

Cranston Senior Enrichment Center

September / October 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
 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
 10:00—11:00 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—2:00 Karaoke Party (call for dates)
 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

September Specials

RIPTA “new” and “renewals”

Friday, September 2 11:30 to 2:00 Cash Only.

Problem Gambling

Wednesday, September 7 10:00-11:00 am

Community Health & Wellness Expo / Charlesgate Senior Living Center

Friday September 9 Reservations necessary 780-6220

Fantastic Umbrella Factory/Hungry Haven Restaurant

Friday, September 16 Transportation Charge: \$8.00

Orchestra for One

Wednesday, September 14 11:30 a.m. luncheon donation: \$3.00

National Medicare Education Week

Monday, September 19th 10:00—11:00 a.m.

Non Impact Aerobics (NIA) Demonstration

Thursday, September 22 10:00-11:00 a.m.

Season of Sharing “A Three Part Reminiscence Program”

Thursday, September 22nd 10:00 a.m. October & November TBA

Newport Playhouse “Plaza Suite”

Thursday, September 22, 2016 \$65.00 (buffet, play and cabaret)

Astrology for Fun

Tuesday/Wednesday, September 20/October 19 10:00-11:00 am

RI Housing “Hardest Hit Fund RI” Seminar

Wednesday, September 28 from 6:00 p.m.-8:00 p.m.

Christmas Tree Shops/Olive Garden Restaurant Transportation \$8.00

Friday, September 30, 2016

October Specials

AARP UNITED HEALTHCARE OF RI

Monday October 3 10:00 a.m.

Newport Dinner Train \$35.00 (transportation, train excursion and lunch)

Friday, October 7, 2016

Music Maker Band

Tuesday, October 11 11:30 a.m. (luncheon entertainment)

Luncheon Entertainment

Wednesday, October 12 11:30 a.m.-12:30 p.m.

Webster Bank

Thursday, October 13 10:00-11:00 a.m.

Crow's Nest Restaurant

Friday, October 14, 2016

Department of Veterans Affairs Benefits

Wednesday, October 19 9:00 a.m.-1:00 p.m.

Blue Cross Blue Shield RI

Thursday October 20 10:00-11:00

Target/Homegoods/Ruby Tuesday Restaurant

Wednesday October 26, 2016

Health Check / September

Diabetes Support Group

Wednesday, September 7th – 10:00 a.m.

Arthritis Foundation “Walk With Ease” Program

Orientation: Tuesday, September 13th – 10:30 a.m.

Program Begins September 19th Ending October 28th

Mondays, Wednesdays & Fridays 9:15 a.m. to 10:30 a.m.

Natural vs. Added Sugars

Wednesday, September 14th – 10:00 a.m.

A Matter of Balance “A Fall Prevention Program”

Mondays & Fridays – 9:00 a.m. to 11:30 a.m.

Beginning Friday, September 16th thru October 14th

Concerned About Falling??

Wednesday, September 21st – 9:30 a.m.

Dr. Oz

Wednesday, September 28th – 10:00 a.m.

Health Check / October

Diabetes Support Group

Wednesday, October 5th – 9:00 a.m.

“Diabetes Educational Boot Camp for Senior” to register call 780-6000.

Smart Substitutions for Healthy Cooking

Wednesday, October 12th – 10:00 a.m. URI SNAP-ED Program

The Benefits of Essential Oils! “Natural Ways to Heal Yourself”

Wednesday, October 19th – 10:00 a.m.

Flu Clinic

Wednesday, October 22nd – 10:00 a.m. to 1:00 p.m.

Medications That Impair Balance & Driving

Wednesday, October 26th – 10:00 a.m.

\$3.00 Suggested Donation

September 2016

Call 780-6134 for reservations

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>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</p>	<p>Salad Option for the Month Beginning Tuesday, September 6th</p> <p>Sliced Roasted Turkey Tomatoes—Apples—Grapes Lettuce Mix Light Balsamic Dressing</p>	<p>1 100% Orange Juice Cheese Omelet w/Sliced Tomato Sausage Links Crispy Cube Home Fries Fresh Fruit Cup</p>	<p>2 Minestrone Soup Shepherds Pie Brussel Sprouts Pudding Garlic Stick <i>(Italian Grinder)</i></p>
<p>5</p> <p>CLOSED Labor Day</p> 	<p>6 Pasta & Bean Soup Antipasto Salad/Asstorted meats and cheese /Lettuce /dressing Cookies Rye Bread <i>(Sliced Chicken & Cheese on Rye w/ side salad)</i></p>	<p>7 Lentil Soup Salisbury Steak w/Gravy Buttered Noodles Broccoli Cuts Fresh Fruit Whole Wheat Roll <i>(Tuna on Wheat)</i></p>	<p>8 Barley Vegetable Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Italian Ice Italian Bread <i>(Salami & Provolone w/Mustard on Italian Bread)</i></p>	<p>9 Red Chowder Tuna Salad on a bed of Lettuce w/ Tomato/ Cucumber /Olives Balsamic Dressing Blueberry Cobbler Multi Grain Bread <i>(Pastrami & Swiss on Multi Grain)</i></p>
<p>12 Chicken Vegetable Soup Pork Loin w/Apple Sauce Rice Pilaf Sliced Carrots Peaches Dinner Roll <i>(Egg Salad on Wheat)</i></p>	<p>13 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetable Lorna Doone Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p>14 Vegetable Soup Liver & Onions w/Gravy Mashed Potatoes California Blend Vegetables Fresh Fruit White Bread <i>(Seafood Salad on White Bread)</i></p>	<p>15 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpnickel Bread <i>(Ham Salad on Pumpnickel)</i></p>	<p>16 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></p>
<p>19 Split Pea Soup Baked Ham w/Pineapple Slice & Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>(Tuna on Rye)</i></p>	<p>20 Chicken Soup w/Anci de Pepe Sloppy Joe w/Peppers & Onions Cole Slaw Ice Cream Sandwich Wheat Hamburger Roll <i>(Pulled Pork on Wheat Hamburger Roll)</i></p>	<p>21 Tomato & Brown Rice Soup Chicken w/Artichokes & Roasted Red Peppers in Lite Lemon Sauce Oven Roasted Potatoes Tossed Salad w/Dressing Italian Ice Whole Wheat Bread <i>(Chicken Salad on Whole Wheat)</i></p>	<p>22 100% Juice Beef Stroganoff Buttered Noodles Mixed Vegetables Fresh Fruit Marble Bread <i>(Turkey & Cheese on Marble)</i></p>	<p>23 Broccoli & Cheddar Soup Stuffed Chicken w/ gravy Mashed Potato Prince Edward Vegetable Mandarin Oranges Dinner Roll <i>(Meatball sub on a Roll)</i></p>
<p>26 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Zucchini Apricot Half Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i></p>	<p>27 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Carrot & Cabbage Mix Tapioca Pudding Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>28 100% Juice Beef Wellington w/Ketchup Brussel Sprouts Tossed Salad w/Dressing Fresh Fruit Wheat Bread <i>(Sliced Chicken & Cheese on Wheat)</i></p>	<p>29 Beef Noodle Soup SOUTHWEST SALAD Grilled Chicken /Lettuce Black Beans/ Corn/Tomato Honey Lime Dressing Garlic Bread Shortbread Cookies <i>(Meatloaf on White Bread)</i></p>	<p>30 Lentil Soup Italian Sausage on Roll Peppers and Onions Carrot Slaw Unsweetened Applesauce Rye Bread <i>(Corned beef & Cheese on Rye)</i></p>

\$3.00 Suggested Donation

October Menu 2016

Call 780-6134 for Reservations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Vegetable Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread <i>(Egg Salad on Marble)</i></p>	<p>4 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/ Ketchup Fruited Yogurt</p>	<p>5 Chicken Escarole Soup Stuffed Chicken/ Gravy Oven Roasted Potatoes Green Beans Cookie Wheat Dinner Roll <i>(Pulled Pork on a Roll)</i></p>	<p>6 Cream of Broccoli Soup Shepherds Pie Asparagus Cuts Diced Peaches Whole Grain Bread <i>(Salami/Cheese Whole Grain-Bread)</i></p>	<p>7 Onion Soup Low Sodium Hot Dog Baked Beans Tomato & Cucumber Salad Wheat Bread Watermelon <i>(BBQ Grilled Chicken /Wheat)</i></p>
<p>10</p> <p>CLOSED Columbus Day</p> 	<p>11 Vegetable Soup Fried Steak /Country Gravy Crispy Potatoes Brussels Sprouts Fruit Cocktail Multi-Grain Bread <i>(Turkey & Swiss on Multi-Grain)</i></p>	<p>12 Tomato & Brown Rice Soup Sweet & Sour Pork Loin Sweet Potatoes Capri Blend Vegetables Italian Ice Dinner Roll <i>(Tuna Salad on a Roll)</i></p>	<p>13 Split Pea Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Coffee Cake Wheat Bread <i>(Chicken Salad w/Walnuts & Cranberries on Wheat Bread)</i></p>	<p>14 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini <u>RI Grown /Fresh Apple</u> Rye Bread <i>(Meatball Sub on Grinder Roll)</i></p>
<p>17 Venus de Milo Soup Stuffed Cabbage w/Sauce Basil Rice King Edward Blend Veg. Peanut Butter Cookies Wheat Bread <i>(Turkey Salad on Wheat)</i></p>	<p>18 Potato & Leek Soup Grilled Chicken on Caesar Salad w/Croutons, Grated Cheese and Dressing Fresh Fruit Garlic Bread <i>(Italian Tuna on Roll w/Side Salad)</i></p>	<p>19 Kale & Bean Soup Beef Wellington Peas & Onions Salad w/Dressing Pudding Italian Bread <i>(Fresh Mozzarella & Tomato on Italian Bread)</i></p>	<p>20 Happy Birthday Chicken Vegetable Soup Chicken Cacciatore Wheat Pasta with Sauce Sliced Carrots Frosted Cupcake Oatmeal Bread <i>(Meatloaf on Oatmeal Bread)</i></p>	<p>21 Cottage Cheese w/ Pineapple Liver/Onions/Gravy Augratin Pot. Veg. Blend Mandarin Oranges Rye Bread <i>(Egg Salad on Rye)</i></p>
<p>24 Chicken Escarole Soup Chicken Cutlet w/Brown Gravy Red Bliss Mashed Potatoes Broccoli Cuts Diced Pears Rye Bread <i>(Tuna Salad on Rye)</i></p>	<p>25 Pasta & Bean Soup Meatball Sub on Grinder Roll Tomato & Cucumber Salad Fresh Fruit <i>(Italian Grinder)</i></p>	<p>26 Vegetable Beef Soup Turkey Meatloaf w/ Cranberry Chutney Rice Pilaf Green Beans Shortbread Cookies Marble Bread <i>(Corned Beef & Swiss on Marble)</i></p>	<p>27 Moroccan Lentil Soup Stuffed Pork Chop w/Apple Sauce Capri Blend Vegetables Spumoni Wheat Bread <i>(Turkey & Swiss on Wheat)</i></p>	<p>28 Red Chowder Baked Fish w/Crumb Top Baked Potato Carrot Slaw <u>RI Grown/Apple Crisp</u> Rye Bread <i>(Roast Beef & Cheese on Rye)</i></p>
<p>31 Goblin Chicken Soup Ravens Beef w/Mushrooms & Onions in a Wine Sauce Mummy Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on a Roll)</i></p>	<p><i>FARM FRESH RI HARVEST OF THE MONTH APPLES!!!!!!! October 14 & 28</i></p>	<p>Please Inform your Server if you have a food allergy</p>	<p><i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i></p>	<p><u>SALAD OF THE MONTH</u> Tossed Salad w/ Tuna Tomato Cucumber Croutons Lite Italian Dressing</p>