

Cranston Senior Enrichment Center

November / December 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
 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

November Specials

Kohl's / The Back Forty Restaurant, North Kingstown

Tuesday, November 7th—9:30 a.m. / \$8.00

A Salute to Our Veterans

Thursday, November 9th—11:30 a.m.

Bereavement Series "Making Moments Count"

Monday, November 13th & December 18th / 10:00 to 11:00 a.m.

AARP Safety Driving Course

Thursday, November 16th / 9:00 a.m. to 2:00 p.m.

Ocean State Job Lot / Christopher's Landing Restaurant, Warwick, RI

Friday, November 17th—10:00 a.m. / \$8.00

Thanksgiving Luncheon

Friday, November 17th—11:30 a.m.

Christmas Tree Shops / Outback Steakhouse

Wednesday, November 29th—10:00 a.m. / \$8.00

December Specials

Wright's Farm Restaurant

Thursday, December 7th—10:00 a.m. / \$20.00

"Mayor's Christmas Party"

Friday, December 8th—4:00 to 8:00 p.m.

Dinner & Dancing (Details on page 10) / \$20.00 per person

Holiday Movie "A Christmas Carole"

Thursday, December 12th—12:45 p.m.

Christmas Luncheon

Friday, December 15th—11:30 a.m.

Breakfast at Denny's / Shopping Trader Joe's

Tuesday, December 19th—9:30 a.m. / \$8.00

Health Check / November

Diabetes Support Group "Diabetes & Skin Care"

Wednesday, November 1—10:00 a.m.

Flu Clinic 2017 / CVS Health

Tuesday, November 7th / 10:00 a.m. to 12:00 noon

New Nutrition Facts Label

Wednesday, November 8th—10:00 a.m. URI SNAP

Hearing Screenings

Tuesday, November 14th—9:30 a.m. to 11:30 a.m.

FREE hearing screenings. By Appointment. Call 780-6000.

Arthritis Exercise Classes...Back by Popular Demand

"A program for better living"

Tuesdays—1:15 p.m. / Beginning Tuesday November 14th

Words Matter "Caption Phones"

Wednesday, November 15th—10:00 a.m.

Essential Oils

Thursday, November 16th—10:00 a.m.

Hearing Aid Services

Tuesday, November 21st—9:30 a.m. to 11:30 a.m.

Chair Massage Therapy

Tuesday, November 21st—12 noon - 1:30 p.m. / 15 minute massage \$15.00

All About YOU

Wednesday, November 22nd—10:00 a.m.

Meditation Series "Getting Through the Holidays"

Tuesdays—10:00 a.m.—Beginning November 28th thru December 19th

THE GREEN HOUSE Homes

Wednesday, November 29th—10:00 a.m.

Health Check / December

Diabetes Support Group "Winter Health"

Wednesday, December 6th—10:00 a.m.

Gluten Free Eating

Wednesday, December 13th—10:00 a.m. URI SNAP

Chair Massage Therapy

Tuesday, December 19th—12 noon—1:30 p.m. / 15 minutes \$15.00

Surprise Healthy Culinary Treats

Wednesday, December 20th—10:00 a.m.

Wrap-up 2017


Wednesday, December 27th—10:00 a.m.



\$3.00 Suggested Donation



November 2017

One day advance reservations required from 9:00-12:45
780-6134 (automated) Monday-Friday only or in person

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>	1 Low Sodium Tomato Soup American Chop Suey w/ Wheat Elbow Macaroni Broccoli Cuts Fresh Fruit Wheat Bread <i>(Turkey & Swiss on Wheat)</i>	2 Split Pea Soup Baked Ham w/Pineapple Slice Sweet Potatoes Zucchini & Tomatoes Angel Food Cake Rye Bread <i>(Tuna on Rye)</i>	3 L.F. Shrimp & Corn Bisque Florentine Fish Mashed Potatoes Baby Whole Carrots Pudding Oatmeal Bread <i>(Honey Ham on Oatmeal)</i>
6 100% Grape Juice Turkey Chili w/Cheese Corn Bread Salad w/Dressing Pineapple Chunks <i>(Hamburger on a Roll)</i>	7 Low Sodium Onion Soup Swedish Meatballs Seasoned Whole Wheat Pasta Green Beans Cookies Marble Bread <i>(Shrimp Salad on Marble Bread)</i>	8 Lentil Soup Roast Pork Loin w/Applesauce Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Italian Grinder)</i>	9 Veterans Day Celebration Beef Vegetable Soup Chicken Cordon Bleu w/ Gravy Rice Pilaf Florentine Blend Vegetables Ice Cream Wheat Bread <i>(Meatloaf on Wheat)</i>	10 CLOSED Veteran's Day
13 Escarole and Bean Soup Herb Roasted Grilled Chicken Garlic Mashed Potatoes Asparagus Tips Diced Pears Multi Grain Bread <i>(Tuna on Multi Grain)</i>	14 Minestrone Soup Pot Roast w/Gravy Oven Roasted Potatoes Sliced Carrots Seasonal Fresh Fruit Marble Bread <i>(Chicken Salad on Marble)</i>	15 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Mandarin Oranges Wheat Dinner Roll <i>(Meatball Grinder on a Roll)</i>	16 Birthday Celebration Kale & Bean Soup Stuffed Pepper w/Sauce Seasoned Whole Grain Ziti Winter Blend Vegetables Frosted Cupcake Rye Bread <i>(Pastrami on Rye)</i>	17 Thanksgiving Dinner Italian Wedding Soup Roast Turkey w/L S Gravy Corn Bread Stuffing Seasoned Spinach Pumpkin Pudding Cranberry Sauce Dinner Roll <i>(Roast Beef on a Roll)</i>
20 Beef Barley Soup Tuna Salad Beet & Onion Salad Tortellini Salad Shortbread Wafer Pumpnickel Bread <i>(Egg Salad on Pumpnickel)</i>	21 Vegetable Soup Chicken Cacciatore Whole Grain Pasta Broccoli Fresh Fruit Wheat Bread <i>(Salami & Provolone on Wheat)</i>	22 Tomato & Brown Rice Soup Shepherds Pie Brussels Sprouts Coffee Cake Rye Bread <i>(Chicken Salad on Rye)</i>	23 CLOSED Thanksgiving Day 	24 CLOSED Thanksgiving
27 100% Cranberry Juice Low Sodium Hot Dog w/Mustard Baked Beans Mixed Vegetables Peach Half Naan Bread <i>(Italian Tuna on Naan Bread)</i>	28 Chicken Soup Roasted Chicken Leg Quarter Rice Pilaf California Blend Vegetables Lemon Pudding Wheat Bread <i>(Meatloaf on Wheat)</i>	29 White Chowder Potato Crusted Fish Red Bliss Mashed Potatoes Capri Blend Vegetables Baked Cinnamon Apples Multi Grain Bread <i>(Ham Salad on Multi Grain)</i>	30 Pasta & Bean Soup Meatballs w/Sauce Baked Lays Chips Roasted Peppers & Onions Ice Cream Whole Wheat Bread <i>(Seafood Salad on Whole Wheat)</i>	Salad for the Month Lettuce / Spinach Blend Sliced Turkey Tomato Craisins Walnuts Balsamic Dressing

\$3.00 Suggested Donation

December 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> Salad Option: <i>Tuna-Tomato-Cucumber-Olive-Lettuce Mix-Lite Italian</i>		1 Corn Chowder Southwest Entrée Salad w/ Grilled Chicken Soft Flour Tortilla Fresh Fruit <i>(Soft Flour Beef Taco w/Tomato, Shredded Cheese & Side Salad)</i>
4 Tomato & Brown Rice Soup Sweet & Sour Pork Loin Sweet Potato Apple Cider Cole Slaw Oatmeal Bread Tapioca Pudding <i>(Egg Salad on Oatmeal Bread)</i>	5 Escarole & Bean Soup Veal w/Tomato Sauce Pesto Whole Grain Pasta Italian Blend Vegetables Pumpnickel Bread Fresh Fruit <i>(Pastrami & Swiss on Pumpnickel)</i>	6 Chili Soup Airline Chicken Seasoned Cut Potatoes Sliced Carrots Marble Bread Angel Food Cake <i>(Meatloaf on Marble)</i>	7 Chicken Soup w/Egg Flake BBQ Beef Seasoned Rice Mixed Vegetables Rye Bread Fruit Cocktail <i>(Tuna on Rye)</i>	8 100% Apple Juice Broccoli & Cheese Quiche Tomato Half Turkey Sausage Fruited Yogurt <i>(Fish Sandwich on Roll w/Tartar Sauce)</i>
11 Beef Barley Soup Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Multi Grain Bread Sliced Peaches <i>(Ham Salad on Multi Grain)</i>	12 L.S. Onion Soup w/CROUTONS Swedish Meatballs Buttered Noodles Capri Blend Vegetables Wheat Bread Fresh Fruit <i>(Low Sodium Hot Dog on a Roll)</i>	13 Butternut Squash Soup Pork Loin w/Apple Sauce Rice Pilaf Scandinavian Blend Vegetables Pan Roll Ice Cream <i>(Marinated Hot Grilled Chicken on a Roll)</i>	14 100% Grape Juice Tuna Salad Tri Colored Pasta Salad Carrot Slaw Rye Bread Lemon Pudding <i>(Honey Ham & Swiss on Rye)</i>	15 Christmas Party Pasta Fagioli Stuffed Chicken w/Gravy Red Bliss Mashed Potato Green Beans Almondine Wheat Bread Sour Cream Coffee Cake <i>(Seafood Salad on a Roll)</i>
18 Chicken Soup w/Anci de Pepe Italian Sausage Peppers & Onions Oven Roasted Potatoes Marble Bread Pudding <i>(Italian Tuna on Marble)</i>	19 Cream of Broccoli Soup Liver & Onions w/Gravy Wild Rice Asparagus Tips Pumpnickel Bread Cookies <i>(Seafood Salad on Pumpnickel)</i>	20 Lentil Soup Roasted Chicken Quarter Whipped Potato Broccoli Wheat Dinner Roll Fresh Fruit <i>(Meatball Sub)</i>	21 HAPPY BIRTHDAY Minestrone Soup French Meat Pie w/Ketchup Seasoned Spinach Oatmeal Bread Frosted Cupcake <i>(Egg Salad on Oatmeal)</i> 	22 Clear Chowder Seafood Casserole Cole Slaw Brussels Sprouts Wheat Bread Mandarin Oranges <i>(Corned Beef on Wheat)</i>
25 CLOSED Merry Christmas 	26 Tomato Vegetable Soup Shepherd's Pie w/Ketchup Tossed Salad w/Dressing Garlic Roll Sliced Peaches <i>(Chicken Salad on Bulky Roll)</i>	27 Split Pea Soup Baked Ham w/Pineapple Sweet Potato Winter Blend Vegetables Dinner Roll Fresh Fruit <i>(Turkey & Cheese on a Roll)</i>	28 Kale & Bean Soup Veal Cacciatore Seasoned Shells Italian Blend Vegetables Pumpnickel Bread Brownie <i>(Italian Grinder)</i>	29 Red Chowder Florentine Fish w/Tartar Baked Potato Mixed Vegetables Marble Bread Hoodsie Cup <i>(Ham & Cheese on Marble)</i>