

Cranston Senior Enrichment Center

May / June 2018 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/Sean
 11:00 55+ No Limits (Cox Cable-18 / Verizon-30)
 11:30 Lunch
 10:00—4:30 Arlington Reading Room
 1:00—2:00 Bone Builders of RI ****
 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/Sean
 10:00—4:30 Arlington Reading Room
 10:30—11:30 Ballroom Dance **
 11:00—12:30 Painting
 11:30 Lunch
 12:30—3:00 Mah Jong
 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 ***
 9:00—1:00 Pharmacy Clinic
 9:30—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
 1:15—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
 9:30—12:00 Manicure
 10:00—10:45 Tai Chi Chuan **
 10:30—11:00 Chair Exercise w/Sean
 11:30 Lunch
 1:00—2:30 Bingo
 1:00—2:30 Dominoes
 1:00—4:00 Chess

Fridays

9:00—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/Sean
 11:00 55+ No Limits
 11:30 Lunch
 1:00 Hi-Lo-Jack League
 1:00—2:00 Bone Builders of RI ****
 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

**** \$2.00 donation

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

May Specials

May Day / May 1, 2018—11:30 a.m.

90+ Celebration / May 9, 2018—9:15 a.m.

Mother's Day Luncheon / May 11, 2018—11:30 a.m.

Cowesett Inn / Tuesday, May 15th / 11:00 a.m. \$5.00 transportation fee

The Lodge Pub & Eatery / Wednesday, May 30th / 11:00 a.m. \$5.00 transportation fee

AARP Smart Driving Program / Wednesday, May 30th / 8:45 am to 2:30 pm / \$15.00 AARP Members / \$20.00 non Members

June Specials

Richard's Pub / Wednesday, June 13th / 11:00 a.m. \$5.00 transportation

Flag Day / June 14, 2018—11:30 a.m.

Father's Day Luncheon / June 15, 2018—11:30 a.m.

Bracelet Making / Wednesday, June 20, 2018—9:30 to 11:30 a.m.

Earring Class / Tuesday, June 26, 2018—9:30 to 11:30 a.m.

Hungry Haven / Friday, June 29th / 10:00 a.m. \$5.00 transportation fee

Health Check / May

Diabetes Support Group "*Diabetes & Skin Care*" Wednesday, May 2nd—10:00 a.m.

Freezing Food & Planning Meals / Wednesday, May 9th—10:00 a.m.

A Matter of Balance / Friday, June 11th—9:00 a.m. to 11:30 a.m.
Last Class

Vision Changes as We Age / Wednesday, May 16th—10:00 a.m.

Allergies & Over-the-Counter Products / Wednesday, May 23rd—10:00 a.m.

National Health & Fitness Day "*Importance of Staying Active Regardless of Age*" / Wednesday, May 30th—10:00 a.m.

Health Check / June

Walk With Ease / Friday, June 1st—Program Ends

Diabetes Support Group "*Diabetes & Commonly Occurring Diseases*" Wednesday, June 6th—10:00 a.m.

Preventing Sarcopenia & The Importance of Physical Activity Wednesday, June 13th—10:00 a.m.

Healthy Eating as We Age / Monday, June 18th—1:00 a.m.


Healthy Bones: Calcium, Vitamin D & Magnesium Recommendations / Wednesday, June 20th—10:00 a.m.

Summertime Locals "*Buy Local & Eat Local*" / Wednesday, June 27th—10:00 a.m.




May 2018

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May Salad Option Starts May 7th Grilled Chicken Craisins-Walnuts Cucumbers-Iceberg Lt. Raspberry dressing</p>	<p>1 May Breakfast 100% Orange Juice Baked Virginia Ham Scrambled Eggs w/Tomato Slice Crispy Cube Potatoes Fresh Fruit Cup <i>(Chicken Salad on Wheat Roll w/ Side Salad)</i></p>	<p>2 Cream of Broccoli Soup Veal w/Mushroom Gravy Rice Pilaf Sliced Seasoned Carrots Fig Bar Multi Grain Bread <i>(Turkey & Cheese on Multi Grain)</i></p>	<p>3 Chicken Escarole Soup Beef Stroganoff Buttered Noodles California Blend Vegetables Apricot Half Marble Bread <i>(Salami & Provolone on Marble Bread)</i></p>	<p>4 Red Chowder Baked Fish w/Crumb Topping Roasted Potatoes Broccoli Ice Cream Oatmeal Bread <i>(Honey Ham & Cheese on Oatmeal)</i></p>
<p>7 Barley Soup Low Sodium Hot Dog Macaroni & Cheese Winter Blend Vegetables Pudding Wheat Dinner Roll <i>(Meatball on Sub Roll)</i></p>	<p>8 Chicken Soup w/Brown Rice Beef Wellington w/Ketchup Prince Edward Blend Vegetables Greek Yogurt 9-Grain Bread <i>(Seafood Salad on 9-Grain)</i></p>	<p>9 Pasta & Bean Soup Italian Sausage Peppers & Onions Baked Potato w/ Sour Cream Sliced Peaches Rye Bread <i>(Roast Beef on Rye)</i></p>	<p>10 100% Juice Turkey Chili Corn Bread Baby Whole Carrots Fruit Cocktail Dinner Roll <i>(Grilled Chicken on Bulky Roll)</i></p>	<p>11 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></p>
<p>14 Venus de Milo Soup Knockwurst w/Mustard Seasoned Potatoes Green Beans Fruit Cocktail Dinner Roll <i>(Egg Salad on Roll)</i></p>	<p>15 Vegetable Soup Swedish Meatballs Buttered Noodles Scandinavian Blend Vegetables Fresh Fruit Multi Grain Bread <i>(Ham Salad on Multi Grain)</i></p>	<p>16 Clear Chowder Baked Haddock w/Lemon Fresh Zucchini Cole Slaw Pineapple Chunks Marble Bread <i>(Corned Beef on Marble)</i></p>	<p>17 Birthday Party of the Month Chicken Soup w/Orzo Shepherds Pie w/Ketchup Garlic Spinach Frosted Cupcake Wheat Bread <i>(Chicken Salad on Wheat)</i></p>	<p>18 Shrimp & Roasted Corn Chowder Pork Chop w/Applesauce Stuffing Baby Whole Carrots Fresh Fruit Rye Bread <i>(Turkey & Swiss on Rye)</i></p>
<p>21 Beef Noodle Soup Chicken Cacciatore Seasoned Wheat Pasta Asparagus cuts Mandarin Oranges Garlic Bread <i>(Meatloaf Sandwich on Wheat)</i></p>	<p>22 Chicken Vegetable Soup Meatloaf w/Mushroom Gravy Winter Blend Vegetables Mashed Sweet Potatoes Fresh Fruit Multi Grain Bread <i>(Chicken Salad w/Cranberries & Walnuts on Multi Grain)</i></p>	<p>23 Pasta & Bean Soup Chicken Cordon Bleu w/Gravy Mashed Potatoes Broccoli Tapioca Pudding Rye Bread <i>(Seafood Salad on Rye)</i></p>	<p>24 Cream of Spinach Soup Pot Roast w/Gravy Wild Rice Sliced Carrots Tropical Fruit Oatmeal Bread <i>(Ham Salad on Oatmeal)</i></p>	<p>25 Memorial Day Luncheon Veggie Soup Oven Roasted Airline Chicken Baked Beans Cole Slaw Cookies Pumpnickel Bread <i>(Italian Tuna on Pumpnickel)</i></p>
<p>28  Closed Memorial Day</p>	<p>29 Tomato Soup w/Brown Rice Italian Style Chicken Cutlet Garlic Mashed Potatoes Italian Blend Vegetables Diced Peaches Marble Bread <i>(Honey Ham & Cheese on Marble)</i></p>	<p>30 Minestrone Soup French Meat Pie w/Ketchup Roasted Vegetables Pudding Wheat Dinner Roll <i>(Shrimp Salad on Wheat Roll)</i></p>	<p>31 Split Pea Soup Baked Ham w/Pineapple Slice Sweet Potatoes Broccoli Spears Angel Food Cake Multi Grain Bread <i>(Chicken Loaf on Multi Grain)</i></p>	<p>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!</p>

\$3.00 Suggested Donation

June 2018

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>Reservations must be made One day in advance by 12:45 Mon-Fri Only 780-6134</p>	<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i> June SALAD OPTION: <i>Starts Monday June 4th</i> Baked Ham, Boiled Egg, Tomatoes, Cucumbers, Iceberg, Light Italian Dressing</p>		<p>1 Clear Chowder Seafood Salad Tossed Greens w/Dressing Tri Colored Pasta w/Vinaigrette Fresh Fruit Wheat Dinner Roll <i>(Egg Salad on Bulky Roll)</i></p>
<p>4 Chicken Soup BBQ Pork Loin Roasted Potatoes Seasoned Spinach Peanut Butter Cookies Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p>5 Cottage Cheese w/Pineapple Pub Burger q/Au Jus Baked Beans Zucchini Apple Oatmeal Bar Garlic Roll <i>(Ham Salad on a Roll)</i></p>	<p>6 Split Pea Soup Tuna Noodle Casserole Green Beans Fresh Fruit Rye Bread <i>(Turkey & Swiss on a Rye)</i></p>	<p>7 Beef Vegetable Soup Honey BBQ Chicken Leg Quarter Corn Bread Tomato & Cucumber Salad Mandarin Oranges Wheat Bread <i>(Low Sodium Hot Dog on a Roll)</i></p>	<p>8 Red Chowder Beer Battered Fish w/Tartar Sauce Lyonnais Potatoes Broccoli Spears Chocolate Pudding 12-Grain Bread <i>(Italian Tuna on 12-Grain)</i></p>
<p>11 Tomato Vegetable Soup Chicken Marsala Mashed Potatoes Mixed Vegetable Tropical Fruit Pumpnickel Bread <i>(Ham Salad on Pumpnickel)</i></p>	<p>12 Pasta & Bean Soup Meatballs w/Sauce Pesto Tortellini Peppers & Onions Sponge Cake Sliced Italian Bread <i>(Egg Salad on Italian Bread)</i></p>	<p>13 Lentil Soup Stuffed Peppers w/Sauce Roasted Potatoes Scandinavian Blend Vegetables Fresh Fruit Dinner Roll <i>(Fish Sandwich on a Roll)</i></p>	<p>14 Flag Day RED Chowder Chicken Cordon Bleu w/Gravy WHITE Rice Broccoli Cuts BLUE berry Coffee Cake Marble Bread <i>(Tuna on Marble)</i></p>	<p>15 Father's Day Luncheon Italian Wedding Soup Pot Roast w/Gravy Red Bliss Mashed Potatoes Green Beans Almondine Vanilla Pudding Wheat Bread <i>(Seafood Salad on Wheat)</i></p>
<p>18 Beef Noodle Soup Herb Roasted Grilled Chicken Au Gratin Potatoes Normandy Blend Vegetables Ice Cream Rye Bread <i>(Ham & Swiss on Rye)</i></p>	<p>19 Chicken Soup w/Anci de Pepe Beef Stroganoff Buttered Noodles California Blend Vegetables Fruit Cocktail Wheat Bread <i>(Shrimp Salad on Wheat)</i></p>	<p>20 Tomato & Brown Rice Soup Baked Fish w/Bread Crumb Topping Mashed Potatoes Seasoned Spinach Shortbread Cookie Garlic Bread <i>(Capicola & Provolone on Italian)</i></p>	<p>21 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie Seasoned Diced Potatoes Broccoli Frosted Cupcake Naan Bread  <i>(Egg Salad on Naan Bread)</i></p>	<p>22 Minestrone Soup Roast Turkey w/Gravy Corn Bread Stuffing Baby Whole Carrots Fresh Fruit Pumpnickel Bread <i>(Tuna on Pumpnickel)</i></p>
<p>25 Chicken Soup Veal w/Tomato Sauce Seasoned Whole Grain Pasta Italian Blend Vegetables Sliced Peaches Oatmeal Bread <i>(Bologna & Cheese on Oatmeal)</i></p>	<p>26 Beef Vegetable Soup Fried Steak w/Gravy Wild Rice Cauliflower Pie Rye Bread <i>(Chicken Salad on Rye)</i></p>	<p>27 100% Orange Juice Spanish Omelet Crispy Cube Potatoes Tomato Half Yogurt <i>(Italian Tuna on a Roll)</i></p>	<p>28 Vegetable Soup Turkey Meatloaf w/Cranberry Chutney Whipped Potatoes Green Beans Pudding Pumpnickel Bread <i>(Corned Beef on Pumpnickel)</i></p>	<p>29 Egg Drop Soup Seafood Chow Mein Egg Roll Asian Blend Vegetables Fresh Fruit Wheat Dinner Roll <i>(Hamburger on Wheat Roll)</i></p>