

Cranston Senior Enrichment Center

May / June 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 @cranstonenior; and find us on the City of
 Cranston's Website—www.cranstonri.com

May Specials

May Breakfast

May 1, Monday / 11:30 am

Ocean State Job Lot/Iggy's Boardwalk Restaurant

Tuesday, May 9th / 9:30 a.m.

Mother's Day Luncheon

Friday, May 12, 2017 / 11:30 am

90+ Celebration / May 17th 9:30 a.m.

The Crossing at Smithfield/Uno Chicago Grill

Wednesday, May 17th / 9:30 a.m.

New Hope Art Gallery "Behind the Scenes With the Director & Artists"

Wednesdays, May 17th & June 14th / 1:00 p.m. – 3:00 p.m.

Homegoods/Asia Grille/Lincoln Mall

Friday, May 26th / 9:30 a.m.

Homestead Restaurant

Tuesday, May 31st / 10:00 a.m.

June Specials

The Charlestown Rathskeller Tavern/Ice Cream Kenyon, RI

Tuesday, June 6th / 10:00 a.m.

Flag Day Luncheon

Wednesday, June 14 / 11:30 a.m.

English Muffin Restaurant/Walmart

Wednesday, June 14th / 9:30 a.m.

Father's Day

Friday, June 16 / 11:30 to 12:30

Birthday Party of the Months

Wednesday, June 28 / 1:00 pm to 3:00 pm

Marshall's/Davenport's Restaurant

Friday, June 30th / 9:30 a.m.

Health Check / May

A Matter of Balance

Mondays & Fridays – 9:00 a.m. to 11:30 a.m.
 Begins Monday, May 1st ends Friday, May 26th

Diabetes Support Group

Wednesday, May 3rd – 10:00 a.m.

Calcium & Vitamin D

Wednesday, May 10th – 10:00 a.m.

The Eyes Have It!

Wednesday, May 17th – 10:00 a.m.

Respiratory Health "Steps to Better Breathing"

Wednesday, May 24th – 10:00 a.m.

Eating Right for a Healthier & Fit Life

Wednesday, May 31st – 10:00 a.m.

Health Check / June

Arthritis Exercise Classes

Tuesdays – 1:15 p.m. / Beginning June 6th ending August 22nd

Diabetes Support Group "Diabetes: Commonly Occurring Diseases"

Wednesday, June 7th – 10:00 a.m.

All About Herbs & Spices

Wednesday, June 14th – 10:00 a.m.

Multi Dose Packets "An easier way to take your medication"

Wednesday, June 21st – 10:00 a.m.

Drug Interactions


Wednesday, June 28th – 10:00 a.m.



\$3.00 Suggested Donation

May 2017

Call 780-6134 / 9:00-1:00 Monday-Friday / 1 day in advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 May Breakfast 100% Orange Juice Baked Honey Ham Scrambled Eggs w/Tomato Slice Home Fried Potatoes Fresh Fruit Cup <i>(Chicken Salad on Wheat Roll / Side Salad)</i>	2 Chicken Vegetable Soup Meatballs w/Sauce Seasoned Whole Wheat Pasta Tossed Salad w/Dressing Oatmeal Cookies Sliced Italian Bread <i>(Egg Salad on Italian)</i>	3 Cream of Broccoli Soup Veal w/Mushroom L.S. Gravy Mashed Potatoes Sliced Seasoned Carrots Fresh Fruit Multi Grain Bread <i>(Turkey & Cheese/Multi-Grain)</i>	4 Clear Chowder Country Crisp Fish w/Tartar Sauce Roasted Potatoes Broccoli Slaw Granola Bar Marble Bread <i>(Hot Dog on Roll w/Condiments)</i>	5 Cinco De Mayo Black Bean Soup Grilled Marinated Chicken Mexican Rice Pepper & Onions Dinner Roll Chocolate Pudding <i>(Seafood Salad on Wheat)</i>
8 Beef Vegetable soup Stuffed Pepper w/sauce Tomato & Cucumber Salad Baked Chips Naan Bread Diced Pears <i>(Fish /tartar on a Wheat Roll)</i>	9 Escarole & Bean Soup Italian Sausage O'Brien Potatoes Seasoned Zucchini Ice Cream Oatmeal Bread <i>(Chicken Salad on Oatmeal)</i>	10 Minestrone Soup French Meat Pie w/Ketchup Brussels Sprouts Butterscotch Pudding Wheat Dinner Roll <i>(Shrimp Salad on Wheat Roll)</i>	11 Tomato Vegetable Soup Broccoli & Cheese Quiche Hash Brown Sliced Tomatoes Fruited Yogurt <i>(Corned Beef on Rye w/Side Salad)</i>	12 Mother's Day Luncheon Onion Soup w/CROUTONS Stuffed Chicken w/Gravy Red Bliss Mashed Potatoes Capri Blend Vegetables Coffee Cake Wheat Bread <i>(Tuna on Wheat)</i>
15 Chicken Escarole Soup Beef Stroganoff Buttered Noodles Baby Whole Carrots Marble Bread Apricot Half <i>(Salami & Provolone on Marble)</i>	16 Low Sodium Lentil Soup Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot & Cabbage Mix Jello Pumpernickel Bread <i>(Turkey Salad /Pumpernickel)</i>	17 100% Apple Juice Turkey Chili w/Shredded Cheese Corn Bread Broccoli Spears Fruit Cocktail <i>(Cheeseburger on Wheat Bun)</i>	18 Happy Birthday Chicken Soup w/Orzo Shepherd's Pie Garlic Spinach Frosted Cupcake Wheat Dinner Roll <i>(Chicken Salad on Wheat)</i>	19 Red Chowder Baked Fish Wild Rice Sliced Carrots Ice Cream Oatmeal Bread <i>(Italian Grinder)</i>
22 Low Sodium Chicken Soup w/Brown Rice Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Sliced Peaches Wheat Bread <i>(Turkey & Cheese on Wheat)</i>	23 Venus de Milo Soup Chicken/Artichokes/Roasted Peppers/Green Beans/Lemon Sauce Rice Pilaf Winter Blend Vegetables Shortbread Cookie Rye Bread <i>(Ham Salad on Rye)</i>	24 Potato & Leek Soup American Chop Suey Whole Wheat Elbow Pasta Italian Blend Vegetables Pudding Split Top Roll <i>(Eggplant w/Sauce on Grinder Roll)</i>	25 Split Pea Soup Baked Ham w/Sliced Pineapple Sweet Potatoes Capri Blend Vegetables Angel Food Cake Multi Grain Bread <i>(Chicken Loaf on Multi Grain)</i>	26 Memorial Day Luncheon Chicken Gumbo Soup Roasted Chicken Leg Quarter Baked Beans Cole Slaw Ice Cream Roll Pumpernickel Bread <i>(Tuna on Pumpernickel)</i>
29 CLOSED Memorial Day 	30 Pasta & Bean Soup Chicken Cordon Bleu w/Gravy Mashed Potatoes Mixed Vegetables Tapioca Pudding Rye Bread <i>(Seafood Salad on Rye)</i>	31 Turkey Noodle Soup Salisbury Steak w/Gravy Seasoned Brown Rice California Blend Vegetables Fresh Fruit Wheat Bread <i>(Italian Tuna on Wheat)</i>	Salad Option for the Month Grilled Chicken Craisins-Walnuts Cucumbers-Iceberg Lettuce Light Raspberry Vinaigrette Begins Monday May 1	<i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i> <i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i>

\$3.00 Suggested Donation

June 2017

Call 780-6134 / 9:00-1:00 Monday-Friday / 1 day in advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>	<i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i>	Salad Option for the Month Grilled Chicken/Strawberries/Almonds Tomatoes-Spinach Iceberg Blend Light Italian Dressing Begins Monday June 5	1 Low Sodium Chicken Soup BBQ Pork Loin Mashed Sweet Potatoes Mixed Vegetable Peanut Butter Cookies Roll <i>(Turkey & Swiss on a Wheat Roll)</i>	2 White Chowder Baked Haddock w/Topping O'Brien Potatoes Scandinavian Blend Vegetables Fruit Cocktail Pumpernickel Bread <i>(Chicken Salad on Pumpernickel)</i>
5 Beef Vegetable Soup Fried Steak w/Low Sodium Country Gravy Mashed Potatoes Garlic Spinach Mandarin Oranges Rye Bread <i>(Tuna on Rye)</i>	6 Turkey & Brown Rice Soup Chicken Cacciatore Roasted Potatoes Broccoli Cuts Fresh Fruit Marble Bread <i>(Roast Beef & Cheese on Marble)</i>	7 Lentil Soup Stuffed Sole Wild Rice Fresh Zucchini Apple Pie Garlic Roll <i>(Turkey Salad on a Roll)</i>	8 Italian Wedding Soup Roast Turkey w/Gravy & Cranberry Stuffing Baby Whole Carrots Pudding Pumpernickel Bread <i>(Honey Ham & Cheese on Pumpernickel)</i>	9 Escarole & Bean Soup Liver & Onions Garlic Mashed Potatoes Yellow Squash Sliced Peaches Split Top Roll <i>(Shrimp Salad on Grinder Roll)</i>
12 Vegetable Soup Turkey Meatloaf w/Cranberry Chutney Whipped Potatoes Green Beans Vanilla Pudding Wheat Bread <i>(Meatball Sub)</i>	13 Split Pea Soup Baked Ham w/Pineapple Slice Sweet Potatoes Roasted Vegetables Fresh Fruit Rye Bread <i>(Turkey & Cheese on Rye)</i>	14 Flag Day RED Chowder Chicken Cordon Bleu w/ gravy WHITE Rice Broccoli BLUE berry Coffee Cake Marble Bread <i>(Tuna on Marble)</i>	15 HAPPY BIRTHDAY Minestrone Soup Meatballs w/Sauce Sliced Seasoned Potatoes Peppers & Onions Frosted Cupcake Sliced Italian Bread <i>(Egg Salad on Italian)</i>	16 Father's Day Luncheon Pasta & Bean Soup Pot Roast w/Gravy Mashed Potatoes Green Beans Almandine Ice Cream Roll Wheat Bread <i>(Seafood Salad on Wheat)</i>
19 Beef Noodle Soup Herb Roasted Grilled Chicken Au Gratin Potatoes Normandy Blend Vegetables Diced Peaches Rye Bread <i>(Ham & Swiss on Rye)</i>	20 Chicken Soup Veal w/Tomato Sauce Seasoned Whole Wheat Pasta Italian Blend Vegetables Frosted Brownie Italian Bread <i>(Chicken Salad on Italian)</i>	21 Lemonade Pub Burger w/Mushroom Gravy Baked Beans Carrot & Raisin Slaw Fresh Fruit Garlic Roll <i>(Hot Dog on Roll)</i>	22 Onion Soup w/CROUTON Roasted Airline Chicken Red Bliss Mashed Potatoes Spinach Lemon Pudding Wheat Bread <i>(Roast Beef on Wheat)</i>	23 Roasted Corn Chowder Beer Battered Fish w/Tartar Sauce Lyonnaise Potatoes 3-Bean Salad Sponge Cake Oatmeal Bread <i>(Tuna Salad on Oatmeal)</i>
26 Beef Gumbo Soup Roast Pork Loin w/Low Sodium Gravy Rice Pilaf Brussel Sprouts Apple Sauce Pumpernickel Bread <i>(Chicken Salad on Pumpernickel)</i>	27 100% Orange Juice Spanish Omelet Home Fried Potatoes Tomato Half Fresh Fruit Cup <i>(Italian Tuna on Wheat Roll)</i>	28 Chili Soup Honey BBQ Chicken Leg Quarter Corn Bread Tomato & Cucumber Salad Oatmeal Raisin Cookie Wheat Bread <i>(Meatloaf on Wheat)</i>	29 Venus de Milo Soup Shepherds Pie w/Ketchup Sliced Seasoned Carrots Fruit Cocktail Garlic Bread <i>(Italian Grinder)</i>	30 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Seasonal Melon Wheat Dinner Roll <i>(Hamburger on a Wheat Roll)</i>