

Health Services

Under the direction of our registered nurse, the health related services and activities are numerous. Individual nursing assessment, treatment, instruction and/or referrals are available during open hours in the health center.

Services include:

Diabetes Education: The Senior Center is recognized by the American Diabetes Association and is a Rhode Island state-certified site for diabetes education. Classes and individual counseling are offered. Group sessions are offered three to four times a year. In 2007 the senior center received a grant from the Home Instead Senior Care Foundation to support our uninsured/underinsured diabetes education fund. Because of this no one with diabetes will go without necessary education.

Diabetes Support Group: Open meeting held on the fourth Thursday at 1:30pm in Breed Hall. This monthly meeting is for people with diabetes to meet for mutual support.

Nutrition/Weight Loss Classes: The classes meet once a week for ten-weeks. The class includes weigh-in, nutrition education, exercise, and support components. Participants may attend either Wednesday afternoon or Thursday morning.

Weight Maintenance: Support group held monthly for participants from nutrition/weight loss classes who have met their goal weight.

Monthly Health Screenings: Each month a different screening is offered. Screenings have included: Diabetes, Glaucoma, Hearing, Cholesterol, Oximetry, Skin, and Osteoporosis. All screenings are free of charge.

Health & Wellness Seminars: Two to four per month with guest speakers on a variety of health related issues.

Flu Clinics: Influenza vaccines offered though out the Flu season for the community through the Ocean State Flu Coalition.

Dietitian: Nutritional counseling available by appointment with a registered dietician. Client's insurance billed for the education.

Diabetes counseling by a certified RN with instruction in meters and insulin administration.

Clinical Lab: East Side Lab provides service the first Wednesday morning of the month at 8:30am to 11:30am for blood work.

OTHER SERVICES

SENIOR INFORMATION SPECIALIST

Our Elder Information Specialist assists the elderly and their families in providing information /referral and assistance with accessing services and programs. Information regarding senior housing options, nursing home options, assisted living facilities, adult day services, RIPAE (Rx assistance program), and more is available.

CASE WORK / SENIOR SERVICES

The center coordinates with East Bay Community Action Program, for all casework and follow-ups.

Protective Services Council made up of city departments and mental health/social service agencies meets monthly to discuss problems concerning the elderly.

TRANSPORTATION

Daily door-to-door transportation to and from the center for East Providence residents.

TRIPS

The center sponsors several trips per month. Our volunteer group leader makes all the arrangements for the trips. Several meetings are scheduled during the year to obtain suggestions on popular locations to visit.

POST OFFICE

Mobile Unit visits the center monthly for all your mailing needs.

NOTARY

This service is available in the Administration Office at no charge.

SEMINARS

Monthly social, educational, and financial seminars on topics relating to seniors.

COMPUTER LAB

On-line computers for general use as well as structured classroom instruction.

OUTDOOR ACTIVITIES

- 1/2 mile walking track
- Bocce court

EXERCISE PROGRAMS

BONE BUILDING AEROBICS Tuesday and Thursday 9:30am

Instructors use hand and ankle weights to tone and build your muscles. This is a very popular exercise program made fun and exciting.

YOGA Monday 9am and Wednesday 8:30am

“Easy Does It Yoga” offers instruction in modified yoga postures; gentle stretching exercises, rhythmic breathing techniques, and relaxation techniques.

PACE Tuesday and Friday 10:30am
“People with Arthritis Can Exercise” is a low impact exercise geared toward arm and leg muscles.

TAI CHI Wednesday 11:00am
This ancient art form of exercise has been proven to reduce stress as well as chronic pain. It also reduces heart rate along with calming the mind and body.

BALLROOM DANCING Friday 2pm
Learn all the new moves on the ballroom dance floor as well as some old ones. Our instructor has a following that can really light up the floor. No experience is necessary. Singles are welcome.

WALKING CLUB
The walking track circles the center’s campus grounds. Many members take advantage of the track at their leisure. The walking club gathers daily at 10:30am, to begin their walk. Once around the paved track is a little more than one-half mile.

BOCCE BALL
The center has a modern day bocce court made of crushed stone located along the walking path on the East side of the center’s campus. The bocce court is open to everyone to play at anytime. The organized bocce club meets every Tuesday morning at 9:30. Come and join the group to play this Old Italian game that is very similar to lawn bowling.

FITNESS CENTER
The senior center received a grant to establish a pilot program on fitness for older adults. This program is a model to assist other facilities interested in meeting the exercise needs of the elderly population. The goal of the program is to increase seniors’ awareness and knowledge of the benefits of exercise. This program will also promote attitude change and development of appropriate exercise skills and ultimately reduce the health risks of a sedentary lifestyle and improve the quality of life for our senior population.

The fitness room consists of three treadmills, two recumbent bikes, an elliptical stepper, hand weights, and six dual weight machines. The fitness room is open 8am to 4pm daily, closed noon to 1pm for lunch. Other features include a matted floor, mirrored walls, water cooler, and cable TV.

LIBRARY

The Senior Center library is located in our annex building, Breed Hall. The library is a very warm and lovely place for people to choose a good book and read in a nice quiet area. We continue to receive many donations of new and current books. These donations have truly enhanced the quantity of publications. We also have daily newspapers and current magazines for your enjoyment. The book club meets every Monday afternoon @ 1pm.

OTHER ACTIVITIES

DAILY

COMPUTER GAMES
FITNESS CENTER
BILLIARDS
HI LO JACK
COFFEE HOUR
WALKING TRACK
BOCCE BALL

WEEKLY

POKENO CLUB	Monday & Friday	9am
BRIDGE CLUB	Monday & Thursday	1pm
CRIBBAGE CLUB	Tuesday	1pm
BINGO	Tuesday	1:25
SCRABBLE CLUB	Wednesday	1pm
BILLIARDS LEAGUE	Friday	9am
HI LO JACK LEAGUE	Friday	1pm

WEEKLY SCHEDULE

Monday

9:00am Pokeno
9:00am Yoga
11:00am Caregivers Support (4th Mon)
12:45 Bridge
1:00pm Book Club
1:00pm Craft Class

Thursday

9:00am Tax Preparation (Feb. & March)
9:30am Bone Building Exercise
10:15am Nutrition Weight Loss
1:00pm Bridge
1:00pm Craft Class
1:30pm Diabetes Support (4th Thurs)

Tuesday

8:15am Cards (Cockroach)
9:30am Bone Building Exercise
9:30am Watercolor Class
9:30am Bocce Ball
10:30am PACE
10:45am Weight Maintenance (2nd Tues)
11:30am Postal Service (1st Tue)
1:00pm Cribbage
1:00pm Drawing Class
1:25pm BINGO
1:30pm Stroke Club (1st Tues)

Friday

9:00am Pool League
10:00am Scrabble
10:30am PACE
12:45pm In-Sight Support (4th Fri)
1:30pm Hi Lo Jack League
2:00pm Ballroom Dance

Wednesday

8:30am East Side Lab (1st Wed)
8:30am Yoga
9:00am Manicurist (Every Wednesday)
10:00am Scrabble
11:00am Tai Chi Exercise

Daily

Senior Dining Center Noon
Library 8am—4pm
Fitness Center 8am—4pm
Coffee Hour 2:15pm