

Robert Rock Senior Center



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

January 2022

Message from the Mayor:

Happy New Year to you and your family. We have a lot to be grateful for in 2022 including the availability of testing, vaccines and boosters against COVID-19. It is important to know that even those who are fully vaccinated can still get the virus. The data, however, is showing that those who are fully vaccinated are less likely to be hospitalized and have milder symptoms. I encourage all to get vaccinated if you have not already done so and if you have been vaccinated, please don't forget your booster. The Senior Center is your place for information and assistance with setting up your testing and vaccine appointments. Please do not hesitate to give the Senior Center a call at 401-435-7800. The Senior Center has been given some self-test kits to hand out to our residents. If you are not able to go online at portal.ri.gov to schedule a test, the Senior Center can provide you a test kit (while supplies last). We do ask that if you have any COVID-19 symptoms, that you schedule a test at a test site via portal.ri.gov or at your local pharmacy or doctor's office. We kindly ask that if you have ANY COVID-19 symptom, that you not come into the Senior Center to protect our staff and our healthy seniors. Self-administered test kits are reserved for those who may be asymptomatic (have no symptoms) and who want confirmation that they are negative. The East Providence vaccine site located at 585 Taunton Ave. We will continue to hold vaccine clinics through the end of February.

Happy New Year,

Mayor Bob DaSilva



COVID 19 Booster Shots

Make Your Appointment

vaccinateri.org

Vaccines available at

585 Taunton Avenue

East Providence

Additional clinic locations can be found on

<https://covid.ri.gov>

Taunton Avenue Clinic Dates:

January 5

January 10

January 19

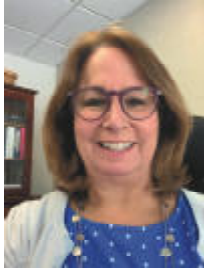
January 24

January 31

9AM-3PM

BRING VACCINATION CARD

Please call the EPSC at 401-435-7800 if you need assistance making an appointment or need a ride to a clinic .



Letter from the Director:

I hope everyone had an enjoyable holiday. I can't believe it is 2022! I am not sure if you all have heard but on December 10th the Center was dedicated by Mayor DaSilva in honor our past Senior Center Director, Robert Rock. A beautiful new sign was unveiled to show our new name, The Robert Rock Senior Center. It was a very special day. I am optimistic that 2022 will be a great year! We have many plans for the New Year including but not limited to a new evidence- based Tai Ji Quan Movement for Better Balance program, Diabetes Management classes and a newly hired afternoon receptionist.

Sincerely,

Laura Jones

**Laura Jones, Director of Senior Services
City of East Providence**

Staff

Laura Jones

Director 401-431-4608
ljones@eastprovidenceri.gov

Shontell Gomes

Admin. Assistant 401-270-1729
sgomes@eastprovidenceri.gov

Shahnee Lagor

Healthy Aging Nurse Coordinator
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Amanda Mattress

Elder Resource Specialist
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Cindy DeMedeiros

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

Pat Thomas

Member Services Representative
401-270-1863
pthomas@eastprovidenceri.gov

Facilities

Fernando Dorego Kenny Atkinson

Transportation

Richard Wood Joe Serodio Dennis Price
Christopher Januario

Medicare/Medicaid Assistance:

State Health Insurance Assistance Program (SHIP)



east bay community action program
THE BRIDGE TO SELF-RELIANCE

Need Help with Medicare/Medicaid forms?

Make an appointment with SHIP Counselors at the East Providence Senior Center. If you are new this year to Medicare, our SHIP counselor can walk you through the process. Appointments are available on Mondays from 8:00 am-4:00 pm. Call 401-435-7876 ext. 1131 to make your appointment.

TAI JI QUAN AT THE SENIOR CENTER

New Balance Program

Please join us for a free series of balance screenings. Learn how you can reduce your risk of falling by improving your balance. Register to reserve your spot to be screened by stopping by the front desk of the Senior Center or by calling 401-453-7800.

January 10th 10AM-12PM



Michele Cornwell will be presenting on Fall Prevention and ways to improve your balance. She will be introducing a new evidence-based program being offered at the Senior Center in 2022 called Tai Ji Quan Movement for Better Balance. Come hear all about it! Call the Senior Center to reserve your spot. Balance screenings will be available on this day.

Balance Screenings will be held on the following dates and times:

Tuesday- January 11th 10-12:30 - Balance Screening

Wednesday- January 12th 10-12:30- Balance Screening

East Providence Senior Center

Advisory Board

Maryann Leonardo

Eleanor Monteiro

Judy Phillips

Jan Kinder

Jim Phillips

George Furtado

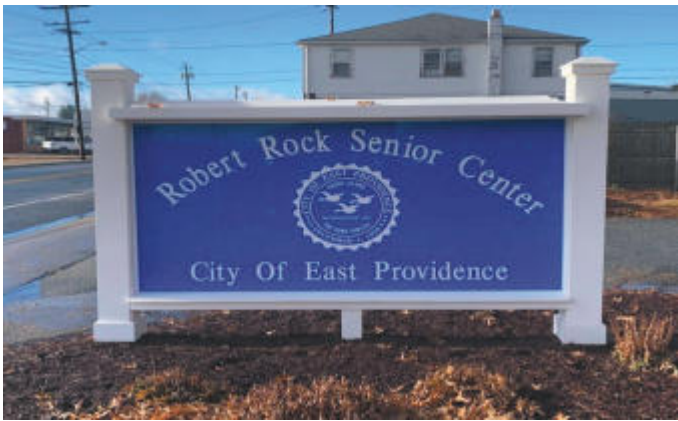
Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna

Robert Rock Senior Center Dedication– December 10, 2021



Holiday Celebration 2021 



Programs Happening In January:

REWARDS CARD

The East Providence Senior Center is excited to announce a *Rewards Program* beginning in January 2022. The program aims to promote and encourage member participation in educational opportunities at the Senior Center!

Here's how the program works: Find a class on the monthly calendar that has a gold star. Attend the class and receive a stamp on your Rewards Card. Once you earn 10 stamps turn your card in for a prize! Prizes include postal stamps, gift cards, vouchers to the Senior Center gift shop, lottery tickets and much more! Ask a Senior Center Staff Member for more information.

One reward card per member. Reward cards are available in the Resource Specialist office.

URI Pharmacy Diabetes Series

Friday, January 28, 2021



Whether you have been living with diabetes, newly diagnosed or on the verge of prediabetes, education is key to understanding the disease process and improving your overall health. The East Providence Senior Center has partnered with the University of Rhode Island Pharmacy Outreach Program to offer a monthly *Diabetes Series* beginning in January to help educate and inform seniors on Diabetes. We will break it all down in simple terms for you to understand and we will do so in a friendly, supportive environment. Let this be the start of a New Year of gaining a deeper understanding of how you can live a healthier life with all the tools, tips and recommendations proven to enhance the lives of those living with diabetes.

Registration is required.

Fitness Programs

Chair Exercise with Cyn

Tuesdays-10:45-11:45

Instructor-Cynthia Charron

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 25 Participants



Zumba Gold

Mondays-10:30-11:30

Instructor-Sue Young

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 22

Pace Chair Exercise

Wednesdays and Fridays -10:45-11:45

Instructor-Muriel Woodcock

Cost- No Cost

Room-Multipurpose Room

Registration Required-Limit to 25 Participants

Line Dancing

Mondays-1:30-2:30

Instructor- Sue Young

Cost- \$2.00

Room-Dining Room

Registration Required-Limited to 20 Participants

20/20/20 Exercise

Thursdays-9:30-10:30

Instructor-Robin Cullinan

Cost-\$2.00

Room- Multipurpose Room

Registration Required-Limit to 25 Participants

MINDFUL MEDITATION

Fridays at 11:00 am

Join us every Friday for an hour of mindful meditation.



Space is limited. Registration is required.

Senior Center Services

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Monday, Thursday and Friday

9:00 am-2:30 pm

Nurse is located in the Health Office

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, January 5th

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

The Senior Center now offers the services of a notary.

Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.

Blood Pressure Clinics

10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month

Hattie Ide Chafee

3rd Tuesday of each month

Senior Shopping

Thursday Mornings by Appointment

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.

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><i>New Year's Day Observed</i> <i>Closed</i></p>	<p>4</p> <p>8:00 –4:00 Nutritionist 10:45 Chair Exercise /Cyn 1:30 BINGO 2:00 Multi-Media Art Class</p>	<p>5</p> <p>8:00-4:00 Nutritionist 8:30-11:00 Eastside Clinical Lab 10:45 PACE Chair Exercise 1:00 Cribbage</p>	<p>6</p> <p>9:00 Senior Shopping 9:00-2:30 Nurse 9:30 20/20/20 10:30 Computer Basics 12:30 Bridge 1:00 Knit and Crochet</p>	<p>7</p> <p>8:30 Scrabble 8:00-4:00 SHIP 8:45 Blended Yoga 9:00-2:30 Nurse 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Meditation</p>
<p>10</p> <p>8:00-4:00 SHIP 9:00 Senior Center Advisory Group Meeting ★ 10:00 Better Balance Talk 10:30 Rev James P, Keller Presentation 10:30 Zumba Gold</p>	<p>11</p> <p>8:00 –4:00 Nutritionist ★ 10:00-12:30 Balance Screenings 10:30 BP Clinic 10:45 Chair Exercise /Cyn 1:30 BINGO 2:00 Multi-Media Art Class</p>	<p>12</p> <p>8:00-4:00 Nutritionist ★ 10:00-12:00 Balance Screenings 10:45 Pace Chair Exercise 1:00 Cribbage</p>	<p>13</p> <p>9:00 Senior Shopping 9:00-2:30 Nurse 9:30 20/20/20 10:30 Computer Basics 12:30 Bridge 1:00 Knit and Crochet</p>	<p>14</p> <p>8:30 Scrabble 8:45 Blended Yoga 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Meditation 12:30 Hi Lo Jack</p>
<p>17</p> <p>Martin Luther King Day</p>	<p>18</p> <p>8:00 –4:00 Nutritionist 10:00-12:00 Paint Class 10:30 BP Clinic</p>	<p>19</p> <p>8:00-4:00 Nutritionist 10:00 Book Club</p>	<p>20</p> <p>9:00-2:30 Nurse 9:30 20/20/20 10:30 Computer</p>	<p>21</p> <p>8:30 Scrabble 8:45 Blended Yoga 9:00-2:30 Nurse</p>

Closed

<p>10:45 Chair Exercise /Cyn 1:30 BINGO 2:00 Multi-Media Art Class</p>	<p>10:45 Pace Chair Exercise 1:00 Cribbage</p>	<p>10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Meditation 12:30 Hi Lo Jack 1:00 Insight support</p>	<p>Basics 12:30 Bridge 1:00 Knit and Crochet</p>
<p>24 8:00-4:00 SHIP 9:00-2:30 Nurse ★ 10:30 Blood Pressure Self Monitoring Info Session 10:30 Zumba Gold 1:30 Line Dancing</p>	<p>25 8:00 -4:00 Nutritionist 10:00-12:00 Paint Class 10:45 Chair Exercise /Cyn 1:30 BINGO 2:00 Multi-Media Art Class</p>	<p>26 8:00-4:00 Nutritionist 10:30 Tai Ji Quan 10:30 Age Well Stay Connected, Computer Class 1:00 Cribbage 1:00 PACE Chair Exercise</p>	<p>27 9:00 Senior Shopping 9:00-2:30 Nurse 9:30 20/20/20 10:30 Computer Basics 12:30 Bridge 1:00 Knit and Crochet</p>
<p>31 8:00-4:00 SHIP 10:30 Zumba Gold 1:30 Line Dancing</p>	<p>**Calendar items in red signify monthly offerings. ★ Educational Courses that can apply to Rewards Card</p>	<p>28 8:30 Scrabble 8:45 Blended Yoga 9:00-2:30 Nurse 10:00 Mah Jongg ★ 10:30 URI Pharmacy Diabetes Series 10:30 Tai Ji Quan 11:00 Meditation 12:30 Hi Lo Jack</p>	



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Cell: 774-210-2060

Fax: 508-557-1824

lwalker@mythst.com

Web: <https://mythst.com/agent/Len-walker/>



Technology Assistance

Computer Basics with Amanda

When: Thursdays, starting 1/6/22.

Cost: Free

Registering now for January's 4 -week session.
Chrome Book computers available to use or bring your own laptop or tablet.



Call 401-435-7800 or stop by the Senior Center reception desk for more information and to register. Space is limited.

Age Well Get Connected

Sponsored by Eastbay Community Action

Computer Classes

Learn tips and tricks on a computer. Learn some new skills!

January 26 –10:30-11:30

Monthly Computer Classes for Older Adults
4th Wednesday of each month.

To Register Call EPSC at 401-435-7800

Chromebook computers will be available to use or you can bring your own tablet or laptop.



NEED ASSISTANCE WITH YOUR Smart Phone?

Drop by the East Providence Senior Center on TUESDAYS FROM 10AM-11AM

Learn some tips and tricks with your Smart Phone!

No registration required



Tuesdays

Cost: \$6.00 to play

Pull-tabs-.50 each

Dabbers for sale:-\$1.00

1:00 pm arrive to buy your BINGO packets .

Game starts at 1:30 pm.

Looking for BINGO

Volunteers

Mark your Calendars



Blood Pressure Self -Monitoring Program INFO Session

Elevated Blood Pressure is often referred to as the "silent killer" because there can be no signs or symptoms until it's too late putting many people in danger of heart disease and stroke.

According to new research nearly one in two adults living in the United States have hypertension. Could you be one of them?

Join us for an informational session on our Blood Pressure Self-Monitoring Program on Thursday, January 20th at 10:30. Registration is required.

Come learn about the program and how you can:

- Receive a free loaner blood pressure cuff to take home
- Learn how to properly take your blood pressure
- Meet with our nurse monthly to review your numbers
- Take part in our monthly nutrition seminars



Library News

January's Book Club Selection

Discover a new way to connect yourself with others by joining the Senior Center Book Club hosted by the Weaver Library. Book clubs help improve brain function and expand vocabulary. Stay sharp by diving into a good book.

January's book selection is: *The Four Winds by Kristin Hannah.*

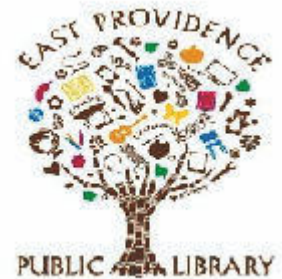
Meeting time is Wednesday, January 19th at 10:00 am.

Please see Senior Center receptionist to sign up and receive a loaner book.



Looking Back at 2021

Over the course of 2021, we have overcome many hurdles during the COVID-19 pandemic. Reopening the Senior Center in June 2021, we had the opportunity to bring in new vendors and programs that are educational and beneficial to all that participated! We would like to take the time to thank our vendors for helping us have another successful year!



east bay community
action program



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THANK YOU FOR YOUR SUPPORT!

Do you need help with your taxes? Make an appointment with Patty from AARP to get the ball rolling on your taxes. The AARP team will be at the Senior Center every Monday from 2/7/22-4/11/22. Appointments are mandatory. If you are interested, please see below for items you will need to bring with you the day of your appointment to better prepare for tax season!

ITEMS TO BRING- MASKS MUST BE WORN

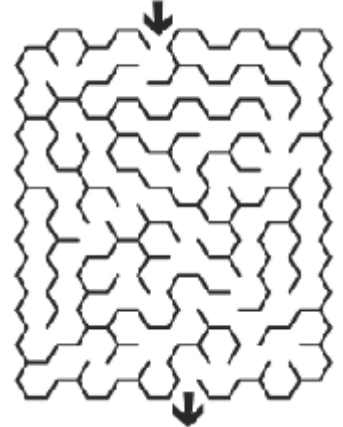
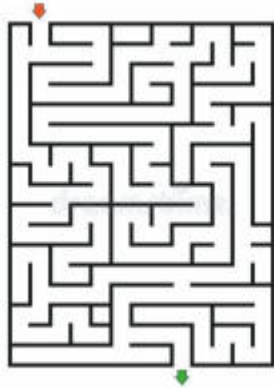
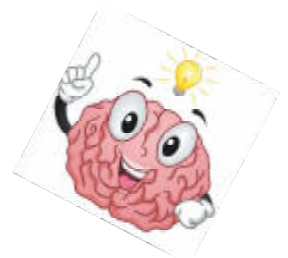
- Photo ID, Driver's License, last year's tax return
 - Social security card for taxpayer, spouse, dependents
 - Birth dates for taxpayer, spouse, and dependents
 - W2-Wages/Earnings
 - W2-G Gambling Winnings
 - 1099G Unemployment
 - 1099R Pension/Annuity
 - SSA-1099 Social Security Statement (has a pink box)
 - 1099INT and 1099DIV Interest and dividends
 - 1099B Brokerage Statement (**APPOINTMENT MUST BE AFTER MARCH 15**).
 - 1099MISC Miscellaneous Income
 - 1099NEC Non-employee Compensation
 - Alimony, date of divorce, amount, former spouse full name, former spouse SS#
 - **Form 1444** Stimulus payments received, **Form 6419** Advanced child tax credit
 - 1098-T Education, tuition
 - Dependent/Childcare-Provider's name, address, EIN #, amount paid for each child
 - Rent- Landlord's name, address, phone #, amount paid- for property tax relief credit
 - Proof of health insurance-1095A if from the marketplace/Healthsource RI
 - COVID-19 sick leave, family leave information, advanced child tax credits if applicable.
-

Returns will be prepared by a volunteer tax preparer. It is expected that the return will be completed within three hours subject to missing or incomplete Information. The taxpayer will be notified and can pick up the return along with signing the documents after a quality review is conducted.

For information or an appointment, please call Patty Breen at 401-246-1678
Patty will not answer phone calls until after 1/15/2022.

Brain Teasers

HAPPY NEW YEAR!



Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy

New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolutions
Sparklers



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

January 2022

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p> <p>Happy New Year</p>	<p>4 Tomato Vegetable Soup Baked Ham w/ Pineapple Sweet Potato Prince Edwards Vegetables Mixed Fruit Oatmeal Bread Ham and Cheese on Oatmeal</p>	<p>5 Beef Noodle Soup Herb Roasted Grilled Chicken Rice Pilaf Garlic Spinach Fresh Fruit Wheat Bread Herb Roasted Grilled Chicken on Wheat</p>	<p>6 Lentil Soup Italian Sausage w/ mustard Tortellini Peppers and Onions Garlic Roll Mandarin Oranges Italian Sausage on Roll w/ mustard</p>	<p>7 100% Juice Turkey Chili w/ Low Fat Cheese Corn Bread Seasoned Broccoli Spears Fruit Cocktail Hamburger on a bun w/ mustard</p>
<p>10 Barley Soup Veal Parmesan Seasoned Pasta Italian Blend Vegetable Cookie Italian Bread Veal Parm on Bulky Roll</p>	<p>11 Chicken Vegetable Soup Pork Loim w/Applesauce Wild Rice Capri Blend Vegetables Rye Bread Sliced Peaches BBQ Pork on Roll</p>	<p>12 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Mixed Vegetables Snow Flake Roll Fresh Fruit Meatball Grinder</p>	<p>13 Tomato Basil Soup Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Marble Bread Fresh Fruit Turkey and Cheese w/ mayo on Marble</p>	<p>14 Red Chowder Stuffed Sole Mashed Potato Roasted Brussel Sprouts Pudding Wheat Bread Fish Sand w/ tartar sauce on wheat</p>
<p>17</p> <p>CLOSED</p> <p>Martin Luther King, Jr. Day</p>	<p>18 100% Cranberry Juice Beef Stroganoff Buttered Noodles Sliced Carrots Marble Bread Fresh Fruit Pub Burger w/ mustard on Hamburger roll</p>	<p>19 Kale and Bean Soup American Chop Suey w/ Whole Wheat Elbow Pasta Winter Blend Vegetable Butterscotch Pudding Rye Bread Ham Salad on Rye</p>	<p>20 Chicken Escarole Soup Pot Roast w/ Gravy Mashed Potato Asparagus Cuts Pumpernickel Bread Frosted Cupcakes Pot Roast on Pumpernickel</p>	<p>21 Clear Chowder Tuna Salad Tossed Salad w/ Italian Dressing Croissant Sliced Pears Tuna salad on Croissant</p>
<p>24 Split Pea Soup Knoekwurst w/ mustard Seasoned Potato Baby Whole Carrots Fresh Fruit Marble Bread Knoekwurst w/ mustard on roll</p>	<p>25 Chicken Soup / Orzo Chicken Cordon Bleu w/ gravy Lyonnaise Potatoes Roasted Zucchini Rye Bread Fruit Cocktail Chicken Loaf w/ mayo on Rye</p>	<p>26 Pasta & Bean Soup Garlic Shrimp Seasoned Shells Capri Blend Vegetables Sponge Cake Multi Grain Bread Shrimp Salad on Multi Grain</p>	<p>27 Lentil Soup Meatloaf w/ Gravy Mashed Potato Mixed Vegetable Yogurt 9 grain bread Meatloaf on 9 grain w/ ketchup</p>	<p>28 Chili Soup Veggie Burger Au Gratin Potato 3 Bean Salad Brownie Wheat Bread Veggie Burger on wheat</p>
<p>31 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Oatmeal Bread Diced Peaches Italian Style Chicken Cutlet on Roll</p>		<p>All Grab and Go Lunches Include Sandwich 100 % Juice L/S Chips Dessert Milk</p>	<p>20 All menu item may contain. Nuts, Seeds, Bran, Beans, Wheat, Eggs and other allergens</p> <p>MENU ITEMS ARE SUBJECT TO CHANGE</p>	<p><i>Funded in part by the US administration on aging and state funds by the RI OHA</i></p>