

Cranston Senior Enrichment Center

July / August 2017 at a Glance

Weekly / Daily Programs

Mondays

8:30—4:00 Computer Lab
 8:30—4:10 Billiards ***
 9:00—11:00 Creative Stitchers *
 9:00—1:30 RSVP Gift Shoppe
 9:00—1:00 Pharmacy Clinic
 10:00—11:00 Aerobics *
 10:30—11:00 Chair Exercises w/Angela
 11:00 55+ No Limits (Cox Cable-18 / Verizon-30)
 11:30 Lunch
 10:00—4:30 Arlington Reading Room
 1:00—2:30 Bingo

Tuesdays

8:30—4:00 Computer Lab
 8:30—4:10 Billiards ***
 9:00—1:00 Pharmacy Clinic
 9:00—1:30 RSVP Gift Shoppe
 9:30—3:00 Nurse Clinic
 10:00—10:45 Tai Chi Chuan **
 10:30—11:00 Chair Exercise w/Vicki
 10:00—4:30 Arlington Reading Room
 10:30—11:30 Ballroom Dance **
 11:30 Lunch
 12:30—3:00 Mah Jong
 1:00 Movie (see page 8 for dates and titles)
 1:00 Dominoes
 1:00—2:00 Zumba Gold *
 1:00—2:30 Dominoes
 2:00 55+ No Limits (Cox Cable-18 / Verizon-30)

Wednesdays

8:30—4:00 Computer Lab
 8:30—4:10 Billiards ***
 8:30—1:00 Pharmacy Clinic
 9:00—11:00 Woodworking
 9:00—1:30 RSVP Gift Shoppe
 9:30—3:00 Nurse Clinic
 10:00—11:00 Aerobics *
 10:00—11:00 Health Check Presentations
 10:00—4:30 Arlington Reading Room
 11:30 Lunch
 1:00—2:00 Making Fitness Easy
 1:00—3:00 Painting & Drawing **
 1:15—2:15 Line Dancing *

Thursdays

8:30—4:00 Computer Lab
 8:30—4:10 Billiards ***
 9:00—1:00 Pharmacy Clinic
 9:00—1:30 RSVP Gift Shoppe
 10:00—10:45 Tai Chi Chuan **
 10:30—11:00 Chair Exercise w/Angela
 11:30 Lunch
 1:00—2:30 Bingo
 1:00—2:30 Dominoes
 1:00—4:00 Chess

Fridays

8:30—1:00 Pharmacy Clinic
 8:30—4:00 Computer Lab
 8:30—4:10 Billiards ***
 9:00—10:00 Yoga **
 9:00—1:30 RSVP Gift Shoppe
 10:15—11:15 Aerobics *
 10:30—11:00 Chair Exercises w/Vicki
 11:00 55+ No Limits
 11:30 Lunch
 12:30—3:00 Instructional Mah Jong
 1:00—2:00 Zumba Gold * (advanced)
 1:00 Hi-Lo-Jack
 1:00—3:00 Computer Class
 8:00 p.m. 55+ No Limits (Cox Cable-18 / Verizon-30)

* \$3.00

** \$4.00

*** \$3.00 monthly

For information call 780-6216

Like our Facebook page—*Cranston Senior Enrichment Center*;
 Follow us on Twitter @cranston senior; and find us on the City of
 Cranston's Website—www.cranstonri.com

July Specials

Ocean State Job Lot/Sam's Inn Restaurant

Tuesday, July 11th / 10:00 a.m.

URI SNAP Outreach Clinic

Thursday, July 13th / 10:00 a.m.

Laugh Yoga

Wednesday, July 19th / 10:00 a.m.

At Home/Carrabba's Italian Restaurant

Friday, July 21st / 9:00 a.m.

Rhode Island Lighthouse Cruise

Date to be Announced / 12:30 p.m.

New Hope Art Gallery Open House

Tuesday, July 25th / 4:00 to 7:30 p.m.

Adaptive Telephone Equipment Loan Program

Thursday, July 27th / 10:00 a.m.

Farm Fresh RI Demonstration

Friday, July 27th / 10:00 a.m.



August Specials

Hungry Haven Restaurant, Charlestown & Ice Cream

Tuesday, August 8th / 10:00 a.m.

URI SNAP Outreach Clinic

Thursday, August 10th / 10:00 a.m.

Dollar Tree Airport Plaza & Lemongrass Chinese Restaurant

Friday, August 18th / 10:00 a.m.

Mayor's Picnic

Friday, July 21st / 9:00 a.m.

Farm Fresh RI Demonstration

Friday, July 23rd / 10:00 a.m.

Crow's Nest Restaurant

Wednesday, August 30th / 10:30 a.m.

Health Check / July

Diabetes Support Group

"A General Review of Diabetes"

Wednesday, July 5th – 10:00 a.m.

Arthritis & YOU!

Wednesday, July 12th – 10:00 a.m.

Over Active Bladder

Wednesday, July 19th – 10:00 a.m.

Words Matter

"Captioned Phones"

Wednesday, July 26th – 10:00 a.m.

Health Check / August

Diabetes Support Group

"Oral Health...The Mouth Body Connection"

Wednesday, August 2nd – 10:00 a.m.

Introduction to Meditation

"To Meditate in Quiet Thought"

Wednesday, August 9th – 10:00 a.m.

Healthy Choice...Frozen Treats

Wednesday, August 16th – 10:00 a.m.

CPR & Other Emergencies "New CPR Techniques"

Wednesday, August 23rd – 10:00 a.m.

Chat With Mario

Wednesday, August 30th – 10:00 a.m.

\$3.00 Suggested Donation

July Menu 2017

Call 780-6134 for Reservations
1 DAY ADVANCE M-F 9-1 ONLY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 3 Lemonade Pub Burger w/Au Jus Red Bliss Potato Salad Coleslaw Watermelon Wheat Bread <i>(LS Hot Dog on a Roll)</i> | 4 CLOSED Independence Day | 5 L.S. Beef Noodle Soup Herb Roasted Chicken Diced Potatoes w/Onions Zucchini Coffee Cake Rye Bread <i>(Ham & Swiss on rye)</i> | 6 Cottage cheese/Pineapple Turkey Meatloaf w/LS Gravy Mashed Potatoes Asparagus Cuts Chocolate Pudding Multi grain Bread <i>(Sliced Chicken on Multi grain)</i> | 7 Chicken Soup Anci de Pepe Meatballs w/Sauce Whole Grain Pasta Green Beans Jello Snowflake Roll <i>(Shrimp Salad on a Roll)</i> |
| 10 Cream of Broccoli Soup Veal w/LS Mushroom Gravy Mashed Potatoes Italian Blend Vegetables Fruited Yogurt Wheat Roll <i>(Tuna on a Roll)</i> | 11 Kale and Bean Soup Chicken w/Lemon Sauce Rice Pilaf Broccoli Cuts Fresh Fruit Marble Bread <i>(Roast Beef & Cheese on Marble)</i> | 12 Chicken Gumbo Soup Roast Pork w/ Apple Sauce Mashed Sweet Potatoes Vegetable Blend Wafer Cookie 9-Grain Bread <i>(Turkey & Swiss on 9-Grain)</i> | 13 100% Cranberry Juice Turkey Chili Corn Bread Salad w/Southwest Dressing Pineapple <i>(Grilled Chicken w/Jack Cheese on a Roll)</i> | 14 White Chowder Baked Fish w/Lemon Roasted Potato Sliced Carrots Mixed Fruit Rye Bread <i>(Ham & Cheese on Rye)</i> |
| 17 Beef Vegetable Soup Roasted Airline Chicken Sweet Potatoes Tossed Salad w/Dressing Fig Bar Whole Grain Bread <i>(Meatloaf on Whole Grain)</i> | 18 Onion Soup w/CROUTONS American Chop Suey Whole Grain Elbows Brussels Sprouts Diced Pears Whole Grain Roll <i>(Seafood Salad on a Roll)</i> | 19 LS Lentil Soup Baked Ham w/Pineapple Baked Potato/ Lite Sour Cream Diced Carrots Vanilla Pudding Dinner Roll <i>(Italian Grinder)</i> | 20 Happy Birthday Pasta & Bean Soup Pot Roast w/LS Gravy Mashed Potatoes Green Beans Frosted Cupcake Wheat Bread <i>(Chicken Salad on Wheat)</i> | 21 Turkey Vegetable Soup Chicken Marsala Wild Rice Capri Blend Vegetables Fresh Fruit Rye Bread <i>(Tuna on Rye)</i> |
| 24 Italian Wedding Soup Fried Steak w/ LS Gravy Brown Rice Mixed Vegetables Peaches Oatmeal Bread <i>(Tuna Salad on Oatmeal)</i> | 25 Corn Chowder Southwest Entrée Salad w/ Grilled Chicken Soft Flour Tortilla Fresh Apple <i>(Soft Flour Beef Taco w/Side Salad)</i> | 26 Tomato Basil Soup Shepherds Pie California Blend Vegetables Sponge Cake Wheat Roll <i>(Eggplant on a Roll)</i> | 27 Vegetable Soup Chicken Cacciatore Corkscrew Pasta Broccoli Lemon Pudding Wheat Bread <i>(Salami & Provolone on Wheat)</i> | 28 Red Chowder Florentine Fish Roasted Potato Vegetable Blend Apricots Naan Bread <i>(Turkey Salad on Naan)</i> |
| 31 Vegetable Soup Swedish Meatballs Buttered Noodles Mixed Vegetables Cookie Whole Grain Roll <i>(Salmon Salad on a Roll)</i> | <i>Tastes from the Southwest are featured on the 13th and 25th of this month</i> | Please Inform your Server if you have a food allergy | <i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i> | <u>Salad of the Month</u> Tuna / Romaine Lettuce Olive / Tomato / Green Peppers Light Italian Dressing |

August 2017

Reservations 1 day advance 780-6134
Monday-Friday 9:00-1:00 only

\$3.00 Suggested Donation

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <u>Salad of the Month</u> Chef Salad LS Ham-Tomato Hard Boiled Egg Cucumber-Lettuce Light Ranch Dressing | 1 Barley Soup Veal w/ Lite Brown Gravy Seasoned Whole Grain Pasta Italian Blend Vegetables Pudding Italian Bread <i>(Meatloaf on Sicilian)</i> | 2 Chicken Soup w/Anci DiPepe Roast Turkey w/Cran. Sauce Capri Blend Vegetables Cornbread Stuffing Sliced Pears Wheat Bread <i>(Egg Salad on Wheat)</i> | 3 Lentil Soup Stuffed Pepper w/Sauce Oven Roasted Potatoes Parslied Carrots Fresh Fruit Pumpnickel Bread <i>(Tuna on Pumpnickel)</i> | 4 Escarole & Bean Soup Pot Roast w/L.S. Gravy Mashed Potatoes Green Beans Chocolate Chip Cookies Roll <i>(Fish Sandwich on a Roll)</i> |
| 7 Tomato Vegetable Soup Pub Burger w/Au Jus Potato Salad Mixed Vegetables Lemon Pudding Wheat Bread <i>(Ham & Cheese on Wheat)</i> | 8 Chicken Soup Sweet & Sour Pork Loin Sweet Potato Stir Fry Vegetables Mandarin Oranges Dinner Roll <i>(Turkey Burger w/Pineapple Slice on a Whole Wheat Hamburg)</i> | 9 Onion Soup Meatballs w/Sauce Whole Grain Shells Tossed Salad w/Dressing Fresh Fruit Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i> | 10 Orange Juice Plain Omelet w/Tomato Slice Baked Ham Home Fried Potatoes Fruited Yogurt <i>(Eggplant w/Sauce on a Roll w/ Side Salad)</i> | 11 Vegetable Soup Tuna Salad Summer Tortellini Salad Seasoned Diced Beets & Onions Angel Food Cake Rye Bread <i>(Corned Beef on Rye)</i> |
| 14 Closed Victory Day | 15 Beef Vegetable Soup Fried Steak w/ LS Gravy Baked Beans Peppers & Onions Fresh Fruit Whole Grain Roll <i>(Chicken Sausage on a Roll)</i> | 16 100% Grape Juice Turkey Chili w/Cheese Corn Bread Salad w/Dressing Butterscotch Pudding <i>(Ham Salad on Rye)</i> | 17 Birthday Party of the Month Venus de Milo Soup French Meat Pie w/Ketchup Brussels Sprouts Frosted Cupcake Wheat Bread <i>(Seafood Salad on Wheat)</i> | 18 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Watermelon Dinner Roll <i>(Hamburger on a Roll)</i> |
| 21 Tomato Vegetable Soup Beef Stroganoff Whole Grain Noodles Green Beans Vanilla Pudding Rye Bread <i>(Pastrami/Swiss on Rye)</i> | 22 Italian Wedding Soup Stuffed Sole Rice Pilaf Broccoli Blueberry Pie Multi Grain Bread <i>(Egg Salad on Multi Grain)</i> | 23 Escarole & Bean Soup Chopped Sirloin w/Low Sodium Mushroom Gravy O'Brien Potatoes Tomato Half Tropical Fruit Wheat Bread <i>(Bologna/ Cheese on Wheat)</i> | 24 Beef Barley Soup Stuffed Cabbage w/ Sauce Seasoned Golf Ball Potatoes Mixed Vegetables Shortbread Cookie Rye Bread <i>(Ham and Cheese on Rye)</i> | 25 100% Cranberry Juice Honey BBQ Boneless Chicken Buttered Corn Tomato & Cucumber Salad Diced Pears Wheat Bread <i>(Hot Dog on a Roll)</i> |
| 28 Red Chowder Florentine Fish Crispy Potatoes Broccoli Cuts Sliced Peaches Naan Bread <i>(Chicken Salad on Naan)</i> | 29 Turkey Vegetable Soup Chicken Marsala Mashed Sweet Potatoes California Blend Vegetables Granola Bar Marble Bread <i>(Italian Tuna on Marble)</i> | 30 Egg Drop Soup Shrimp Chow Mein w/Crunchy Noodles Oriental Blend Vegetables Mandarin Oranges Hamburger Bun <i>(Hamburger on a Bun)</i> | 31 Kale & Bean Soup Liver & Onions Mashed Potatoes Vegetable Blend Fresh Fruit Oatmeal Bread <i>(Italian Grinder)</i> | Contact Blackstone Health Inc for concerns regarding Food Allergies. Thank you for your donations! Checks can be made out to Blackstone Health, Inc. Your donations help keep the program going! |