like to thank Gilbert Williams-Hackney and Theany Cardoso for their efforts and dedication during their time at the Senior Center. Both Gilbert and Theany's positions at the Center will be ending on Sept. 30, 2024. We wish Gilbert and Theany all the best in their future endeavors as Certified Community Health Workers. I am proud to have been able to mentor them both on their journeys.

I would also like to thank our Mayoral Youth Workforce, Isabel Tavares and Hannah Gould for being with us over the summer. We wish you both good luck this coming school year.

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:
 Monday, September 2- Labor Day (Senior Center Closed)
 Wednesday, September 11- Patriot Day
 Monday, September 16- Medical Device Giveaway

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

SEPTEMBER 2024:

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



To add your name to our shopping list, please call:
401-435-7800.
*Reservations for grocery shopping **MUST** be made 24 hours in advance!*

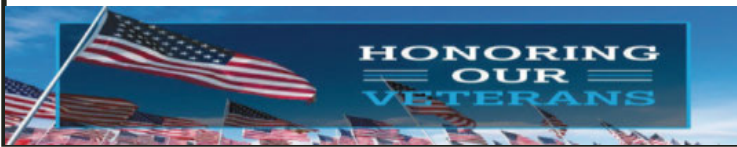


CALLING TO OUR EAST PROVIDENCE SENIOR VETERANS!

If you are a local East Providence Senior Citizen Veteran and would like to be a part of a pinning and appreciation event at the Senior Center on Patriot Day (Wednesday, September 11), reach out to Amanda our Elder Resource Specialist. Amanda will take down your rank and branch so you can be included in the pinning and appreciation event!

The event will take place in the dining room during lunch on Wednesday, September 11.

The Patriot Day Pinning and Veteran Appreciation event will be sponsored and hosted by Beacon Hospice.



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**

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.



We will be showing:
GOING IN STYLE

**Monday, September 30
 1:00PM**

Three lifelong buddies decide to buck retirement and step off the straight-and-narrow for the first time in their lives. Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

CRAFT CLUB

**MONDAY, SEPT 30 10:30AM
 MAKE YOUR OWN WOODEN COASTERS**

Supplies will be provided. Registration is required & space is limited. Sign up by the front desk.



MEDICAL DEVICE GIVEAWAY

MONDAY, SEPTEMBER 16

9:30AM-12PM

The Robert Rock Senior Center will be hosting another open house for medical supplies and equipment. All supplies and equipment are **FREE**. Inventory ranges from walkers, commodes, shower chairs, briefs, wound care supplies, bed pads, and more!



First come, first serve. Free and open to the public.

GRIEF SUPPORT AND HEALING WITH BEACON HOSPICE



The loss of a loved one is one of the most difficult experiences anyone can go through. The pain and grief can be overwhelming. The Robert Rock East Providence Senior Center is committed to helping those in need to manage their grief in healthy ways and to help begin their healing process.



Thursday, September 19 11AM-12PM

2024 MEDICARE OPEN ENROLLMENT INFORMATIONAL FAIR

THURSDAY OCTOBER 10, 2024
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 2025 plans.

Seek out new policy information, supplemental plans, information on first time enrollments. *Speak to Representatives on site!* We will also have Medicare Specialists, Hearing Assistance Representatives, and the United Way RV bus available to assist you with resources.

THURSDAY OCTOBER 10, 2024

10:00AM-12:00PM



Health Related Programs:

NO MEDITATION ON SEPTEMBER 20!

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

THE URI PHARMACY OUTREACH PROGRAM FRIDAY, SEPTEMBER 20TH 10:30AM "Fatigue and Aging: What is normal?"



Being tired is one thing but ongoing fatigue could be your body's way of letting you know something is wrong. You don't want to miss this presentation.



WALKING CLUB IS BACK!
Grab a friend and your walking shoes! We are kicking off a 6-week walking club to help keep you on track and motivated! **Join us on Wednesdays from 9:30am-10:30am starting September 4th. No need to register.** Group will meet in the dining room before heading outside to the walking paths.

Living with Diabetes

Whether you are newly diagnosed or having been managing your diabetes care for decades, join us for a 4-part series on Diabetes management. Hear from our Healthy Aging Nurse Coordinator, a registered nutritionist, and an endocrinology pharmacist. Learn the latest medications, recommendations and find support amongst others living with diabetes.



Registration is required.

**Classes start Thursday, September 12 - Thursday, October 3rd
9:30-11:30am**



WISDOM FOR LIVING

Beginning SEPTEMBER 12 FROM 1PM-2PM

Do you ever just want to grab a coffee or tea and talk with other like minded individuals about topics that interest you? Well, now you can!

Wisdom of Living is a series of monthly gathering to support socialization, challenge your thinking and allow you to engage in meaningful conversation.



Coming in October!

TAI JI LEVEL 2

Take the challenge and continue to improve your balance and coordination with Tai Ji Level 2. This class builds off of skills learned in Level 1.

**Classes will meet once a week beginning
Tuesday, October 8th from 9:45am-10:45am.**

Participants must have already completed Tai Ji Level 1.

Pre-screening assessments will be held on October 1st and 3rd by appointment only.

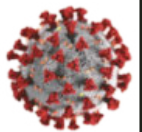
Anyone interested in registering should call our Nurse at 270-1792.



HOW CAN I GET TESTED FOR COVID-19?

According to the RI Department of Health, here is where you can get tested for COVID-19:

- 1. Get tested at primary care offices, pharmacies, and clinics:** Call your primary care provider, local healthcare clinic, or pharmacy to find out if they offer COVID-19 testing or if they can order a test through a laboratory.
- 2. COVID-19 Self Testing:** COVID-19 home tests are available through pharmacies and online retailers. Your insurance may cover COVID-19 home tests. Call your insurance provider to find out if COVID-19 home test kits are covered under your insurance, or qualify for reimbursement.
- 3. People in Rhode Island with Medicaid insurance can get multiple COVID-19 home tests per month at no cost with a prescription from a healthcare professional.**



If you have any questions regarding COVID-19 test kits and/or COVID-19 related questions, call the RI Department of Health COVID-19 Informational line at 401-222-8022.

FLU SHOT CLINIC AT THE SENIOR CENTER:



Asthenis

Be Prepared!

**Flu Season
is Coming**

Get the Flu Shot Here

Monday, September 30

East Providence Senior Center

610 Waterman Avenue
East Providence, RI 02914

▶ Clinic Open from: 10:00am - 11:00am

Get Vaccinated Before it's too Late

Please bring your insurance card to clinic.

**No
Appointment
Needed!**

Questions? Call Shahnee, our Healthy Aging Nurse Coordinator at 401-270-1792.

EARLY VOTING INFORMATION:

Ways to Vote

Know your voting options for the
2024 FALL ELECTION SEASON



FROM HOME

Go to vote.sos.ri.gov to download a mail ballot application -OR- contact CANVASSING OFFICE 401-435-7502

Primary Mail Ballot
Deadline - August 20th

General Election
Mail Ballot Deadline-
October 15th



EARLY IN-PERSON

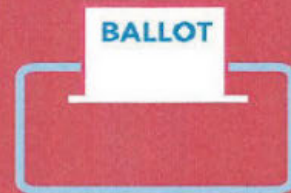
East Providence City Hall
Mon-Wed 8am to 4pm
Thursday 8am to 6pm
Friday 9am to 1pm

Primary
August 21st- September 9th

General Election
October 16th – November 4th

For More Information Contact:
Leslie Shattuck-Moore,
Canvassing Administrator
401-435-7502

lshattuck-moore@eastprovidenceri.gov



ON ELECTION DAY

Primary
September 10th
(All Polling Locations Open)

General Election
November 5th
(All Polling Locations Open)

Visit: vote.sos.ri.gov to determine your location
Hours
7:00 A.M to 8:00 P.M.

Robert Rock Senior Center Activities

SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Senior Center Closed</p>  <p>HAPPY LABOR DAY</p> <p>Labor Day</p>	<p>3</p> <p>9A: Bocce 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>4</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Program 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>5</p> <p>9:30A: Senior Shopping 9:30A: 1:1 Technology Assistance 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>6</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Mah Jongg 10A: Bird Watching 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>9</p> <p>10:30 Senior Pickleball Meet UP 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn IN CRAFT ROOM TODAY! 12P: PODS Swimming</p> <p>*Tech Assistance by appt only*</p>	<p>10</p> <p>Primary Election Day 9A: Bocce 10A: Watercolor Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn IN BREED HALL 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>11</p> <p>8A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Program 10:45A: PACE Chair Exercise 11A: Creative Art Studio 12P: Veteran Appreciation at Lunch 1P: Cribbage</p>	<p>12</p> <p>9:30A: Senior Shopping 9:30A: Diabetes Management Series 12:30P: Bridge 12:30P: Knit & Crochet 1P: Wisdom for Living Talks</p>	<p>13</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>16</p> <p>9A: Medical Device Giveaway 10:30 Senior Pickleball Meet UP 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 12P: PODS Swimming</p> <p>*Tech Assistance by appt only*</p>	<p>17</p> <p>9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>18</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Program 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>19</p> <p>9:30A: Senior Shopping 9:30A: Diabetes Management Series 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>20</p> <p>8:30A: Scrabble 10A: Bird Watching 10A: Mah Jongg 10:30A: URI Pharm Outreach 10:45A: PACE Chair Exercise 1P: BCBS Balance 1:30P: Hi Lo Jack</p> <p>NO MEDITATION TODAY</p>
<p>23</p> <p>10:30 Senior Pickleball Meet UP 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 11A: Len Walker 2025 Medicare Presentation 12P: PODS Swimming</p>	<p>24</p> <p>9A: Bocce 10A: Water Color Paint 10A: Smartphone Help 10:45A: Chair Yoga w/ Cyn 1P: Beginners Mah Jongg 1:30P: BINGO!</p>	<p>25</p> <p>9A: SHIP Counseling 9A: 20/20/20 Fitness 9:30A: Walking Program 10:45A: PACE Chair Exercise 11A: Creative Art Studio 1P: Cribbage</p>	<p>26</p> <p>9:30A: Senior Shopping 9:30A: Diabetes Management Series 12:30P: Bridge 12:30P: Knit & Crochet</p>	<p>27</p> <p>8:30A: Scrabble 9:30A: Senior Shopping 10A: Bird Watching 10A: Mah Jongg 10:45A: PACE Chair 11A: Meditation 1P: BCBS Balance 1:30P: Hi Lo Jack</p>
<p>30</p> <p>10A: Flu Shot Clinic 10:30 Senior Pickleball Meet UP 10:30A: Backgammon 10:30a: Chair Yoga w/ Marilyn 10:30A: Craft Club 12P: PODS Swimming 1P: Movie Showing</p>	<p>**Calendar Items are subject to change based on cancellations and/or inclement weather**</p>		<p>REWARDS CARDS: Every event in RED BOLD FONT will count towards your reward card!</p>	

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.**

September 18- 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

Stop by the front desk to make 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.

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

Chair Yoga is wonderful for both your mind and body.

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

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

No 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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McStay
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PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

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Senior Agent

Medicare Solutions

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Cell: 774-210-2060

Fax: 508-557-1824

lwalker@myhst.com

www.sandlhealthcaresolutions.com



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Lisa Janicki, MS

YOUR STORY INTERVIEWS

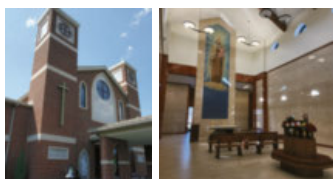


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Diocese of Providence

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(401) 434-2579

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Contact us at
careers@4ipi.com or
www.4ipi.com/careers

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.

Brenna Mavis Insurance Services inc
MEDICARE SERVICING AGENT

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





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

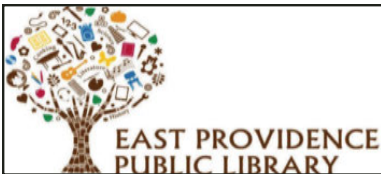
Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.

September 18, 2024 10:30AM



Did you know that the Weaver Library Offers Technology Assistance?



Schedule a one-on-one appointment to help you learn how to use the computer, set up an email account or ask any other computer or device question.

Call Weaver Library to schedule your appointment today!

401-434-2453

SMARTPHONE HELP:



EVERY TUESDAY MORNING 10AM-11AM

Learn some tips and tricks with your Smart Phone!

No registration required



ATEL TECH TIME THURSDAY, SEPTEMBER 5 9:30AM-11:30AM



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.

Sign up for your appointment slot by the front desk!

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



SEPTEMBER EVENTS IN EAST PROVIDENCE:



End of Summer Concert
Sponsored by City Council &
City of East Providence



BRASS ATTACK: 4:30PM - 6:30PM

CAR SHOW: 1:00PM - 6:30PM

Date: Saturday September 14, 2024

Car Show & Brass Attack

Location: Crescent Park on the Water

2024 CONCERTS IN THE PARK

6PM CRESCENT PARK

701 BULLOCKS POINT AVE, RIVERSIDE RI 02915

MIXED EMOTIONS SEPTEMBER 12



NEW SENIOR PICKLE BALL MEET UP

Mondays from 10:30-11:30

No need to bring a partner or
equipment

Just come and meet new friends

Beginners Welcome



BIRDWATCHING AT THE SENIOR CENTER

FRIDAY MORNINGS

10AM-10:30PM

Meet Laura in the dining room on Friday's at 10AM and
grab a pair of binoculars to go bird watching! Laura will
help identify local birds. No registration Required.



Seniors do you ever not have change or cash to pay for your classes?

Problem Solved!

You now can prepay for classes and transportation by putting
money in your Wallet. For example if you ride the bus 3 times a
week (\$3.00) and you take 4 Chair Yoga classes with Cyn at
(\$3.00 a class for a total of \$12.00), you can put \$15.00 in your
Wallet at the beginning of the month to pay for all. If you do not
use all the funds in your Wallet that month, the unspent funds
will stay in your wallet until you use them. Fill out the Pay By
Wallet form when you attend your classes or when traveling on
the bus and the fee will be deducted from your Wallet. If you
have any questions please see Pat or Rhonda at the front desk.



VOLUNTEERS NEEDED IN DINING ROOM:



We are currently looking for dining room volunteers. Below are volunteer opportunities available in the dining room Monday-Friday.

If you are interested in any of these volunteer opportunities, please call Cindy our Dining Room Manager at 401-270-1814.

Available Dining Room Volunteer Opportunities:

10:00AM-11:00AM Serve coffee / tea with pastries

- Serving individuals their morning coffee and/or tea
 - Getting pastries for individuals.

10:00AM-11:00AM Set tables for lunch

- Placemat setting
- Utensil & water cups setting

10:00AM-11:00AM Prepare sandwiches / salads for lunch

- Put together sandwiches/salads, wrap and place in the refrigerator

11:30AM-12:30PM Beverage Volunteer

- Fill water pitchers and place on tables
 - Pass out milk
 - Serve coffee/tea during lunch

11:45AM-1:00PM Volunteer Server

- Bring plated hot food and cold meals to tables using a cart.

11:45AM-1:00PM Plating Food in Kitchen

- Assists with plating food on hot plates for serving

12:30PM-1:30PM Clearing Tables After Lunch

- Collect dinnerware off tables and bring to the kitchen using a cart.

1:00PM-2:00PM Stocking Volunteer After Lunch

- Refill salt/pepper shakers
- Refill sugar packets and napkins

**VOLUNTEERS
NEEDED**



THANK YOU, GILBERT & THEANY!

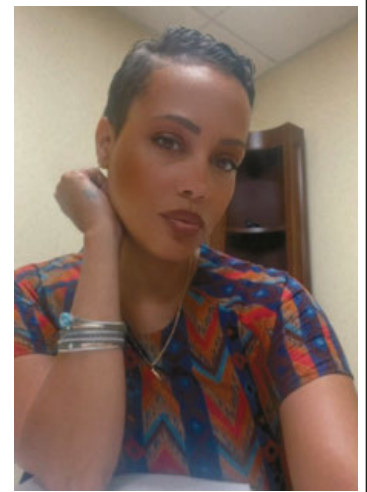
August 28– September 1 is Community Health Worker Appreciation week!

Gilbert and Theany have been on board at the Robert Rock East Providence Senior Center under a grant called 'Expanding the Public Workforce'. This grant funding ends on September 30, 2024. This was a two-year grant. During their time at the Senior Center, Gilbert and Theany have assisted individuals with technology, individual benefits, RIPTA bus passes, as well as being an outlet for general information in our community.



During Gilbert's time at the Senior Center, he was able to take educational classes and become certified as a Community Health Worker. Theany is currently taking educational classes that count towards her Community Health Worker Certification.

We would like to thank Gilbert and Theany for all their hard work during their time at the Senior Center. We all appreciate all of your efforts helping make the Senior Center the best it can be. We wish you both luck on your future endeavors!



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!

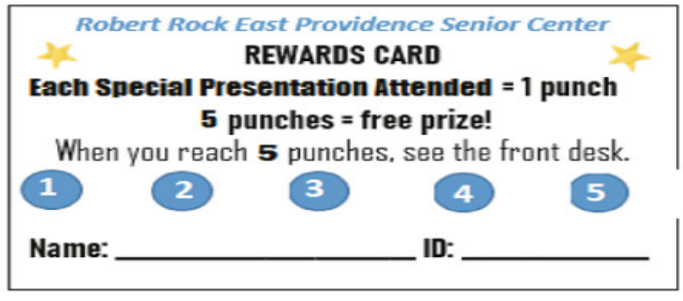


REWARD CARDS

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:

INFLATION REDUCTION ACT PRESENTATION WITH LEN WALKER

**MONDAY SEPT. 23
11:00AM**

The Inflation Reduction Act was signed on August 16, 2022 to protect Medicare recipients from catastrophic drug costs, by phasing in a cap for out-of-pocket drug costs.

How does this impact Medicare recipients?

Len Walker will break it all down and explain the Inflation Reduction Act and how it could impact Medicare recipients.



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



WHAT IS COMMUNITY POLICING?

Community policing or community-oriented policing is a strategy of policing that focuses on developing relationships with community members.

DID YOU KNOW THAT THE SENIOR CENTER HAS TWO COMMUNITY POLICE OFFICERS?

Officer Demers and **Officer Cabrera** are stationed at the Robert Rock East Providence Senior Center to assist residents by providing advice/insight on particular situations. They also serve as a senior advocate who follow up on reports concerning elderly residents who may need social services and assistance with daily life. Officer Demers and Officer Cabrera also have experience with scams. Both are able to educate and assist those who feel they are in a possible scam situation.

Officer Demers and Officer Cabrera's office is located upstairs in the Administration Office. Their office is to the left once you walk in to the Admin Office. Stop by to say hi!



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OFFICER
BILL
DEMERS

SERGEANT
KELVIN
CABRERA



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\$3.00 Suggested Donation

Lunch is served at
12:00 pm



Meals are ordered by reservation only.

Reservations are made **TWO** days in advance.

NO WALK IN'S.

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.

Meals are served at 12PM

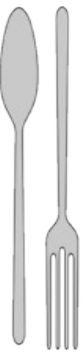
Monday-Friday.

Please arrive before 12PM to check in at the dining room desk.

NO ASSIGNED OR RESERVED SEATING!

We can accommodate 60 diners.

ENJOY YOUR MEAL!



September 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
2	Senior Center Closed 	3 Tomato soup Pineapple chicken (Asian style) Rice pilaf Mixed beans Roll Brownie	4 Chicken soup Lasagna roll up w/meat sauce Roasted zucchini w/eggplant Garlic bread Fresh fruit Tossed salad salad w/ chicken	5 Tossed salad Roasted chicken thigh Potato wedges Buttered corn Pudding Ww roll Corned beef on rye	6 Mushroom barley soup Moroccan meatballs Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate
	Labor Day	10 Minestrone soup Chicken pot pie (no crust) Mashed potato Mixed vegetables Biscuit Fresh fruit	11 Greek cucumber salad Chicken parm Roasted potatoes Italian vegetables Sliced pears Roll	12 Lentil soup w/vegetables Chuck roast w/gravy Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	13 Cream of broccoli soup Baked fish Cole slaw Spanish rice Mixed fruit Ww roll Egg salad sandwich
9	Escarole & bean soup Ground beef stir fry Steamed rice Mixed vegetables Roll Carrot cake	17 Cream of cauliflower soup Meatball sandwich 3 bean salad Roasted potatoes Fresh fruit- Ww roll Roast beef sandwich on roll	18 Lentil vegetable soup Pork loin w/gravy Rice pilaf w/mushrooms Green beans Ww Roll - cake Seafood salad plate	19 Vegetable soup Baked ham w/gravy Mashed potatoes Peas & carrots Sliced peaches - Ww roll Chicken salad sandwich	20 Tossed salad Sloppy joe Coke slaw Roasted sliced potatoes Tropical fruit- Ww roll Ham & cheese on wheat
16	Chicken soup Beef teriyaki Steamed rice Roasted zucchini Ww roll Cobb salad / pudding	24 Tomato soup Shepards pie Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	25 Fruit cup Tossed salad Beef stew w/ potatoes & vegetables Ww roll Lorna doone cookie Rueben on rye	26 Chicken & rice soup Veal patty w/ gravy Sweet potatoes Roasted zucchini Ww roll Brownie Tuna salad sandwich	27 Vegetable soup Baked chicken topped w/ Eggplant Bolognese Roasted potatoes Green beans w/stewed tomato Chocolate chip cookie Roll Seafood Salad Sandwich
23	Tuscan white bean soup Greek style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Turkey sandwich on wheat	24 Tomato soup Shepards pie Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	25 Fruit cup Tossed salad Beef stew w/ potatoes & vegetables Ww roll Lorna doone cookie Rueben on rye	26 Chicken & rice soup Veal patty w/ gravy Sweet potatoes Roasted zucchini Ww roll Brownie Tuna salad sandwich	27 Vegetable soup Baked chicken topped w/ Eggplant Bolognese Roasted potatoes Green beans w/stewed tomato Chocolate chip cookie Roll Seafood Salad Sandwich
30	Chicken escarole soup Pub burger w/cheese Roasted sliced potatoes Pasta salad Ww roll Sliced peaches Roast beef on roll				All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging