

# Cranston Senior Enrichment Center

## November / December 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—10:00 Chair Yoga  
 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—10:00 Bone Builders of RI \*\*\*\*  
 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—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 @cranstonenrichment; and find us on the City of  
 Cranston's Website—www.cranstonri.com

### November Specials

**United Healthcare presentation** - 2019 Medicare Insurance plans  
 Friday, November 2nd / 10:00 AM – 11: AM

#### Ocean State Job Lot/Lemongrass Asian Restaurant

Wednesday, November 7th  
 Leave center: 9:30 a.m./Return to center: 2:30 p.m. / Charge: \$8.00

#### Red, White & Brew Crew Meeting (Veterans)

Wednesday, November 7th at 2:00 p.m.

#### Medicare Part D Open Enrollment help!

Friday, November 9<sup>th</sup> - by appointment

#### Veterans Day Celebration

Friday, November 9th / 11:30 a.m. / Suggested Donation: \$3.00

#### Hungry Haven, Charlestown, RI

Tuesday, November 13th  
 Leave center: 9:30 a.m./Return to Center: 2:30 p.m. / Charge: \$8.00

#### Aetna presentation - 2019 Medicare Insurance plans.

Friday, November 14th / 10:00 AM – 11: AM

#### Thanksgiving Luncheon

Friday, November 16th / 11:30 a.m. / Suggested Donation: \$3.00

#### Crow's Nest

Tuesday, November 27th  
 Leave center: 10:00 a.m./Return to center: 2:30 p.m. / Charge: \$8.00

### December Specials

#### Mayor's Holiday Party

Friday, December 7th / 11:30 a.m.  
 Imperial Room, One Rhodes Place, Cranston, RI / \$20.00 pp

#### Musical Entertainment

Tuesday, December 8th / 11:30 a.m. / Suggested Donation: \$3.00

#### Wright's Farm Restaurant

Thursday, December 13, 2018  
 Leave center: 10:00 a.m./Return to center: 2:30 p.m.  
 Charge: \$17.00 (includes transportation, meal, & gratuity)

#### Christmas Luncheon

Friday, December 14th / 11:30 a.m. / Suggested Donation: \$3.00

#### Target/Homegoods/Hibacchi Grille

Wednesday, December 19th  
 Leave center: 9:30 a.m./Return to center: 2:30 p.m. / Charge: \$8.00

### Health Check / November

#### Diabetes Support Group

"Diabetes & Dementia" Wednesday, November 7<sup>th</sup> – 10:00 a.m.

#### Healthy Eating as We Age

Wednesday, November 14<sup>th</sup> – 10:00 a.m.

#### Simple Thanksgiving Snacks

Wednesday, November 21<sup>st</sup> – 10:00 a.m.

#### Medication Mistakes & How to Avoid Them

"Drug Related Problems & Older Adults"  
 Tuesday, November 27<sup>th</sup> – 10:00 a.m.

#### Shopping on a Budget

Wednesday, November 28<sup>th</sup> – 10:00 a.m.

### Health Check / December

#### Diabetes Support Group

"Managing Diabetes During the Holidays"  
 Wednesday, December 5<sup>th</sup> – 10:00 a.m.

#### Dental Health & Nutrition

Wednesday, December 12<sup>th</sup> – 10:00 a.m.

#### "Five Wishes"

Wednesday, December 19<sup>th</sup> – 10:00 a.m.

#### 2018 Wrap-Up


Wednesday, December 26<sup>th</sup> – 10:00 a.m.



\$3.00 Suggested Donation

# November 2018


Call 780-6134 / 9-12:45 M-F

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>	<b>Salad Option for the Month</b> Sliced Turkey, Tomato, Craisins, Walnuts, Spinach/Iceberg Blend Balsamic Dressing Beginning Monday, November 5th	<b>1</b> Turkey Vegetable Soup <b>American Chop Suey</b> Wheat Elbow Pasta Broccoli Spears Fresh Fruit Wheat Bread <i>(Sliced Chicken &amp; Cheese on Wheat)</i>	<b>2</b> Shrimp & Corn Bisque <b>Florentine Fish</b> Mashed Potatoes Baby Whole Carrots Pudding Oatmeal Bread <i>(Roast Beef &amp; Cheese on Oatmeal)</i>
<b>5</b> Onion Soup <b>Swedish Meatballs</b> Buttered Noodles Green Beans Cookies Marble Bread <i>(Turkey Salad on Marble)</i>	<b>6</b> Venus de Milo Soup <b>Kielbasa w/ mustard</b> Boiled Potatoes 3-Bean Salad Diced Peaches Dinner Roll <i>(Meatballs on Grinder Roll)</i>	<b>7</b> Lentil Soup <b>Roast Pork Loin w/Applesauce</b> Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Italian Grinder)</i>	<b>8</b> Chicken Soup <b>French Meat Pie</b> Seasoned Spinach Brownie 12 Grain Bread <i>(Bologna &amp; Cheese on Multi Grain)</i>	<b>9</b> <b>Veteran's Lunch</b> Beef Vegetable Soup <b>Chicken Cordon Bleu w/Gravy</b> Rice Pilaf Florentine Blend Vegetables Spumoni Wheat Bread <i>(Meatloaf on Wheat)</i>
<b>12</b> <b>CLOSED</b> <b>Veteran's Day</b>	<b>13</b> Escarole & Bean Soup <b>Herb Roasted Grilled Chicken</b> Garlic Mashed Potatoes Asparagus Tips Diced Pears Multi Grain Bread <i>(Tuna on Multi Grain)</i>	<b>14</b> 100% OJ <b>Cheese Omelet</b> 2-Fruit Filled Pancakes w/Syrup Baked Tomato Half Greek Yogurt <i>(Turkey &amp; Cheese on a Roll)</i>	<b>15</b> <b>HAPPY BIRTHDAY</b> Kale & Bean Soup <b>Stuffed Peppers w/Sauce</b> Seasoned Whole Wheat Ziti Winter Blend Vegetables Frosted Cupcake Rye Bread <i>(Pastrami &amp; Swiss on Rye)</i>	<b>16</b> <b>Thanksgiving Lunch</b> Italian Wedding Soup <b>Roast Turkey w/Gravy</b> Cornbread Stuffing Sliced Seasoned Carrots Pumpkin Pudding Dinner Roll Cranberry Sauce <i>(Seafood Salad on a Roll)</i>
<b>19</b> Beef Barley Soup <b>Tuna Salad</b> Tortellini Salad Beet & Onion Salad Shortbread Cookie Pumpnickel Bread <i>(Turkey &amp; Swiss on Pumpnickel)</i>	<b>20</b> Vegetable Soup <b>Chicken Cacciatore</b> Seasoned Whole Wheat Pasta Broccoli Fresh Fruit Wheat Bread <i>(Salami &amp; Provolone on Wheat)</i>	<b>21</b> Minestrone Soup <b>Pot Roast w/Gravy</b> Mashed Potatoes Mixed Vegetables Tapioca Pudding Marble Bread <i>(Italian Tuna on Marble)</i>	<b>22</b> 	<b>23</b> <b>CLOSED</b>
<b>26</b> Tomato & Brown Rice Soup <b>Shepherd's Pie</b> Roasted Brussel Sprouts Sliced Peaches Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i>	<b>27</b> Egg Drop Soup <b>Seafood Chow Mein</b> Crunchy Noodles Asian Blend Vegetables Angel Food Cake Wheat Dinner Roll <i>(Egg Salad on Wheat)</i>	<b>28</b> Red Chowder <b>Stuffed Sole</b> Red Bliss Mashed Potatoes Seasoned Zucchini Fresh Fruit Oatmeal Bread <i>(Ham Salad on Oatmeal)</i>	<b>29</b> 100% Grape Juice <b>Turkey Chili w/Cheese</b> Corn Bread Tossed Salad w/Dressing Fruit Cocktail Rye Bread <i>(Corned Beef &amp; Cheese on Rye)</i>	<b>30</b> Pasta & Bean Soup <b>Meatballs w/Sauce</b> Seasoned Shells Roasted Peppers & Onions Ice Cream Whole Wheat Bread <i>(Shrimp Salad on Whole Wheat)</i>

\$3.00 Suggested Donation

# December Menu 2018

Call 780-6134 for Reservations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Butternut Squash Soup <b>Chicken Marsala</b> Seasoned Brown Rice Broccoli Cuts Diced Pears Multi Grain Bread <i>(Honey Ham &amp; Cheese on Multi Grain)</i>	<b>4</b> Venus de Milo Soup <b>Italian Sausage</b> Seasoned Ziti Ratatouille Pudding Wheat Bread <i>(Tuna on Wheat)</i>	<b>5</b> Broccoli & Cheese Soup <b>Beef Wellington w/Ketchup</b> Garlic Spinach Cookie Oatmeal Bread <i>(Pastrami &amp; Swiss on Oatmeal)</i>	<b>6</b> Tomato Vegetable Soup <b>BBQ Beef</b> Mashed Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Salmon Salad on Rye)</i>	<b>7</b> 100% Juice <b>Broccoli &amp; Cheese Quiche</b> Turkey Sausage Tomato Half Greek Yogurt <i>(Turkey &amp; Cheese on Wheat)</i>
<b>10</b> Lentil Soup <b>Roast Pork w/Gravy</b> Stuffing Capri Blend Vegetables Lemon Pudding Wheat Bread <i>(Shrimp Salad on Wheat)</i>	<b>11</b> Vegetable Barley Soup <b>Meatloaf w/Mushroom Gravy</b> Whipped Potatoes Roasted Brussel Sprouts Sliced Peaches Marble Bread <i>(Salami &amp; Cheese on Marble)</i>	<b>12</b> Chicken Escarole Soup <b>Veal w/Marinara Sauce</b> Pesto Whole Grain Pasta Italian Blend Vegetables Fresh Fruit Pumpnickel Bread <i>(Bologna &amp; Cheese on Pumpnickel)</i>	<b>13</b> Onion Soup w/Croutons <b>Turkey Chili</b> Corn Bread Broccoli Spears Mandarin Oranges Multi Grain Bread <i>(Meatloaf on Multi Grain)</i>	<b>14</b> <b>Christmas Dinner</b> Pasta Fagioli <b>Stuffed Chicken w/Gravy</b> Red Bliss Mashed Potatoes Green Beans Almondine Coffee Cake Wheat Bread <i>(Seafood Salad on Wheat)</i>
<b>17</b> Chicken Vegetable Soup <b>Beef Tips w/Mushroom Gravy</b> Seasoned Noodles Asparagus Tips Fruit Cocktail Rye Bread <i>(Chicken Loaf &amp; Cheese on Rye)</i>	<b>18</b> 100% Juice <b>Low Sodium Hot Dog w/Mustard</b> Baked Beans Cole Slaw Greek Yogurt Multi Grain Bread <i>(Turkey &amp; Cheese on Multi Grain)</i>	<b>19</b> Beef Noodle Soup <b>Stuffed Chicken w/ Broccoli &amp; Cheese w/Gravy</b> Seasoned Sliced Potatoes Mixed Vegetables Apricot Half Wheat Bread <i>Shrimp Salad on Wheat</i>	<b>20</b> <b>Happy Birthday</b> Chicken Soup w/Anci de Pepe <b>French Meat Pie w/Ketchup</b> Seasoned Spinach Frosted Cupcake Oatmeal Bread <i>(Egg Salad on Oatmeal)</i>	<b>21</b> Red Chowder <b>Seafood Salad</b> Baked Lays Chips Broccoli Slaw Ice Cream Dinner Roll <i>(Ham Salad on a Roll)</i>
<b>24</b> 	<b>25</b> <b>CLOSED</b> <b>Merry Christmas</b>	<b>26</b> Vegetable Soup <b>Stuffed Cabbage w/Sauce</b> Seasoned Brown Rice Mixed Vegetables Sliced Peaches Pumpnickel Bread <i>(Corned Beef &amp; Swiss Pumpnickel)</i>	<b>27</b> Beef Barley Soup <b>Roasted Airline Chicken</b> Oven Roasted Potatoes Buttered Carrots Coffee Cake Wheat Bread <i>(Tuna on Wheat)</i>	<b>28</b> White Chowder <b>Baked Fish w/Crumb Topping</b> Butternut Squash Green Beans Pudding Rye Bread <i>(Chicken Salad on Rye)</i>
<b>31</b> Split Pea Soup <b>Baked Ham w/Pineapple</b> Sweet Potatoes Winter Blend Vegetables Pudding Wheat Bread <i>(Tuna on Wheat)</i>		<b>Please Inform your Server if you have a food allergy</b>	<i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i>	<b>SALAD OF THE MONTH</b> <b>Starts Monday December 3rd</b> Grilled Chicken Mandarin Oranges Crunchy Noodles Tomato, Bed of Lettuce Asian Dressing