

Cranston Senior Enrichment Center

March / April 2017 at a Glance

Weekly / Daily Programs

Mondays

8:00—12:00 Phlebotomist
 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
 9:30—12:00 URI Engaging Generations: Cyber Seniors
 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—11:30 Cyber Seniors
 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 Instructional 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
 12:30—2:30 Cyber Seniors
 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 Diabetes Prevention Program
 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
 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

March Specials

Scandinavian Home Assisted Living

Monday, March 6 / 10:00 a.m.

Lunch & Music

Tuesday, March 7 / 11:30 to 12:30

Financial Elder Abuse

Thursday, March 9th / 10:00-11:00 am

Farm Fresh RI Cooking Demonstration

Monday, March 13th and on Friday April 7 / 10:00 a.m.

Ocean State Job Lot/Iggy's Boardwalk Restaurant, Warwick

Tuesday, March 14, 2017 / 9:30 a.m. - 2:00 p.m.

St. Patrick's Day

Friday, March 17 / 11:30-12:30

St. Joseph's Day

Monday, March 20 / 11:30-12:30

Target/Longhorn Restaurant

Friday, March 24, 2017 / 9:30 a.m. - 2:00 p.m.

New Hope Art Gallery / The Spring Show Opening

Tuesday, March 28th / 4:00 to 7:00 p.m.

Providence Civic Orchestra

Friday, March 31 / 1:00 to 2:00 pm

April Specials

Country Inn Restaurant, Warren

Tuesday, April 4, 2017 / 9:30 a.m.—2:00 p.m.

AARP Smart Driving Course

Monday, April 10 / 9:00 a.m. to 2:30 p.m.

\$15 AARP members/\$20 non-members

Dollar Tree/Asian Buffet, Warwick

Wednesday, April 12, 2017 / 9:30 a.m.—2:00 p.m.

Easter Celebration

Monday, April 17 / 11:30-12:30

Marshall's/Uncle Tony's Restaurant

Tuesday, April 18, 2017 / 9:30 a.m.—2:00 p.m.

Wright's Farm Restaurant

Friday, April 28, 2017 (Date Subject To Chang) / 9:30 a.m.—2:00 p.m.

Health Check / March

Diabetes Support Group "Diabetes and Depression"

Wednesday, March 1 / 10:00 a.m.

Healthy Fats "Know the Facts on Fats"

Wednesday, March 8 / 10:00 a.m. URI SNAP

Multi Dose Packs "An easier way to take your medications"

Wednesday, March 15 / 10:00 a.m.

Herbals & Complementary Medicine

Wednesday, March 22 / 10:00 a.m.

General Health 101

Wednesday, March 29th - 10:00 a.m.

Health Check / April

Diabetes Support Group "Diabetes & Foot Care"

Wednesday, April 5th - 10:00 a.m.

All About Sodium "How Much Sodium Should We Consume?"

Wednesday, April 12th - 10:00 a.m.

Essential Oils "The Many Benefits of Essential Oils"

Wednesday, April 19th - 10:00 a.m.

Allergies....Achoo!

Wednesday, April 26th - 10:00 a.m.

Mark Your Calendars—Register Early!

Wellness Series

Wednesdays 1:00 p.m. - 2:00 p.m.

April 5th...Part I... Benefits of Acupressure

April 12th...Part II... Techniques to Overcome Back Problems.

April 19th...Part III... Exploring Functional Nutrition. Learn how

April 26th...Part IV... Prayer, Meditation, Mantras & Chanting.

Arthritis Foundation

"Walk With Ease" Program

"Take Control, One Step at a Time"

Mondays, Wednesdays & Fridays 9:15 a.m. to 10:30 a.m.

Orientation: Tuesday, April 18th - 10:30 a.m.



\$3.00 Suggested Donation

March 2017


Call 780-6134 for reservations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p> <p><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p><u>Salad for the Month</u> Grilled Chicken-Cucumber Mandarin Orange-Crispy Noodle Iceberg -Sesame Ginger Dressing Begins Monday March 6</p> <hr/> <p>Farm Fresh RI Harvest of the Month Dairy is featured on the 15th/ 24th</p>	<p>1 Clear Chowder Florentine Fish Crispy Potatoes Carrots Fresh Fruit Wheat Bread</p> <p><i>(Turkey Salad on Wheat)</i></p>	<p>2 Chicken Noodle Soup Pot Roast w/Low Sodium Vegetable Gravy Red Bliss Mashed Potatoes Zucchini Vanilla Pudding Roll</p> <p><i>(Sliced Chicken & Cheese on a Bulky Roll)</i></p>	<p>3 Butternut Squash Soup Roasted Chicken Leg Quarter Rice Pilaf Mixed Vegetables Mandarin Oranges Marble Bread</p> <p><i>(Meatloaf Sandwich on Marble)</i></p>
<p>6 Onion Soup Tuna Salad Pasta Salad Marinated Beet & Onion Salad Shortbread Cookie Garlic Roll</p> <p><i>(Ham Salad on Rye)</i></p>	<p>7 Low Sodium Beef Barley Soup Fried Steak w/Country Gravy O'Brien Potatoes Garlic Spinach Diced Pears Wheat Bread</p> <p><i>(Chicken Salad on Wheat)</i></p>	<p>8 Tomato Vegetable Soup Chicken w/Artichokes/Roasted Peppers/Green Beans in Lemon Sauce Mashed Potatoes Tomato Half Pudding Pumpernickel Bread</p> <p><i>(Shrimp Salad on Pumpernickel)</i></p>	<p>9 Escarole & Bean Soup Sweet and Sour Roasted Pork Loin Whole grain rice Asparagus Tips Fresh Fruit Wheat Dinner Roll</p> <p><i>(Eggplant Parmesan on a Roll)</i></p>	<p>10 Red Chowder Lemon Baked Fish Roasted Potatoes Apple Cider Cole Slaw Ice Cream Rye Bread</p> <p><i>(Hot Dog on a Roll)</i></p>
<p>13 Chicken & Brown Rice Soup Herb Roasted Chicken Garlic Mashed Potatoes Green Beans Sliced Peaches Multi Grain Bread</p> <p><i>(Seafood Salad on Multi Grain)</i></p>	<p>14 Venus de Milo Soup Stuffed Cabbage w/Sauce Basil Rice King Edward Blend Vegetables Tapioca Pudding Wheat Bread</p> <p><i>(Pastrami & Swiss on Wheat)</i></p>	<p>15 100% Juice Turkey Chili w/Local Cheese Corn Bread Seasoned Broccoli Spears Fruit Cocktail</p> <p><i>(Cheeseburger on a Bun)</i></p>	<p>16 Birthday Celebration Tomato Vegetable Soup Shepherds Pie Prince Edward Blend Vegetables Frosted Cupcake Garlic bread</p> <p><i>(Turkey Meatloaf on Wheat)</i></p>	<p>17 <u>St. Patrick's Day</u> Split Pea Soup Corned Beef w/Mustard Seasoned Boiled Potatoes Cabbage & Carrot Medley Lime Jello Rye Bread</p> <p><i>(Tuna on Rye)</i></p>
<p>20 <u>St. Joseph's Day</u> Pasta Fagioli Italian Sausage Seasoned Shells Peppers & Onions Spumoni Ice Cream Garlic knotted roll</p> <p><i>(Egg Salad on a Roll)</i></p>	<p>21 Chicken Escarole Soup Stuffed Turkey w/Cranberry & Sage Stuffing w/Low Sodium Gravy Brussels Sprouts Fresh Fruit Pumpernickel Bread</p> <p><i>(Honey Ham & Cheese on Pumpernickel)</i></p>	<p>22 Orange Juice Cheese Omelet w/Tomato Slice Sausage Patty Crispy Cubed Potatoes Fruited Yogurt</p> <p><i>(Fish Sandwich and Side Tossed Salad)</i></p>	<p>23 Kale & Bean Soup Beef Wellington Peas & Onions Salad w/Dressing Pudding Wheat Dinner Roll</p> <p><i>(Fresh Mozzarella & Tomato on Sicilian Bread)</i></p>	<p>24 <u>Seafood Chowder made with Local Dairy Products</u> Baked Haddock Roasted Potatoes Sliced Carrots Peanut Butter Cookies Rye Bread</p> <p><i>(Corned Beef & Swiss on Rye)</i></p>
<p>27 Lentil Soup Baked Ham w/Sliced Pineapple Sweet Potatoes Winter Blend Vegetables Tropical Fruit 9-Grain Bread</p> <p><i>(Chicken Salad on 9-Grain)</i></p>	<p>28 Turkey Vegetable Soup Roasted Airline Chicken Mashed Potatoes Green Beans Frosted Brownie Marble Bread</p> <p><i>(Tuna on Marble)</i></p>	<p>29 Egg Drop Soup Pulled Pork Baked Beans Cole Slaw Apple Sauce Rye Bread</p> <p><i>(Turkey & Cheese on a Roll)</i></p>	<p>30 Roasted Corn Chowder Grilled Chicken Red Bliss Roasted Potato Broccoli Cuts Hoodsie Cup Wheat Bread</p> <p><i>(Italian Grinder)</i></p>	<p>31 Minestrone Soup French Meat Pie w/Ketchup Seasoned Spinach Fresh Fruit Oatmeal Bread</p> <p><i>(Seafood Salad on Oatmeal)</i></p>

\$3.00 Suggested Donation

April Menu 2017

Call 780-6134 for Reservations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Soup w/Anci de Pepe Meatballs with Sauce Seasoned Whole Wheat Pasta Tossed Salad w/Dressing Chocolate Chip Cookies Wheat Dinner Roll</p> <p><i>(Tuna Salad on a Roll)</i></p>	<p>4 Venus de Milo Soup Pork Loin w/ Low Sodium Gravy Oven Roasted Potatoes Italian Blend Vegetables Fresh Fruit Marble Bread</p> <p><i>(Meatloaf on Marble)</i></p>	<p>5 White Bean & Vegetable Soup Apple Chicken Sausage Herb Roasted Diced Potatoes Peppers and Onions Sliced Peaches Rye Bread</p> <p><i>(Eggplant Parmesan on Roll)</i></p>	<p>6 100% Juice Turkey Chili w/Low Fat Cheese Seasoned Broccoli Spears Corn Bread Fruit Cocktail</p> <p><i>(Hamburger on a Bun)</i></p>	<p>7 Beef Vegetable Barley Soup Meatloaf w/Low Sodium Gravy Mashed Potatoes Mixed Vegetables Tapioca Pudding Wheat Bread</p> <p><i>(Honey Ham & Cheese on Wheat)</i></p>
<p>10 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Ice Cream 9-Grain Bread</p> <p><i>(Turkey & Swiss on 9-Grain)</i></p>	<p>11 Kale & Bean Soup Veal w/mushroom gravy Seasoned Whole Grain Ziti Winter Blend Vegetables Fig Bar Garlic Bread</p> <p><i>(Pastrami & Swiss on Rye)</i></p>	<p>12 Vegetable Soup Pub Burger w/ au jus Baked chips Broccoli Slaw Jello Wheat bread</p> <p><i>(Buffalo Chicken Salad on Wheat bread)</i></p>	<p>13 Chicken Brown Rice Soup Herb Roasted Chicken Au Gratin Potatoes Asparagus Tips Oatmeal Cookies Multi Grain Bread</p> <p><i>(Meatball Sub on a Roll)</i></p>	<p>14 Red Chowder Stuffed Sole Red Bliss Mashed Potatoes Brussels Sprouts Fresh Fruit Rye Bread</p> <p><i>(Chicken Salad on Rye)</i></p>
<p>17 Split Pea Soup Baked Ham w/Pineapple Ring Sweet Potatoes King Edward Blend Vegetables Coffee Cake Dinner Roll</p> <p><i>(Roast Beef & Cheese on a Roll)</i></p>	<p>18 Onion Soup w/Croutons Swedish Meatballs Buttered Noodles Capri Blend Vegetables Sliced Pears Wheat Bread</p> <p><i>(Low Sodium Hot Dog/ Roll)</i></p>	<p>19 Beef Vegetable Soup Rosemary Chicken Oven Roasted Potatoes Mixed Vegetables Fruit Cocktail Pumpernickel Bread</p> <p><i>(Italian Tuna on Pumpernickel)</i></p>	<p>20 <u>Happy Birthday</u> Chicken Soup Pot Roast w/ low sodium Gravy Mashed Potatoes Green Beans Frosted Cupcake Marble Bread</p> <p><i>(Egg Salad on Marble)</i></p>	<p>21 Clear Chowder Florentine Fish Rice Pilaf Sliced Carrots Ice Cream Oatmeal Bread</p> <p><i>(Corned Beef/Swiss/Oatmeal)</i></p>
<p>24 Beef Noodle Soup Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Sherbet Multi Grain Bread</p> <p><i>(Ham Salad on Multi Grain)</i></p>	<p>25 Italian Wedding Soup Roast Turkey w/Gravy Cornbread Stuffing Seasoned Spinach Fresh Fruit Garlic Roll</p> <p><i>(Seafood Salad on a Roll)</i></p>	<p>26 Pasta & Bean Soup Fried Steak w/Country Gravy Brown Seasoned Rice Baby Whole Carrots Mandarin Oranges Wheat Bread</p> <p><i>(Turkey Meatloaf on Wheat)</i></p>	<p>27 Tomato Vegetable Soup Roasted Airline Chicken Seasoned Whole Wheat Pasta California Blend Vegetables Pudding Rye Bread</p> <p><i>(Tuna on Rye)</i></p>	<p>28 Shrimp & Corn Bisque Boneless BBQ Rib Baked Beans Cole Slaw Apple Pie Dinner Roll</p> <p><i>(Italian Grinder)</i></p>
		<p>Please Inform your Server if you have a food allergy</p>	<p><i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i></p>	<p><u>SALAD OF THE MONTH</u> Grilled Chicken-Tomato Parmesan Cheese-Croutons Iceberg/Romaine Blend Light Caesar Dressing</p>