

*Cranston
Senior Enrichment Center*



Cranston Department of Senior Services

1070 Cranston Street
Cranston, RI 02920
(401) 780-6000
Fax: (401) 946-5909



Allan W. Fung
Mayor

PROGRAMS

Quality educational and recreational programs are available to enrich and delight:

- Day excursions
- Health & wellness classes, Counseling, Nurse and Pharmacy Clinic
- Dancing: Line Dance, Ballroom, Country Western, Zumba Gold
- Exercise Programs: Chair, Aerobics, Yoga, Tai Chi, Walking Club
- Bingo, Hi-Lo-Jack, Poker
- Dances, parties and themed lunches.
- Painting, Woodworking, Quilting, Sewing, Knitting.
- Billiards, Cribbage, Chess, Mah Jong
- Computer Classes
- Book Club

Call 780-6215

SOCIAL SERVICES

A caring staff of professional case managers and a community information specialist are available to:

- Provide guidance and supportive counseling to seniors and their families
- Provide access to a network of service providers throughout the city and state
- Assist in navigating the many available services
- Offer comfort and compassion
- Visit homebound seniors
- Coordinate support groups—Bereavement, Caregivers, Diabetes, Parkinson's and Insight
- Council caregivers

Call 780-6254

NUTRITION

There are always four delicious menu options when dining with us at the Cranston Senior Enrichment Center.

- Hot, nutritious, homemade lunches served Monday through Friday 11:45 a.m.
- You may choose from the entrée of the day, fish option, sandwich of the day or a salad special.
- Snack bar with freshly baked goods, soups, take out entrées and sandwiches, fresh fruit and more.

Reservations recommended. Bring a friend! Call 780-6134

RSVP

Retired Senior Volunteer Program will allow anyone 55 years of age or older to:

- Share their skills and expertise
- Help make our community a better place to live
- Provide service to a variety of public or non-profit agencies
- Receive personal satisfaction
- Have fun, interesting and rewarding experiences

Call 780-6180

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ADULT DAY SERVICES

The Cranston Adult Day Services is a division of the Cranston Department of Senior Services. We provide a comprehensive program designed to meet the medical, social and psychological needs of the frail and/or disabled population. Activities are carefully planned to enrich the lives of the participants, to improve self-esteem and feelings of self-worth.

- Professional staff of RN's, case manager, CNA's, Activity Staff and Physical Therapy Assistant.
- Therapeutic programs ~ music, art, physical, occupational, speech, aroma, pet therapy, Tai Chi and elder yoga.
- Recreational activities ~ crafts, painting, exercise, gardening, games, cooking and book clubs.
- Licensed by RI Department of Elderly Affairs since 1999 (License #6).

Call 780-6243

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TRANSVAN

Transvan, our daily transportation system for Cranston residents 55 years of age or older and/or disabled, is available to:

- Provide transportation from your home to anywhere in Cranston, Monday through Friday
- Provide transportation to nearby malls, local markets and salons
- Provide transportation to nursing homes in Cranston
- Reservations need to be made only two days in advance
- A one month pass is available for \$25.00.
- Provide independence and mobility to those without a car

Call 943-3341 for reservations or to request a schedule.

***The Cranston Department of Senior Services
provides comprehensive services to all seniors.***

***Our programs assist, inform, entertain and enrich
the lives of individuals 55 years and older.***

- * *Adult Day Services*
- * *Arts*
- * *Convenient Gift Shoppe*
- * *Counseling*
- * *Cranston Arlington Library Branch*
- * *Educational Programs*
- * *Exercise Programs*
- * *Health Screenings*
- * *Information & Referrals*
- * *Nurse Clinic*
- * *Nutritional Meals*
- * *Community Outreach*
- * *Pharmacy Clinic*
- * *Recreational Programs*
- * *Social Services*
- * *Support Groups*
- * *Transportation*
- * *Volunteer Opportunities*

