

# Cranston Senior Enrichment Center

## September / October 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

### September Specials

#### AARP Smart Driver Program

Wednesday, September 5th / 8:45-2:30 p.m. / \$15.00 AARP Members  
 \$20.00 non-Members

#### La Cucina e Cibo "The Kitchen of Food"

Wednesdays beginning September 12th / 10:00 a.m. (6 weeks)

#### Brown & Hopkins Country Store/Tavern on Main, Chepachet

Friday, September 14, 2018 / 9:30 a.m. to 2:30 p.m. / \$8.00

#### "Rich Life" by Joe Vono luncheon entertainment

Tuesday, September 19th / 11:30 to 12:30 p.m. / Suggested donation: \$3.00

#### Newport Playhouse "There's A Burglar in My Bed"

Wednesday, September 26, 2018 / 9:30 a.m. to 4:30 p.m.

Charge: \$55.00 (includes transportation, buffet, play & cabaret)

### October Specials

#### Cranston Senior Golf Tournaments

Tuesday, October 2nd & Wednesday October 3rd, 2018  
 Cranston Country Club / \$75.00

#### Rhode Island Legal Services Seminar

Thursday October 4<sup>th</sup> / 10:00a.m.-11:00 a.m.

#### Country Inn, Warren, RI

Friday, October 5, 2018 / 9:30 a.m. to 2:30 p.m. / \$8.00

#### Bud Pistachio luncheon entertainment

Wednesday, October 10th / 11:30 a.m. / Suggested donation: \$3.00

#### RI Veterans Memorial Cemetery, Exeter/Homestead Restaurant

Wednesday, October 17, 2018 / 9:30 a.m. to 2:30 p.m. / \$8.00

#### Blue Cross Blue Shield Changes for 2019

Thursday October 18<sup>th</sup> / 10:00 a.m. Quads 3 & 4

#### Roger Williams Park/King's Garden Restaurant

Tuesday, October 23, 2018 / 9:30 a.m. to 2:30 p.m.

Transportation Charge: \$8.00

#### Halloween Luncheon

Wednesday, October 31st / 11:30 a.m. / Suggested donation: \$3.00

### Health Check / September

#### Diabetes Support Group "Diabetes & Allergies"

Wednesday, September 5<sup>th</sup> – 10:00 a.m.

#### Arthritis Foundation Walk With Ease Program

Mondays, Wednesdays & Fridays / 9:00 a.m. to 10:00 a.m.

September 17<sup>th</sup> ending October 26<sup>th</sup> / Cranston West Walking Track

#### The MIND Diet "Why is the MIND Diet Important?"

Wednesday, September 12<sup>th</sup> – 10:00 a.m.

#### Alzheimer's Prevention Registry

Wednesday, September 19<sup>th</sup> – 10:00 a.m.

#### Senior Signature Diabetes Series

Tuesdays, Beginning September 25<sup>th</sup> – 1:00 – 2:30 p.m.

#### Always Remember: Falls are Preventable

Wednesday, September 26<sup>th</sup> – 10:00 a.m.

### Health Check / October

#### Diabetes Support Group "Diabetes & Drug Interactions"

Wednesday, October 3<sup>rd</sup> – 10:00 a.m.

#### "Are You Eating Enough!"

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

#### A Matter of Balance "Take a Stand to Prevent Falls"

Mondays & Fridays beginning October 15<sup>th</sup> / 9:00 a.m. to 11:30 a.m.

#### Flu Clinic 2018 at the Center

Tuesday, October 16<sup>th</sup> – 9:30 a.m. to Noon

#### Alternative Treatment Options for Chronic Pain

Wednesday, October 17<sup>th</sup> - 10:00 a.m.

#### Caring for Yourself While Sick

Wednesday, October 24<sup>th</sup> – 10:00 a.m.

#### Spooky Snacks & Devilish Delicious Drinks


Wednesday, October 31<sup>st</sup> – 10:00 a.m.



\$3.00 Suggested Donation

# September Menu 2018


Call 780-6134 for Reservations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>CLOSED</b></p> 	<p>4 Minestrone Soup <b>Shepherd's Pie</b> Broccoli Florets Peach Half Multi Grain Bread <i>(Seafood Salad on Multi Grain)</i></p>	<p>5 Split Pea Soup Sliced Roast Chicken/ Lite Gravy Sweet Potato Capri Blend Vegetables Cookie / Rye Bread <i>(Tuna on Rye)</i></p>	<p>6 Chicken Vegetable Soup <b>Pork Loin w/Applesauce</b> Oven Roasted Potato Green Beans Lemon Pudding Whole Wheat Bread <i>(Chicken Salad on Wheat)</i></p>	<p>7 Clear Chowder <b>Crab Stuffed Sole</b> Brown Rice Blended Vegetables Fresh Fruit Marble Bread <i>(Corned Beef &amp; Swiss on Marble)</i></p>
<p>10 Venus de Milo Soup <b>Pub Burger w/Mushroom &amp; Onion Gravy</b> Mashed Potatoes Mixed Vegetables Sliced Pears Oatmeal Bread <i>(Salmon Salad on Oatmeal)</i></p>	<p>11 100% Juice <b>Turkey Chili</b> Corn Bread Broccoli Spears Ice Cream 9-Grain Bread <i>(Salami &amp; Provolone on 9-Grain)</i></p>	<p>12 Bavarian Lentil Soup <b>Grilled Chicken Breast</b> Wild Rice Scandinavian Blend Vegetables Fresh Fruit Rye Bread <i>(Pastrami &amp; Swiss on Rye)</i></p>	<p>13 Barley Vegetable Soup <b>Veal w/Brown Gravy</b> Seasoned Whole Grain Pasta Garlic Spinach Chocolate Chip Oatmeal Bar Pumpernickel Bread <i>(Italian Tuna on Pumpernickel)</i></p>	<p>14 Vegetable Soup <b>BBQ Chicken Breast</b> Baked Beans Tomato, Cucumber &amp; Onion Salad Watermelon Dinner Roll <i>(Low sodium Hot Dog on a Roll)</i></p>
<p>17 Italian Wedding Soup <b>Meatballs w/Sauce</b> Pesto Pasta Italian Blend Vegetables Tapioca Pudding Naan Bread <i>(Chicken Salad on Naan)</i></p>	<p>18 Onion Soup <b>Asian Entrée Salad</b> Grilled Chicken on Lettuce w/ Cucumbers/Mandarin Orange/ Crispy Noodles w/Lite Sesame Ginger Dressing Wheat Bread <i>(Roast Beef &amp; Cheese /Wheat)</i></p>	<p>19 Turkey &amp; Brown Rice Soup <b>Pot Roast w/Gravy</b> Mashed Potato Broccoli Sliced Peaches Multi Grain Bread <i>(Honey Ham &amp; Cheese on Multi Grain)</i></p>	<p>20 <b>Happy Birthday</b> Chicken Escarole Soup <b>Beef Wellington w/Ketchup</b> Seasoned Baby Whole Carrots Frosted Cupcake Pumpernickel Bread <i>(Italian Grinder)</i></p>	<p>21 Red Chowder <b>Seafood Salad</b> Baked Chips Cole Slaw Wheat Bread <i>(Egg Salad on Wheat)</i></p>
<p>24 100% OJ <b>Omelet</b> French Toast w/Syrup Tomato Half Greek Yogurt <i>(Meatloaf on Bulky w/Side Salad)</i></p>	<p>25 Vegetable Soup <b>Italian Style Chicken Cutlet</b> O'Brien Potatoes Mixed Vegetables Mandarin Oranges Oatmeal Bread <i>(Tuna on Oatmeal)</i></p>	<p>26 Cream of Broccoli Soup <b>BBQ Beef Tips</b> Rice Pilaf Sliced Carrots Brownie Wheat Bread <i>(Sliced Turkey on Wheat)</i></p>	<p>27 Pasta and Bean Soup <b>Italian Sausage w/ Mustard</b> Roasted Potatoes Peppers and Onions Pudding Garlic Roll <i>(Hamburger on Roll)</i></p>	<p>28 Chicken Soup <b>Fried Steak with Gravy</b> Mashed Potatoes California Blend Veg. Seasonal Fruit Rye Bread <i>(Shrimp Salad on Rye)</i></p>
<p>Reservations are required one day in advance and can be called in Monday-Friday 9:00 a.m.-12:45 p.m. only 780-6134</p>	<p><i>All menu items my contain Nuts, seeds, beans, wheat Bran, and other allergens</i></p>		<p><i>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</i></p>	<p><b>SALAD OF THE MONTH</b> Ham, Tomato, Hard Boiled Egg, Cucumber, Salad Mix, Lite Ranch Dressing Beginning September 10th</p>

\$3.00 Suggested Donation

# October 2018

Cranston Senior Services  
For reservations 780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Tomato &amp; Brown Rice Soup <b>French Meat Pie</b> Seasoned Spinach Apple Oatmeal Bar Pumpernickel Bread <i>(Turkey &amp; Cheese on Pumpernickel)</i></p>	<p>2 Venus de Milo Soup <b>Veal w/Marinara Sauce</b> Seasoned Whole Wheat Pasta Normandy Blend Vegetables Apple Crisp Italian Bread <i>(Bologna &amp; Cheese on Italian)</i></p>	<p>3 Beef Vegetable Soup <b>Chicken Cordon Bleu w/Gravy</b> Mashed Potatoes Green Beans Fresh Fruit Rye Bread <i>(Tuna on Rye)</i></p>	<p>4 100% Juice <b>Turkey Chili</b> Sweet Potato Capri Blend Vegetables Coffee Cake Sliced Italian Bread <i>(Egg Salad on Italian)</i></p>	<p>5 Clear Chowder <b>Beer Battered Fish</b> O'Brien Potato 3 Bean Salad Fruit Cocktail Wheat Bread <i>(Hot Dog on a Roll)</i></p>
<p>8</p> <p><b>CLOSED</b></p> <p><i>Columbus Day</i></p> 	<p>9 Onion Soup w/Croutons <b>Meatloaf w/Gravy</b> Mashed Potatoes Mixed Vegetables Jello Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>	<p>10 Barley Soup <b>Florentine Fish</b> Rice Pilaf Sliced Carrots Diced Pears Whole Grain Bread <i>(Turkey &amp; Cheese on Whole Grain)</i></p>	<p>11 Chicken Soup w/anci di pepe <b>American Chop Suey</b> Elbow Pasta Italian Blend Vegetables Ice Cream Wheat Bread <i>(Ham Salad on Wheat)</i></p>	<p>12 Seafood Chowder <b>Chicken Marsala</b> Red Bliss Mashed Potatoes Green Beans Almandine Fresh Fruit Marble Bread <i>(Bologna &amp; Cheese on Marble)</i></p>
<p>15 Beef Vegetable Soup <b>Pork Loin w/Applesauce</b> Scalloped Potatoes Broccoli Pudding Dinner Roll <i>(Hamburger on a Bun)</i></p>	<p>16 Cream of Broccoli Soup <b>BBQ Chicken Leg</b> Mashed Potatoes Vegetable Blend Fresh Fruit Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>17 Lentil Soup <b>Italian Sausage</b> Sliced Potatoes Peppers &amp; Onions Cookie 9-Grain Bread <i>(Sliced Chicken on 9 Grain)</i></p>	<p>18 <b>Happy Birthday</b> Pasta &amp; Bean Soup <b>Beef Wellington</b> Garlic Spinach Frosted Cupcake Whole Wheat Bread <i>(Seafood Salad on Wheat)</i></p>	<p>19 Chicken Escarole Soup <b>Airline Chicken</b> Chuck Wagon Corn Zucchini and Yellow Squash Sliced Peaches Rye Bread <i>(Roast Beef &amp; Cheese on Rye)</i></p>
<p>22 Split Pea Soup <b>Baked Ham w/Pineapple Sauce</b> Sweet Potatoes Prince Edward Vegetables Greek Yogurt Wheat Dinner Roll <i>(Chicken Salad on Wheat Roll)</i></p>	<p>23 Vegetable Soup <b>Fried Steak w/Country Gravy</b> O'Brien Potatoes Mixed Vegetables Fruit Cocktail Marble Bread <i>(Honey Ham &amp; Cheese on Marble)</i></p>	<p>24 Chicken Soup <b>BBQ Pulled Pork</b> Baked Potato w/Sour Cream Asparagus Cuts Fresh Fruit Multi Grain Bread <i>(Fish Sandwich on Multi Grain)</i></p>	<p>25 Beef Noodle Soup <b>Stuffed Chicken w/Broccoli &amp; Cheese w/Gravy</b> <b>Brown Rice</b> Sliced Carrots Brownie Rye Bread <i>(Tuna on Rye)</i></p>	<p>26 Red Chowder <b>Stuffed Sole</b> Mashed Potatoes Broccoli Diced Pears Dinner Roll <i>(Italian Grinder)</i></p>
<p>29 Turkey &amp; Rice Soup <b>Chicken Cacciatore</b> Seasoned Tortellini Winter Blend Vegetable Ice Cream Sandwich Multi Grain Bread <i>(Honey Ham &amp; Cheese on Multi Grain)</i></p>	<p>30 Italian Wedding Soup <b>Roast Turkey w/Gravy</b> Whipped Potatoes Green Beans Fig Bar Pumpernickel Bread <i>(Corned Beef on Pumpernickel)</i></p>	<p>31 Goblin Chicken Soup <b>Raven's Beef w/Mushrooms &amp; Onions in Wine Sauce</b> Mummy's Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on Roll)</i></p>	<p><i>Reservations must be made one day in advance From 9:00-12:45 Monday -Friday Only 780-6134</i></p>	<p><b>Salad of the Month</b> Tuna, Tomato, Olives, Salad Mix, Croutons, Lite Italian Dressing Beginning 9/01/18</p>