

# Cranston Senior Enrichment Center

## November / December 2016 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—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  
 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 members / \$4.00 non-members  
 \*\* \$4.00 members / \$5.00 non-members  
 \*\*\* \$3.00 / members / \$4.00 non-members monthly

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

#### Smart Phone . . . Tablet . . . Computer . . . Facebook Questions???

*URI Engaging Generations: Cyber Seniors*  
 Walk in or by appointment. Mondays, 9:30 a.m. to 12:00 noon

#### Beef Barn/Wright's Dairy Farm

Wednesday, November 9th  
 Leave center: 10:30 a.m./Return to Center: 2:00 p.m. / \$8.00

#### AARP Smart Driving Course

Wednesday, November 9th  
 9:00-2:30 / \$15 AARP member/\$20 non-member

#### "Salute" to our Veterans

Thursday, November 10th / Luncheon at 11:30 am

#### Luncheon "Karaoke" entertainment

Thursday, November 17th & Thursday, December 1st / 11:30 am.

#### Season of Sharing (Continued)

*"A Reminiscence Program"* 10:00 a.m.  
 Part II—Thursday, November 17th ....The 50's.  
 Part III—Thursday, December 15th...The 60's

#### Rathskeller Restaurant, Charlestown, RI

Friday, November 18th 10:00 a.m. / \$8.00

#### Thanksgiving Celebration

Friday, November 18 11:30 am / Suggested donation: \$3.00

#### Olde Theater Diner/Super Walmart, Coventry, Rhode Island

Wednesday, November 30th 10:00 a.m. / \$8.00

### December Specials

#### Computer Basic Class

Fridays, December 1, 16, 30 / 1:00-3:00 pm / \$25.00

#### Xmas Tree Shop/Applebee's Restaurant

Tuesday, December 6, 2016  
 Leave center: 10:00 a.m./Return to center: 2:00 p.m. / \$8.00

#### 2016 Holiday Party

Friday, December 9, 2016 / 12:00 noon  
 Crown Plaza / \$20.00 per person



#### All in a Chord

Tuesday, December 13 / 11:30 am

#### Ocean State Theatre "White Christmas"

A heartwarming musical featuring Irving Berlin's songs, Jefferson Blvd., Warwick, RI  
 Thursday, December 22, 2016  
 Leave center: 1:00 p.m./Return: 4:30 p.m. / \$45.00

### Health Check / November

#### Diabetes Support Group

Wednesday, November 2<sup>nd</sup> – 10:00 a.m.

#### Blood Pressure Screening

Tuesday, November 8<sup>th</sup> – 9:30 a.m. to 11:30 a.m. URI Nursing Students

#### Arthritis Exercise Classes

Tuesdays & Thursdays Beginning  
 November 8<sup>th</sup> – 1:15 p.m. Six Week FREE Exercise Program

#### Meals for One/No - Cook Meals

Wednesday, November 9<sup>th</sup> – 10:00 a.m. URI SNAP-ED

#### Winter Health

Wednesday, November 23<sup>rd</sup> – 10:00 a.m.

#### "Voice Your Choices & Decisions"

*Communicating End of Life Wishes*  
 Wednesday, November 30<sup>th</sup> – 10:00 a.m.

### Health Check / December

#### Diabetes Support Group

Wednesday, December 7<sup>th</sup> – 10:00 a.m.

#### Holiday Eating Tips & Strategies

Wednesday, December 14<sup>th</sup> – 10:00 a.m. URI SNAP –ED

#### A 2016 WRAP-UP

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

#### A Holistic Approach to Healthy Aging Series

Part I....An Introduction to a Holistic Approach to Wellness  
*"Mind & Body Connection"*  
 Wednesday, November 16<sup>th</sup> – 10:00

Part II....Managing Pain & Anxiety  
 Wednesday, December 21<sup>st</sup> – 10:00 a.m.

# November 2016

\$3.00 Suggested Donation

Reservations  
780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Salad Option</b> <b>Sliced Turkey</b> <b>Tomato,Craisins</b> <b>Walnuts</b> <b>Spinach/Iceberg Blend</b> <b>Lite Balsamic</b></p>	<p><b>1</b> Juice <b>Turkey Chili w/Low Fat Cheese</b> Tossed Salad w/Dressing Corn Bread Ice Cream Sandwich <i>(Hamburger on a Bun)</i></p>	<p><b>2</b> Egg Drop Soup <b>Orange Glazed Chicken</b> Vegetable Egg Roll Oriental Blend Vegetables Lorna Doone Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p><b>3</b> Onion Soup <b>Swedish Meatballs</b> Seasoned Whole Grain Pasta Green Beans Wheat Bread Fresh Fruit <i>(Shrimp Salad on Wheat)</i></p>	<p><b>4</b> Minestrone Soup <b>Seafood Chow Mein</b> Crunchy Noodles Stir Fry Vegetables Tapioca Pudding Marble Bread <i>(Chicken Salad on Marble)</i></p>
<p><b>7</b> Chicken Escarole Soup <b>Stuffed Turkey w/cranberry&amp; sage stuffing Gravy</b> Tossed Salad w/Dressing Oatmeal Bread Sliced Peaches <i>(Corned Beef/Cheese on Oatmeal)</i></p>	<p><b>8</b> Red Chowder <b>Baked Scrod</b> Texas Style Potatoes Sliced Carrots Chocolate Chip Cookies Dinner Roll <i>(Eggplant Parmesan on a Roll)</i></p>	<p><b>9</b> Lentil Soup <b>Roast Pork Loin w/Applesauce</b> Oven Roasted Potatoes Mixed Blend Vegetables Fresh Fruit Multi Grain Bread <i>(Egg Salad on Multi Grain)</i></p>	<p><b>10</b> <u>Veterans Day Celebration</u> Beef Vegetable Soup <b>Chicken Cordon Blue w/Gravy</b> Florentine Blend Vegetables Rice Pilaf Ice Cream Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p><b>11</b> <b>CLOSED</b>  <b>Veterans Day</b></p>
<p><b>14</b> Shrimp &amp; Corn Bisque <b>Pub Burger w/Mushroom Gravy</b> Baked Potato Brussel Sprouts Sliced Pears 9-Grain Bread <i>(Seafood Salad on 9-Grain)</i></p>	<p><b>15</b> Chicken &amp; Brown Rice Soup <b>Herb Roasted Grilled Chicken</b> Garlic Mashed Potatoes Asparagus Tips Fresh Fruit Marble Bread <i>(Tuna on Marble)</i></p>	<p><b>16</b> Split Pea Soup <b>Baked Ham w/Pineapple Slice &amp; Mustard</b> Sweet Potatoes Capri Blend Vegetables Oatmeal Cookies Wheat Bread <i>(Chicken Salad on Wheat)</i></p>	<p><b>17</b> Kale &amp; Bean Soup <b>Stuffed Pepper w/Sauce</b> Seasoned Whole Grain Ziti Winter Blend Vegetables Frosted Cupcake Rye Bread <i>(Pastrami &amp; Cheese on Rye)</i></p>	<p><b>18</b> <u>Thanksgiving Dinner</u> Italian Wedding Soup <b>Roast Turkey w/Low Sodium Gravy</b> Corn Bread Stuffing Seasoned Spinach Pumpkin Pudding Cranberry Sauce Dinner Roll <i>(Roast Beef on a Roll)</i></p>
<p><b>21</b> Orange Juice <b>Cheese Omelet</b> Fruit Stuffed Pancakes (2) w/ Syrup Baked Tomato Half Fresh Fruit Cup</p>	<p><b>22</b> White Bean &amp; Vegetable Soup Apple Chicken Sausage Peppers &amp; Onions Herb Roasted Potatoes Pudding Multi Grain Bread <i>(Seafood Salad on Multi Grain)</i></p>	<p><b>23</b> Tomato Vegetable Soup <b>Low Sodium Hot Dog</b> Baked Beans Tomato &amp; Cucumber Salad Fresh Fruit Wheat Bread <i>(Sliced Chicken on Wheat)</i></p>	<p><b>24</b> <b>CLOSED</b> <b>Thanksgiving Day</b> </p>	<p><b>25</b> <b>CLOSED</b> <b>Thanksgiving Day</b></p>
<p><b>28</b> Potato &amp; Leek Soup <b>Vegetable Lasagna</b> Peas &amp; Carrots Garlic Bread Chocolate Pudding <i>(Chicken Salad on Bulky Roll)</i></p>	<p><b>29</b> Juice <b>Beef Stroganoff</b> Mashed Potatoes Roasted Root Vegetables Fresh Fruit Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p><b>30</b> Turkey Vegetable Soup <b>Chicken Marsala w/Mushroom Gravy</b> Brown Rice California Blend Vegetables Mandarin Oranges Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p><i>Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.</i></p>	<p><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!</i></p>

# DECEMBER MENU 2016

\$3.00 Suggested Donation

Reservations  
780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Salad of the Month will begin on Monday December 5 <b>Grilled Chicken– Tomato</b> <b>Black Bean/Corn Mix</b> <b>Tortilla Strips Honey Lime</b> <b>Iceberg Lettuce Dressing</b></p>	<p><b>Suggested Donation \$3.00</b> <b>FARM FRESH RI</b> <b>HARVEST OF THE MONTH</b> <b>BUTTERNUT SQUASH</b></p>	<p><b>Funded in part by the US Administration Of Aging and the RI Dept. of Elderly Affairs</b></p>	<p><b>1</b> Kale and Bean Soup <b>Veal Cacciatore</b> Seasoned Shells Italian Blend Vegetables Pumpnickel Bread Italian Ice <i>(Italian Grinder)</i></p>	<p><b>2</b> Chicken Gumbo Soup <b>Pot Roast with Gravy</b> Red Bliss Mashed Potatoes Baby Whole Carrots 9-Grain Bread Shortbread Cookie <i>(Turkey/Cheese on 9-Grain)</i></p>
<p><b>5</b> Tomato and Brown Rice Soup <b>Sweet and Sour Pork Loin</b> Sweet Potato Apple Cider Cole Slaw Oatmeal Bread Tapioca Pudding <i>(Tuna on Oatmeal Bread)</i></p>	<p><b>6</b> Venus Di Milo Soup <b>Grilled Chicken</b> Cucumbers/Mandarin Oranges Crispy noodles/Iceberg lettuce Ginger Sesame Dressing Rye bread /Granola bar Pastrami and cheese on rye</p>	<p><b>7</b> Cream of Broccoli Soup <b>Liver and Onions w/ gravy</b> Oven Roasted Potato Asparagus Tip Pumpnickel Bread Apple Pie <i>(Seafood Salad/ Pumpnickel)</i></p>	<p><b>8</b> Lentil Soup Roasted Chicken Quarter Whipped Potato <b>RI Grown Butternut Squash</b> Wheat Dinner Roll Fresh Fruit <i>(Meatball Sub)</i></p>	<p><b>9</b> Red Chowder <b>Florentine Fish/Tartar</b> Baked Potato Mixed Vegetable Marble Bread Hoodsie Cup <i>(Ham and Cheese/Marble)</i></p>
<p><b>12</b> Juice <b>Chicken A La King w/ Veg.</b> Biscuit Tossed Salad w/ Dressing Apricot Half <i>(Corned Beef on Wheat)</i></p>	<p><b>13</b> Chicken Vegetable Soup <b>American Chop Suey w/ Whole Grain Elbow Pasta</b> California Blend Vegetable Mixed Fruit Rye Bread <i>(Tuna on Rye)</i></p>	<p><b>14</b> Split Pea Soup <b>Baked Ham with Pineapple</b> Sweet Potato Winter Blend Vegetable Dinner Roll Fresh Fruit <i>(Turkey and Cheese w Roll)</i></p>	<p><b>15</b> <b>Happy Birthday</b> Minestrone Soup <b>French Meat Pie / Ketchup</b> Seasoned Spinach Oatmeal Bread Frosted Cupcake <i>(Egg Salad on Oatmeal)</i></p>	<p><b>16</b> <b>Christmas Party</b> Pasta Fagioli <b>Stuffed Chicken/ Gravy</b> Red Bliss Mashed Potato Green Beans Almondine Wheat Bread Sour Cream Coffee Cake <i>(Seafood Salad on Roll)</i></p>
<p><b>19</b> Tomato Vegetable Soup <b>Shepard's Pie with Ketchup</b> Tossed Salad w/ Dressing Garlic Roll Sliced Peaches <i>(Chicken Salad on Bulky Roll)</i></p>	<p><b>20</b> Chicken Escarole Soup <b>Low Sodium Hot Dog</b> Baked Bean 3 Bean Salad Pumpnickel Bread Pudding <i>(Grilled Chicken /Pumpnickel)</i></p>	<p><b>21</b> Chili Soup <b>Airline Chicken</b> Seasoned Cut Potato Sliced Carrots Marble Bread Angel Food Cake <i>(Meatloaf on Marble)</i></p>	<p><b>22</b> Chicken Soup w/ Egg Flake <b>BBQ Beef</b> Seasoned Rice Mixed Vegetable Rye Bread Fruit Cocktail <i>(Tuna on Rye)</i></p>	<p><b>23</b> OJ <b>Broccoli and Cheese Quiche</b> Tomato half 3 Sausage Links Fruited Yogurt</p>
<p><b>26</b>  <b>CLOSED HOLIDAY</b></p>	<p><b>27</b> Bavarian Lentil Soup <b>Roast Turkey with Low Sodium Gravy</b> Mashed Potato/dinner roll <b>RI Grown Butternut</b> Cookie <i>(Salami and Cheese/Italian)</i></p>	<p><b>28</b> White bean &amp; pasta Soup <b>Meatballs w/Sauce</b> Penne w/Sauce Tossed Salad w/ Dressing Sports Bar Sliced Italian <i>(Italian Tuna on Roll)</i></p>	<p><b>29</b><b>Butternut Squash Soup</b> <b>Pork Loin w/gravy</b> Rice Pilaf Scandinavian Blend Vegetable Spumoni Pan roll <i>(Marinated Hot grilled Chicken on roll)</i></p>	<p><b>30</b> Corn Chowder <b>Seafood Casserole</b> Seasoned Whole Grain Pasta Sliced Carrots Fresh Fruit Rye Bread Ham Salad on Rye</p>