

Cranston Senior Enrichment Center

September / October 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/Jerry
 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/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 times)
 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 *
 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/Jerry
 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 *
 1:00 Hi-Lo-Jack
 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

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

September Specials

Utility Trouble

Tuesday, September 5th / 10:00 a.m.

Laugh Yoga

Tuesday, September 5th / 10:00 a.m.

Creating an Estate Plan

Thursday, September 7th / 10:00 a.m.

At Home / Carrabba's Italian Restaurant

Tuesday, September 12th / 9:30 a.m.

Free Art Classes! (must register)

Monday & Tuesday, September 18th & 19th / 9:00 a.m.

Medicare Education Presentation

September 19th / 10:00 a.m.

Senior Golf Tournament (Cranston Country Club)

September 19th 20th 21st / 8:30 a.m. - \$75.00—must pre-register

Country Inn, Warren RI

Friday, September 22nd / 10:00 a.m.

Farm Fresh RI cooking demonstration

Friday, September 22nd / 10:30 a.m.

Cranston Senior Games

September 23rd / 9:00 a.m.—must pre-register

Lincoln Mall / The Lodge Pub & Eatery

Tuesday, September 26th / 9:30 a.m.

October Specials

Healthy Living Senior Expo

Thursday, October 5th / 10:00 a.m. – 2:00 p.m. at the Warwick Mall

Farm Fresh RI cooking demonstration

Friday, October 10th / 10:30 a.m.

Free Art Classes! (must register)

Monday & Tuesday, October 23rd & 24th / 9:00 a.m.

Halloween Party & Luncheon

Tuesday, October 31st / 11:30 a.m.

Health Check / September

Diabetes Support Group "Hot Topics"

Wednesday, September 6th – 10:00 a.m.

My Plate & Healthy Eating

Wednesday, September 13th – 10:00 a.m.

Signs of Alzheimer's Disease

Wednesday, September 20th – 10:00 a.m.

Chair Massage Therapy

Tuesday, September 26th – 12:00—1:30 p.m.

Introduction to Medicinal Oils

Wednesday, September 27th – 10:00 a.m.

Health Check / October

Diabetes Support Group "Advances in Diabetes Research"

Wednesday, October 4th – 10:00 a.m.

Benefits of Plant Based Protein's

Wednesday, October 11th – 10:00 a.m.

Our Bones & Nutrition

Wednesday, October 18th – 10:00 a.m.

Chair Massage Therapy

Tuesday, October 25th – 12:00—1:30 p.m.


Hearing Loss

Wednesday, October 25th – 10:00 a.m.



\$3.00 Suggested Donation

September 2017

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>	Reservations must be made <u>One</u> day in advance by 12:45 Mon-Fri Only 780-6134	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i> September SALAD OPTION: <i>Ham-Turkey-Cheese-Tomato Lettuce Mix with Creamy Italian Dressing</i>		1 Minestrone Soup Shepherds Pie Brussels Sprouts Jello Garlic Roll <i>(Seafood Salad on Wheat)</i>
4 CLOSED <i>Labor Day</i>	5 Chicken Vegetable Soup Pork Loin w/Applesauce Brown Rice Green Beans Sliced Peaches Dinner Roll <i>(Egg Salad on Rye)</i>	6 Beef Noodle Soup Beef Wellington w/Ketchup Lyonnaise Potatoes Fresh Zucchini Tapioca Pudding <i>(Corned Beef & Swiss on a Roll)</i>	7 Barley Vegetable Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread <i>(Salami w/Provolone & Mustard on Italian)</i>	8 100% Apple Juice Bbq Chicken Breast Baked Beans Prince Edward Blend Vegetables Watermelon Multi Grain <i>(Hot Dog on Bun)</i>
11 Split Pea Soup Baked Ham w/Pineapple Slice & Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>(Tuna on Rye)</i>	12 Chili Soup Tuna Salad Macaroni Salad Beet Salad Lemon Pudding Multi Grain Bread <i>(Sliced Chicken on Multi Grain)</i>	13 Tomato & Brown Rice Soup Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread <i>(Meatloaf on Whole Wheat Bread)</i>	14 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread <i>(Turkey & Cheese on Marble)</i>	15 Seafood Gumbo Soup Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Low Fat Yogurt Wheat Bread <i>(Roast Beef & Cheese on Wheat)</i>
18 Turkey & Brown Rice Soup Pot Roast w/Gravy Mashed Potatoes Broccoli Pudding Wheat Dinner Roll <i>(Egg Salad on a Bulky Roll)</i>	19 Egg Drop Soup Orange Glazed Chicken Vegetarian Egg Roll Asian Blend Vegetables Wafer Cookies Rye Bread <i>(Tuna on Rye)</i>	20 Pasta & Bean Soup Stuffed Pepper w/Sauce Seasoned Diced Potatoes Baby Carrots Mandarin Oranges Wheat Bread <i>(Turkey & Cheese on Wheat)</i>	21 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpnickel Bread  <i>(Ham Salad on Pumpnickel)</i>	22 Broc. and L.F. Cheddar Soup Seafood Salad Chic Pea Salad with Olives Cole Slaw Fresh Fruit Multi-Grain Bread <i>(Chicken Salad on Multi)</i>
25 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Apricot Halves Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i>	26 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Capri Blend Vegetables Tapioca Pudding Italian Bread <i>(Turkey Salad on Italian)</i>	27 100% Apple Juice Cheese Omelet w/Sliced Tomato Turkey Sausage Crispy Cube Home Fries Fresh Fruit Cup <i>(Ham & Cheese on Rye w/Side Salad)</i>	28 Chicken Soup w/Egg Barley Liver & Onions w/Gravy Mashed Potatoes California Blend Vegetables Seasonal Fruit Wheat Dinner Roll <i>(Shrimp Salad on Wheat Roll)</i>	29 Lentil Soup Italian Sausage w/Mustard Peppers & Onions Baked Chips Unsweetened Applesauce Rye Bread <i>(Hamburger on Roll)</i>

\$3.00 Suggested Donation

October 2017

Cranston Senior Services
For reservations 780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & Brown Rice Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread <i>(Egg Salad on Marble)</i>	3 Vegetable Beef Soup Teriyaki Pork Fried Rice Stir Fry Vegetables Tropical Fruit Naan Bread <i>(Seafood Salad on Naan Bread)</i>	4 Split Pea Soup Knockwurst w/Mustard Boiled Seasoned Potatoes Carrot & Cabbage Mix Coffee Cake Wheat Dinner Roll <i>(Fish Sand. On Wheat Hamburger Bun)</i>	5 Venus de Milo Soup Baked Fish w/Crumb Topping Baked Potato w/Lite Sour Cream Italian Blend Vegetables Jello 9-Grain Bread <i>(Turkey and Cheese on 9 Grain)</i>	6 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini Fresh Fruit Rye Bread <i>(Meatballs on a Grinder Roll)</i>
9 CLOSED <i>Columbus Day</i>	10 Onion Soup w/Croutons Meatloaf w/ LS Gravy Mashed Potatoes Mixed Vegetables Pudding Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i>	11 Chicken Escarole Soup Italian Style Chicken Cutlet Wild Rice Broccoli Cuts Shortbread Cookies Oatmeal Bread <i>(Tuna on Oatmeal)</i>	12 Vegetable Soup Fried Steak w/Country Gravy Crispy Cube Potatoes Brussel Sprouts Fresh Fruit Rye Bread <i>(Shrimp Salad on Rye)</i>	13 Red Chowder Stuffed Sole Red Bliss Mashed Potatoes Capri Blend Vegetables Sliced Peaches Wheat Bread <i>(Meatloaf on Wheat)</i>
16 Lemonade Low Sodium Hot Dog Baked Beans Scandinavian Blend Vegetables Spumoni Brown Bread <i>(Hamburger on a Roll)</i>	17 Chicken Soup w/Anci de Pepe Stuffed Cabbage Seasoned Brown Rice Carrots Diced Pears Sliced Italian Bread <i>(Turkey Salad on Italian)</i>	18 Pasta & Bean Soup Italian Sausage w/Mustard Peppers & Onions Sliced Seasoned Potatoes Fresh Fruit Marble Bread <i>(Meatball Sub)</i>	19 Happy Birthday Cream of Broccoli Soup Shepherds Pie Asparagus Cuts Frosted Cupcake Wheat Bread <i>(Italian Grinder)</i>	20 Vegetable Beef Soup Turkey Meatloaf w/Cranberry Chutney Rice Pilaf Green Beans Lemon Pudding Rye Bread <i>(Tuna on Rye)</i>
23 Tomato & Brown Rice Soup Sweet & Sour Pork Loin Capri Blend Vegetables Chocolate Chip Cookies 9-Grain Bread <i>(Turkey & Cheese on 9-Grain)</i>	24 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/ Ketchup Fruited Yogurt <i>(Italian Tuna on a Roll w/Side Salad)</i>	25 Turkey Chili Soup BBQ Chicken Leg Corn Bread Tomato Cucumber Salad Tapioca Pudding Rye Bread <i>(Ham Salad on Rye)</i>	26 Barley Soup Veal/low sodium Mushroom Gravy Oven Roasted Potatoes Seasoned Spinach Fresh Fruit Marble Bread <i>(Roast Beef & Cheese on Marble)</i>	27 Red Chowder Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Sliced Carrots Frosted Brownie Wheat Bread <i>(Chicken Salad on Wheat)</i>
30 Italian Wedding Soup Turkey w/ low sodium Gravy Whipped Potatoes Green Beans Fig Bar Pumpnickel Bread <i>(Corned Beef on Pumpnickel)</i>	31 Goblin Chicken Soup Ravens Beef w/Mushrooms & Onions in Wine Sauce Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i>	Thank you for your donations! Your donations help keep the program going. <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i>	<i>Reservations must be made one day in advance From 9:00-12:45 Monday -Friday Only 780-6134</i>	Salad of the Month Southwest Grilled Chicken Black Beans and Corn Tomatoes Tri -Color Tortilla Strip Lettuce Mix Honey Lime Dressing Monday Oct. 2 Start Date