

# Cranston Senior Enrichment Center

## July / August 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—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 @cranston senior; and find us on the City of  
 Cranston's Website—www.cranstonri.com

### July Specials

George's of Galilee, Narragansett / Tuesday, July 10, 2018 / 10:00 a.m.

Movie Tuesday—July 10th / 1:00 p.m.—“*Hidden Figures*”

Family Feud is Back / July 11th / 1:00 to 2:30 p.m.

Scams and Frauds Seminar / Friday July 13<sup>th</sup> / 10:00 a.m.

Homestead Restaurant, Exeter, RI / Friday, July 20, 2018 / 10:00 a.m.

Christmas in July Ice Cream Social / Wednesday, July 25<sup>th</sup> – 1:00 p.m.

### August Specials

Rhode Island Lighthouse Cruise / Wednesday, August 8, 2018 / 10:45 a.m.

Adaptive Telephone Equipment Loan (ATEL) Program / On August 16<sup>th</sup> / 10:00 a.m.

Big Lots/Christopher's Restaurant, Oakland Beach / Tuesday, August 21, 2018 / 9:30 a.m.

Movie Tuesday—August 21st / 1:00 p.m.—“*Saving Mr. Banks*”

Rathskeller Restaurant, Charlestown, RI / Ice Cream Friday, August 31, 2018 / 10:00 a.m.

### Health Check / July

The Benefits of Ice Cream...REALLY!!! / Wednesday, July 11<sup>th</sup> – 10:00 a.m.

Understanding Psoriatic Arthritis “An Inside Look at Psoriatic Arthritis” / Wednesday, July 18<sup>th</sup> – 10:00 a.m.

Season of Sharing the 50's “A Reminiscence Program” / Wednesday, July 25<sup>th</sup> – 10:00 a.m.

### Health Check / August

Diabetes Support Group / “Healthy Eating” / Wednesday, August 1<sup>st</sup> 10:00 a.m.

Chronic Disease Self-Management Program “Living Well Rhode Island” Tuesdays 9:15 a.m. to 11:30 a.m. Beginning August 7<sup>th</sup> Ending September 11<sup>th</sup>

Aging & Memory Loss “What's Normal, What's Not” Wednesday, August 8<sup>th</sup> – 10:00 a.m.

Emotional Benefits of Yoga for Older Adults Wednesday, August 15<sup>th</sup> – 10:00 a.m.

Resources 101: Senior Discounts “Dining & Marketing” Wednesday, August 22<sup>nd</sup> – 10:00 a.m.

### M & M

Wednesday, August 29<sup>th</sup> – 10:00 a.m.



**\$3.00 Suggested Donation**

# July 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Cream of Broccoli Soup <b>Roast Pork w/Applesauce</b> Mashed Sweet Potatoes Vegetable Blend 9-Grain Bread Pineapple Tidbits <i>(Turkey &amp; Swiss on 9-Grain)</i>	<b>3 <u>Independence Day Celebration</u></b> Lemonade <b>Pub Burger w/Au Jus</b> Red Bliss Potato Salad Cole Slaw Wheat Bread Watermelon <i>(Hot Dog on a Roll)</i>	<b>4</b> <p style="text-align: center;"><b>CLOSED</b>  <b>Happy Independence Day!</b></p>	<b>5</b> 100% Orange Juice <b>Omelet</b> Breakfast Sausage Crispy Potatoes Sliced Tomato Greek Yogurt  <i>(Ham &amp; Cheese on Oatmeal)</i>	<b>6</b> Chicken Soup <b>Chicken Cutlet w/ Sauce</b> Whole Grain Pasta Green Beans Snowflake Roll Jello <i>(Fish on Wheat Roll)</i>
<b>9</b> Lentil Soup <b>Veal w/Mushroom Gravy</b> Peas Italian Blend Vegetable Pumpernickel Bread Pears <i>(Chicken Salad on a Roll)</i>	<b>10</b> Onion Soup w/CROUTONS <b>American Chop Suey</b> Whole Grain Elbow Macaroni Asparagus Cuts Wheat Dinner Roll Fresh Fruit <i>(Ham Salad on a Roll)</i>	<b>11</b> Kale & Bean Soup <b>Chicken w/Lemon Sauce</b> Rice Pilaf Normandy Blend Vegetables Marble Bread Coffee Cake <i>(Corned Beef on Marble)</i>	<b>12</b> Chicken Veg. Soup <b>Ground Beef in Puff Pastry</b> Oven Roasted Potato Cauliflower Rye Bread Peaches <i>(Egg Salad on Rye)</i>	<b>13</b> Black Bean Soup  Southwest Salad Entrée With Seasoned Chicken On Tortilla-Mixed Greens Fruit Bar <b>(Tuna on Tortilla w/ side salad)</b>
<b>16</b> Beef Vegetable Soup <b>Herb Roasted Grilled Chicken</b> Roasted Potatoes California Blend Vegetable Roll Pudding <i>(Hamburger on a Bun)</i>	<b>17</b> Tomato Basil Soup <b>Shepherd's Pie</b> Sliced Carrots Wheat Roll Greek Yogurt <i>(Eggplant on a Roll)</i>	<b>18</b> 100% Cranberry Juice <b>Turkey Chili</b> Corn Bread Salad w/Dressing  Fresh Fruit <i>(Chicken Salad on Wheat)</i>	<b>19 <u>Happy Birthday</u></b> Pasta & Bean Soup <b>Pot Roast w/Gravy</b> Mashed Potatoes Mixed Vegetables Whole Wheat Roll Cupcake <i>(Soft Taco w/Meat &amp; Cheese)</i>	<b>20</b> Cream of Mushroom Soup <b>Barbecue Pork Loin</b> Wild Rice Oriental Blend Veg. Oatmeal Bread Pineapple <i>(Seafood Salad on Oatmeal)</i>
<b>23</b> Lentil Soup <b>Chicken Cacciatore</b> Parslied Potato Green Beans Whole Grain Bread Fruit Cocktail <i>(Bologna &amp; Cheese on Whole Grain)</i>	<b>24</b> Chicken Soup <b>Meatballs w/Sauce</b> Pesto Tortellini Peppers & Onions Italian Bread Cookie <i>(Sausage on a Roll)</i>	<b>25</b> Pasta and Bean Soup <b>Fried Steak w/Gravy</b> Mashed Potatoes Vegetable Blend 9-Grain Bread Fresh Fruit <i>(Shrimp Salad on 9-Grain)</i>	<b>26</b> Minestrone Soup <b>Roast Turkey w/Gravy</b> Stuffing Broccoli Wheat Bread Apple Sauce <i>(Salami &amp; Provolone on Wheat)</i>	<b>27</b> Beef Vegetable Soup <b>Beer Battered Fish</b> O'Brien Potato 3-Bean Salad Wheat Roll Coffee Cake <i>(Hot Dog on a Roll)</i>
<b>30</b> Vegetable Soup <b>Turkey Meatloaf</b> Whipped Potatoes Mixed Vegetables Pumpernickel Bread Apricots <i>(Corned Beef on Pumpernickel)</i>	<b>31</b> 100% Apple Juice <b>Chicken Marsala</b> Au Gratin Potato Sliced Carrots Wheat Bread          Pudding <i>(Chicken Salad w/Craisins on Wheat)</i>	<p style="text-align: center;"><b>Thank you for your donations!                      Your donations help keep the program going.</b></p> <p style="text-align: center;"><i>All menu items may contain                      nuts, seeds, beans and wheat bran + other allergens</i></p>	<p style="text-align: center;"><i>Reservations must be made one day in advance                      From 9:00-12:45                      Monday -Friday Only                      780-6134</i></p>	<p style="text-align: center;"><b>Salad of the Month</b>                      Turkey, Cucumber, Tomato, Strawberries, Lettuce, and Light Raspberry Vinaigrette (begins Monday, July 2nd)</p>

**\$3.00 Suggested Donation**

# August 2018

Call 780-6134 for reservations Mon.-Fri.  
24 hrs. advance Mon.-Fri. no later than 12:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p> <p style="text-align: center;"><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p style="text-align: center;"><u>Salad for the Month</u>                      GRILLED CHICKEN                      CUCUMBER-CRISPY NOODLES                      MANDARIN ORANGES                      SESAME DRESSING ON LETTUCE BED</p> <p style="text-align: center;"><b>STARTS MONDAY 8/6</b></p>	<b>1</b> Tomato & Brown Rice Soup <b>Liver &amp; Onion w/Gravy</b> Roasted Potatoes Green Beans Sponge Cake Rye Bread  <i>(Turkey and Cheese on Rye)</i>	<b>2</b> Escarole & Bean Soup <b>Chopped Sirloin w/ Mushroom Gravy</b> Sweet Potato Mash Scandinavian Blend Veg. Pie Wheat Bread  <i>(Bologna &amp; Cheese on Wheat)</i>	<b>3</b> Italian Wedding Soup <b>Stuffed Sole</b> Baked Potato Broccoli Fruit Cocktail Multi Grain Bread  <i>(Egg Salad on Multi Grain)</i>
<b>6</b> Tomato Vegetable Soup <b>Beef Stroganoff</b> Whole Grain Noodles Green Beans Vanilla Pudding Marble Bread  <i>(Pastrami &amp; Swiss on Marble)</i>	<b>7</b> Lentil Soup <b>Hot Dog</b> Mac and Cheese Tossed Salad Fresh Fruit Pumpernickel Bread  <i>(Tuna on Pumpernickel W. Side Salad)</i>	<b>8</b> Turkey Noodle Soup <b>Sliced BBQ Beef</b> Oven Roasted Potato Zucchini Shortbread Cookie Italian Bread  <i>(Italian Grinder)</i>	<b>9</b> Pasta & Bean Soup <b>Airline Chicken</b> O'Brien Potatoes Tomato Half Lemon Pudding Wheat Bread  <i>(Roast Beef on Wheat)</i>	<b>10</b> Beef Barley Soup <b>Tuna Salad</b> Summer Tortellini Salad Seasoned Diced Beets & Onions Angel Food Cake Rye Bread  <i>(Corned Beef on Rye)</i>
<p style="text-align: center;"><b>13</b>  <b>CLOSED</b>  <b>VJ Day</b></p>	<b>14</b> Vegetable Soup <b>Swedish Meatballs</b> Whole Grain Pasta Tossed Salad w/ Dressing Fruit Bar Multi Grain Bread  <i>(Ham &amp; Cheese on Multi Grain w/ Side Salad)</i>	<b>15</b> Lentil Soup <b>Chicken Cordon Bleu w/Gravy</b> Mashed Potatoes Broccoli Cuts Apricots Oatmeal Bread  <i>(Meatloaf on Oatmeal Bread)</i>	<b>16 <u>Birthday Celebration</u></b> Venus de Milo Soup <b>French Meat Pie w/Ketchup</b> Baby Whole Carrots Frosted Cupcake Wheat Bread  <i>(Seafood Salad on Wheat)</i>	<b>17</b> Lemonade <b>Marinated Grilled Chicken</b> Pasta Salad Cole Slaw Watermelon Dinner Roll  <i>(Hamburger on a Roll)</i>
<b>20</b> Turkey & Brown Rice Soup <b>Veal w/ Lite Brown Gravy</b> Mashed Potato Oven Roasted Brussel Sprouts Sliced Peaches Wheat Bread  <i>(Sliced Chicken &amp; Cheese on Wheat)</i>	<b>21</b> Red Chowder <b>Florentine Fish</b> Crispy Potatoes Zucchini and Summer Squash Brownie Wheat Roll  <i>(Meatball Sub)</i>	<b>22</b> Escarole & Bean Soup <b>Pot Roast w/Gravy</b> Sweet Potato Mash Green Beans Greek Yogurt Roll  <i>(Fish Sandwich on a Roll)</i>	<b>23</b> Barley Soup <b>Roast Pork</b> Seasoned Whole Grain Pasta Italian Blend Vegetable Pudding Italian Bread  <i>(Turkey Salad on Sicilian)</i>	<b>24 <u>Mayor' Picnic</u></b> Lemonade <b>Honey BBQ Boneless Chicken</b> Buttered Corn Tomato & Cucumber Salad Watermelon  <i>(Hot Dog on a Roll)</i>
<b>27</b> Turkey Vegetable Soup <b>Chicken Marsala</b> Mashed Sweet Potatoes California Blend Vegetables Granola Bar Marble Bread  <i>(Italian Tuna on Marble)</i>	<b>28</b> Split Pea Soup <b>Knockwurst w/Mustard</b> Boiled Potatoes Carrots Fresh Fruit Rye Bread  <i>(Egg Salad on Rye)</i>	<b>29</b> Onion Soup <b>Meatballs w/Sauce</b> Whole Grain Seasoned Shells Tossed Salad w/Dressing Cookie Multi Grain Bread  <i>(Chicken Salad on Multi Grain)</i>	<b>30</b> Chicken Soup w/Anci DiPepe <b>Roast Turkey w/Cranberry Sauce</b> Cornbread Stuffing Capri Blend Vegetables Sliced Pears Wheat Bread  <i>Salami and Provolone on Wheat)</i>	<b>31 <u>Labor Day Lunch</u></b> Minestrone Soup <b>Italian Sausage</b> Oven Roasted Potatoes Peppers & Onions Pudding Garlic Bread  <i>(Shrimp Salad on a Roll)</i>