

# Cranston Senior Enrichment Center

## January / February 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/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  
 9:30—12:00 Manicure  
 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 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  
 9:00—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  
 9:30—12:00 Manicure  
 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

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/Vicki  
 11:00 55+ No Limits  
 11:30 Lunch  
 12:30—3:00 Instructional Mah Jong  
 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

### January Specials

Movie: January 8th "Love Actually"

Tribute to Dr. Martin Luther King, Jr.  
 Monday, January 12th / 11:30 a.m.

Movie: January 22nd "Hidden Figures"

### February Specials

Show Your FOOTBALL Colors  
 Friday, February 2nd (during lunch) / 11:30 a.m.

Movie: February 5th "The Untouchables"

Valentine's Day  
 Wednesday, February 14th / 11:30 a.m.

President's Day  
 Monday, February 16th / 11:30 a.m.

Movie: February 19th "Concussion"

### Health Check / January

Diabetes Support Group  
 "Management of Hypoglycemia, Hyperglycemia, and Sick Days"  
 Wednesday, January 3<sup>rd</sup> – 10:00 a.m.

Live Life in Balance "Inspiring Healthy Living"  
 Wednesday, January 10<sup>th</sup> – 10:00 a.m.

Chiropractic Natural Health  
 "Alternative For Ending Pain"  
 Wednesday, January 17<sup>th</sup> – 10:00 a.m.

Alternative Options for Chronic Pain  
 Wednesday, January 24<sup>th</sup> – 10:00 a.m.

Pharmacy & YOU! "We Need Your Input"  
 Wednesday, January 31<sup>st</sup> – 10:00 a.m.

### Health Check / February

Diabetes Support Group  
 "Peripheral Neuropathy"  
 Wednesday, February 7<sup>th</sup> – 10:00 a.m.

The ABC's of Bees & Honey  
 "Something to Buzz About"  
 Wednesday, February 14<sup>th</sup> – 10:00 a.m.

Heart Healthy Treats  
 Wednesday, February 21<sup>st</sup> – 10:00 a.m.

Hypertension: Managing Your High Blood Pressure  
 Wednesday, February 28<sup>th</sup> – 10:00 a.m.

AEA Arthritis Exercise Program  
 Tuesdays & Thursdays – 1:15 p.m. to 2:15 p.m.  
 Beginning Tuesday, February 6<sup>th</sup> through Thursday, March 15<sup>th</sup>



**\$3.00 Suggested Donation**

# January 2018


**Cranston Senior Services  
For reservations 780-6134**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED</b> <i>Happy New Year!</i>	<b>2</b> Barley Soup <b>Meatloaf w/Gravy</b> Mashed Potatoes Broccoli Peaches Rye Bread <i>(Honey Ham &amp; Cheese on Rye)</i>	<b>3</b> Pasta & Bean Soup <b>Chicken Leg Quarter</b> Baked Potato w/Sour Cream California Blend Vegetables Pudding Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i>	<b>4</b> Chicken Soup <b>Roast Pork Loin w/ Applesauce</b> Mashed Sweet Potatoes Cauliflower Cookies Roll <i>(Chicken Salad on Roll)</i>	<b>5</b> Clear Chowder <b>Seafood Newburg</b> Seasoned Brown Rice Capri Blend Vegetables Ice Cream Wheat Dinner Roll <i>(Pastrami &amp; Swiss on Roll)</i>
<b>8</b> 100% Juice <b>Turkey Chili w/Low Fat Cheese</b> Corn Bread Seasoned Broccoli Spears Fruit Cocktail <i>(Hamburger on a Bun)</i>	<b>9</b> Tomato Vegetable Soup <b>Chicken w/Artichokes/ Roasted Peppers in Lemon Sauce</b> Mashed Potatoes Green Beans Pudding Pumpernickel Bread <i>(Italian Tuna / Pumpernickel)</i>	<b>10</b> Chicken Soup w/Anci de Pepe <b>Knockwurst w/Mustard</b> Boiled Potatoes Carrot & Cabbage Mix Jello Wheat Bread <i>(Sliced Chicken w/Cheese on Wheat)</i>	<b>11</b> Red Chowder <b>Country Crisp Fish w/Tartar Rice Pilaf</b> Scandinavian Blend Vegetables Brownie Marble Bread <i>(Meatloaf on Marble)</i>	<b>12</b> 100% Orange Juice <b>Fruit Stuffed Pancakes w/ Syrup</b> Baked Ham Tomato Half Yogurt <i>(Fish Sand on Bun)</i>
<b>15</b>  <b>CLOSED</b> <i>Martin Luther King, Jr. Day</i>	<b>16</b> Vegetable Soup <b>Chicken Stuffed with Broc/ Cheese w/ Gravy</b> Oven Roasted Potato Mixed Vegetables Ice Cream Marble Bread <i>(Egg Salad on Marble)</i>	<b>17</b> Italian Wedding Soup <b>Pot Roast w/Gravy</b> Garlic Mashed Potatoes Asparagus Fresh Fruit 9-Grain Bread <i>(Seafood Salad on 9 Grain)</i>	<b>18</b> <b>Happy Birthday</b> Tomato Soup w/Brown Rice <b>Airline Chicken</b> Pasta w/ Pesto Sliced Carrots Frosted Cupcake Wheat Bread <i>(Tuna on Wheat)</i>	<b>19</b> Corn Chowder <b>Stuffed Sole w/Scallops &amp; Clams</b> Wild Rice Broccoli Cuts Sliced Pears Dinner Roll <i>(Meatball Sub)</i>
<b>22</b> Onion Soup w/Croutons <b>Shepherds Pie w/Ketchup</b> Prince Edward Blend Vegetable Italian Ice Garlic Roll <i>(Turkey &amp; Cheese on Wheat)</i>	<b>23</b> Vegetable Soup <b>Turkey Meatloaf w/ Cranberry Chutney</b> Sweet Potato Green Beans Shortbread Cookies Marble Bread <i>(Corned Beef &amp; Swiss /Marble)</i>	<b>24</b> Chicken Soup <b>BBQ Pulled Pork</b> Baked Beans Vegetable Medley Fresh Fruit Multi Grain <i>(Chicken Salad/w/ Cranberry/ Walnuts on Multi Grain)</i>	<b>25</b> Kale & Bean Soup <b>American Chop Suey</b> Whole Wheat Elbow Pasta Winter Blend Vegetable Butterscotch Pudding Rye Bread <i>(Ham Salad on Rye)</i>	<b>26</b> Cream of Broccoli Soup <b>Chicken Cutlet w/ Lite Gravy</b> Buttered Corn Zucchini Sour Cream Coffee Cake Wheat Bread <i>(Hot Dog on Bun)</i>
<b>29</b> Beef Noodle Soup <b>Herb Roasted Grilled Chicken</b> Rice Pilaf Brussel Sprouts Sliced Peaches Oatmeal Bread <i>(Tuna on Oatmeal)</i>	<b>30</b> Chicken Soup <b>Liver &amp; Onions w/Gravy</b> Oven Roasted Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread <i>(Chicken Salad Pumpernickel)</i>	<b>Thank you for your donations! Your donations help keep the program going.</b>  <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i>	<i>Reservations must be made one day in advance</i> <i>From 9:00-12:45</i> <i>Monday -Friday Only</i> <b>780-6134</b>	<b>Salad of the Month</b> Grilled Chicken Tomato-Croutons- Parmesan Cheese Spinach/Lettuce Blend Caesar Dressing

**\$3.00 Suggested Donation**

# February 2018

Automated reservation line 780-6134

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 one day in advance  <b>780-6134</b> Mon.-Fri. only 9:00 am-12:45 pm	<b>1</b> Escarole and Bean Soup <b>Meatballs w/Sauce</b> Seasoned Wheat Ziti Tossed Salad w/Dressing Ice Cream 9-Grain Bread <i>(Ham Salad on 9-Grain)</i>	<b>2</b> Italian Wedding Soup <b>Veal w/ Mushroom Gravy</b> Oven Roasted Potatoes California Blend Vegetables Fresh Fruit Wheat Bread <i>(Salmon Salad on Wheat)</i>	<b>3</b> White Chowder <b>Florentine Fish</b> Garlic Mashed Potatoes Sliced Carrots Pudding Dinner Roll <i>(Meatloaf on Italian)</i>
<b>6</b> Chili Soup <b>Italian Sausage</b> Seasoned Shells Roasted Peppers and Onions Sport Bar Multi Grain Bread <i>(Tuna on Multi Grain)</i>	<b>7</b> Vegetable Soup <b>Chicken Marsala</b> O'Brien Potatoes Winter Blend Vegetables Fresh Fruit Wheat Bread <i>(Turkey and Cheese on Wheat)</i>	<b>8</b> Low Sodium V8 <b>Beef Stroganoff</b> Mashed Potatoes Mixed Vegetables Lemon Pudding Garlic Bread <i>(Pulled Pork on a Roll)</i>	<b>9</b> Chicken Escarole Soup <b>Tuna Noodle Casserole</b> Broccoli Chocolate Chip Cookies Rye Bread <i>(Buffalo Chicken Salad on Rye)</i>	<b>10</b> Tomato & Brown Rice Soup <b>French Meat Pie w/Ketchup</b> Brussels Sprouts Diced Peaches Wheat Bread <i>(Egg Salad on Wheat)</i>
<b>13</b> Split Pea Soup <b>Baked Ham w/Pineapple Ring/ mustard</b> Sweet Potatoes Mixed Vegetables Butterscotch Pudding Rye Bread <i>(Italian Tuna on Rye)</i>	<b>14</b> Pasta and Bean Soup <b>Baked Fish w/ crumb topping w/ Lemon Wedge</b> Rice Pilaf Green Beans Coffee Cake Marble Bread (Chicken Salad with Cranberry and Walnuts on Marble)	<b>15</b> Chicken & Brown Rice Soup <b>Shepard Pie</b> Sautéed Spinach Garlic Roll Fresh Fruit (Seafood Salad on Rye)	<b>16</b> <u>BirthDay Celebration</u> Barley Vegetable Soup <b>Roasted Chicken Quarter</b> Seasoned Whole Wheat Pasta Capri Blend Vegetables Frosted Cupcake Pumpernickel Bread <i>(Honey Ham &amp; Cheese on Pumpernickel)</i>	<b>17</b> Minestrone Soup <b>Yankee Pot Roast w/Gravy</b> Parslied Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread <i>(Shrimp Salad on Oatmeal)</i>
<b>20</b>  <b>CLOSED</b> President's Day 	<b>21</b> Cream of Spinach Soup <b>Chicken Cacciatore</b> Roasted Potato Mixed Vegetables Sliced Peaches Dinner Roll <i>(Meatball Sub)</i>	<b>22</b> Moroccan Lentil Soup <b>Low Sodium Hot Dog</b> Baked Beans Cole Slaw Chocolate Pudding Wheat Bread <i>(Turkey and Swiss on Wheat)</i>	<b>23</b> Venus de Milo Soup <b>Swedish Meatballs</b> Buttered Noodles <b>RI Grown Sliced Carrots</b> Spumoni Multi Grain Bread <i>(Tuna Salad on Multi Grain)</i>	<b>24</b> Red Chowder <b>Seafood Casserole</b> Oven roasted sweet potatoes Broccoli Cuts Fresh Fruit Rye Bread <i>(Salami/ Provolone on Rye)</i>
<b>27</b> Egg Drop Soup <b>Chicken Chow Mein</b> Crunchy Noodles Asian Blend Vegetables Shortbread Cookies Marble Bread <i>(Egg Salad on Marble)</i>	<b>28</b> Potato & Leek Soup <b>Oven Roasted Turkey w/Gravy</b> Stuffing Normandy Blend Vegetables Sherbet Pumpernickel Bread <i>(Corned Beef on Pumpernickel)</i>		<b>February Salad Option</b>  <b>Low Sodium Ham-- Tomatoes</b> <b>Hard Boiled Egg-- Cuke</b> <b>Spinach/Iceberg Blend</b> <b>Light Ranch Dressing</b>  <b>Reserve 1 day advance 9-1</b>	Thank you for your donations. Your donations help keep the Program going.  All menu items may contain nuts, seeds, beans, wheat bran + other allergens