

Cranston Senior Enrichment Center

March / April 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
10:00—10:45	Tai Chi Chuan **
10:30—11:00	Chair Exercise w/Ed
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 League
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

Movie Time

9:30 a.m. FREE

Come to our beautiful theatre and enjoy watching a movie:

- **March 6** — *"The Great Showman"* the story of PT Barnum
- **March 20** — *"Spotlight"* Boston Globe broke the story of abuse in the Catholic Church
- **April 3** — *"Dunkirk"* WW2 Army Story
- **April 17** — *"The Post"* Pentagon Papers

March Specials

Kohl's/Longhorn Restaurant

Friday, March 9, 2018 / 9:30 a.m. / transportation fee: \$8.00

St. Patrick's Day

Friday, March 16, 2018 / 11:30 a.m. to 12:30 p.m.

St. Joseph's Day

Monday, March 19, 2018 / 11:00 a.m. to 12:00 p.m.

Marshall's Plaza/King's Garden Restaurant

Tuesday, March 20, 2018 / 9:30 a.m. / transportation fee: \$8.00

Xmas Tree Shops/Crow's Nest

Friday, March 23, 2018 / 9:30 a.m. / transportation fee: \$8.00

The Cedars

Monday, March 27, 2018 / 11:30 a.m. to 12:30 p.m.

April Specials

Easter Celebration

Monday, April 2, 2018 / 11:30 a.m. to 12:30 p.m.

Target/Panera Bread

Tuesday, April 10, 2018 / 9:30 a.m. / transportation fee: \$8.00

Burlington at RI Mall / Not Your Average Joe's Restaurant

Friday, April 27, 2018 / 9:30 a.m. / transportation fee: \$8.00

Health Check / March

Arthritis Exercise Classes Continued

Tuesdays & Thursdays – 1:15 p.m. / Ending March 15th

Diabetes Support Group "Diabetes & Depression"

Wednesday, March 7th – 10:00 a.m.

Healthy Snacks to Grab & Go

Wednesday, March 14th – 10:00 a.m. / URI SNAP – ED Program

Chair Massage Therapy By Appointment call 780-6000

Tuesday, March 20th – 12:00 -1:30 p.m.

Fee: 15 minute massage \$15.00 / Massage Therapist: Jen Johnson

Understanding Rheumatoid Arthritis "Signs, Symptoms & Causes"

Wednesday, March 21st – 10:00 a.m.

Chiropractic Natural Health "Alternative For Ending Pain"

Wednesday, March 28th – 10:00 a.m.

Health Check / April

Diabetes Support Group "Diabetes & Drug Interactions"

Wednesday April 4th – 10:00 a.m.

The Scoop on Sugar URI SNAP-ED Program

Wednesday, April 11th – 10:00 a.m.

Chair Massage Therapy By Appointment call 780-6000

Tuesday, April 17th – 12:00 – 1:30 p.m.

Fee: 15 minute massage \$15.00 / Massage Therapist: Jen Johnson

What Are Probiotics? Why Are They Necessary?

Wednesday, April 18th – 10:00 a.m.

Medication Safety: Minimizing Fall Risk

Wednesday, April 25th – 10:00 a.m.



New Hope Art Gallery Open House

The Spring Show Opening will be
Tuesday, March 27th, 4:00 to 7:30

p.m. There will be over 300 art pieces featured including digital, drawing, mixed media, painting, photography and sculpture from over 50 local artists.

\$3.00 Suggested Donation

March 2018

Call 780-6134 / 9-12:45 M-F

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>	<i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i>	Salad Option for the Month Tuna-Olives-Tomato-Cucumber-Lettuce Blend Light Italian Dressing Monday March 5	1 Chicken Noodle Veg. Soup Pot Roast w/Gravy Oven Roasted Sweet Potatoes Zucchini Vanilla Pudding Whole Wheat Roll <i>(Sliced Chicken & Cheese on Roll)</i>	2 Clear Chowder Florentine Fish Crispy Cube Potatoes Carrots Fresh Fruit Whole Wheat Bread <i>(Turkey Salad on Wheat)</i>
5 Butternut Squash Soup Roasted Chicken Leg Quarter Mashed Potatoes Zucchini and Yellow Squash Mandarin Oranges Marble Bread <i>(Meatloaf on Marble)</i>	6 Chicken Soup Veal w/Tomato Sauce Seasoned Whole Wheat Pasta Italian Blend Vegetables Fruit Cocktail Italian Bread <i>(Salami & Provolone on Italian)</i>	7 100% Juice French Meat Pie w/Ketchup O'Brien Potatoes Broccoli Cuts Pudding Whole Wheat Bread <i>(Seafood Salad on Wheat)</i>	8 Tomato Vegetable Soup Roast Pork Loin w/Applesauce Whole Grain Rice Asparagus Tips Fresh Fruit Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i>	9 Onion Soup w/CROUTONS Tuna Salad Tri Colored Pasta w/Oil & Vinegar Marinated Beets & Onions Shortbread Cookie Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i>
12 Venus de Milo Soup Stuffed Cabbage w/Sauce Wild Rice California Blend Vegetables Apple Sauce Whole Wheat Bread <i>(Shrimp Salad on Wheat)</i>	13 Pasta & Bean Soup Herb Roasted Chicken Red Bliss Mashed Potatoes Green Beans Fresh Fruit 12 Grain Bread <i>(Italian Tuna on 12 Grain)</i>	14 Egg Drop Soup Sweet & Sour Pork Egg Roll Oriental Blend Vegetables Pineapple Chunks Whole Wheat Roll <i>(Marinated Grilled Chicken on a Roll)</i>	15 HAPPY BIRTHDAY Tomato Vegetable Soup Shepherds Pie w/Ketchup Prince Edward Vegetables Frosted Cupcake Garlic Bread <i>(Turkey Meatloaf on Wheat)</i>	16 St. Patrick's Day Split Pea Soup Corned Beef w/Mustard Seasoned Boiled Potatoes Carrot & Cabbage Medley Lime Jello Rye Bread <i>(Tuna on Rye)</i>
19 St. Joseph's Day Pasta Fagoli Italian Sausage Seasoned Shells Peppers & Onions Spumoni Ice Cream Garlic Knotted Roll <i>(Tomato & Mozzarella on Sicilian)</i>	20 Chicken Escarole Soup Stuffed Turkey w/Cranberry & Sage Stuffing w/Gravy Brussel Sprouts Fresh Fruit Pumpnickel Bread <i>(Honey Ham & Cheese on Pumpernickel)</i>	21 100% Orange Juice Cheese Omelet w/Tomato Slice Sausage Patty Crispy Cube Potatoes Fruited Yogurt <i>(Fish Sandwich on Roll w/Side Salad)</i>	22 Kale & Bean Soup Beef Wellington Peas & Onions Salad w/Dressing Pudding Wheat Dinner Roll <i>(Egg Salad on Roll)</i>	23 Seafood Chowder Baked Haddock Roasted Potatoes Prince Edward Blend Vegetables Peanut Butter Cookie Multi Grain Bread <i>(Corned Beef & Swiss on Multi Grain)</i>
26 Lentil Soup Knockwurst w/Mustard Sweet Potatoes Winter Blend Vegetables Tropical Fruit Rye Bread <i>(Chicken Salad on Rye)</i>	27 Turkey Vegetable Soup Roasted Airline Chicken Red Bliss Mashed Potatoes Green Beans Frosted Brownie 9 Grain Bread <i>(Tuna on 9 Grain)</i>	28 Italian Wedding Soup Beef Tips w/Mushrooms Seasoned Whole Wheat Pasta Baby Carrots Sliced Peaches Wheat Bread <i>(Seafood Salad on Wheat)</i>	29 100% Juice Turkey Chili w/Cheese Corn Bread Broccoli Spears Pudding <i>(Cheeseburger on Whole Wheat Bun)</i>	30 Tomato & Brown Rice Soup Country Crisp Fish w/Tartar Sauce Garlic Mashed Potatoes Stewed Tomatoes Fresh Fruit Wheat Dinner Roll <i>(Turkey & Cheese on Wheat)</i>

\$3.00 Suggested Donation

April 2018

Cranston Senior Services
For reservations 780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Soup w/Anci diPepe Baked Ham w/Pineapple Slice Mashed Sweet Potatoes Roasted Brussels Sprouts Oatmeal Cookies Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i>	3 Tortilla Soup w/Sour Cream Seasoned Chicken Strips Peppers & Onions Side Salad w/ Dressing Coffee Cake Whole Grain Tortilla <i>(Tuna on Whole Grain Tortilla)</i>	4 100% Juice Turkey Chili Corn Bread California Blend Vegetables Fruit Cocktail Italian Bread <i>(Salami & Provolone on Italian)</i>	5 Tomato Vegetable Soup Roasted Airline Chicken Seasoned Whole Grain Pasta Italian Blend Vegetables Fresh Fruit Rye Bread <i>(Egg Salad on Rye)</i>	6 Beef Vegetable Barley Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Tapioca Pudding Whole Wheat Bread <i>(Ham/Cheese on Whole Wheat)</i>
9 Onion Soup w/CROUTON American Chop Suey Whole Wheat Elbows Garlic Spinach Pineapple Chunks Dinner Roll <i>(Italian Tuna on Bulky Roll)</i>	10 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Roasted Vegetables Mandarin Oranges 9-Grain Bread <i>(Sliced Chicken & Cheese on 9 Grain)</i>	11 Corn Chowder New England Baked & Broiled Cod Oven Roasted Potatoes Mixed Vegetables Pudding Rye Bread <i>(Corned Beef & Swiss on Rye)</i>	12 Pasta & Bean Soup Fried Steak w/Country Gravy Whole Grain Rice Baby Whole Carrots Ice Cream Wheat Bread <i>(Turkey Meatloaf on Wheat)</i>	13 Chicken Vegetable Soup Rosemary Chicken Red Bliss Mashed Potatoes Prince Edward Blend Vegetables Fresh Fruit Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i>
16 Tomato Brown Rice Soup Shepherd's Pie w/Ketchup Zucchini and Yellow Squash Fig Bar Whole Wheat Bread <i>(Buffalo Chicken Salad on Whole Wheat Bread)</i>	17 Beef Noodle Soup Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Sherbet Multi Grain Bread <i>(Ham Salad on Multi Grain)</i>	18 Chicken Escarole Soup Veal & Peas Seasoned Whole Grain Pasta Baby Whole Carrots Fresh Fruit 12-Grain Bread <i>(Hot Dog on a Bun)</i>	19 Happy Birthday Lentil Soup Pot Roast w/Gravy Mashed Potatoes Green Beans Frosted Cupcake Marble Bread <i>(Egg Salad on Marble)</i>	20 100% Juice Chicken a la King w/Potato & Vegetable Winter Blend Vegetables Mandarin Oranges Biscuit <i>(Shrimp Salad on Whole Wheat)</i>
23 Chicken Veg. Soup Roast Pork w/Applesauce Stuffing Fiesta Blend Vegetables Apricot Half Rye Bread <i>(Turkey & Cheese on Rye)</i>	24 Egg Drop Soup Sweet & Sour Chicken Seasoned Brown Rice Asian Blend Vegetables Shortbread Cookie Whole Wheat Dinner Roll <i>(Bologna & Cheese on Wheat)</i>	25 Vegetable Soup Pub Burger w/Au Jus Scalloped Potatoes Sliced Carrots Diced Peaches Pumpnickel Bread <i>(Chicken Salad on Pumpnickel)</i>	26 Clear Chowder Stuffed Sole Wild Rice California Blend Vegetables Fresh Fruit Whole Wheat Bread <i>(Meatloaf on Wheat)</i>	27 Italian Wedding Soup Meatballs w/Sauce Seasoned Whole Wheat Pasta Peppers & Onions Ice Cream Sliced Italian Bread <i>(Italian Sausage on a Roll)</i>
30 Chicken Soup Turkey w/Gravy Mashed Potatoes Mixed Vegetables Diced Pears Wheat Bread <i>(Tuna on Wheat)</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</i> <i>From 9:00-12:45</i> <i>Monday -Friday Only</i> <i>780-6134</i>	Salad of the Month Southwest Chicken Black Beans and Corn Tomato-Tortilla Strips Lettuce Mix Creamy Dressing Begins Monday April 2