

Cranston Senior Enrichment Center

January / February 2019 at a Glance

Weekly / Daily Programs

Mondays

9:00—11:00 Woodworking (*Monday thru Friday daily*)
 8:30—4:00 Computer Lab
 8:30—4:10 Billiards ***
 9:00—10:00 Color Club
 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—10:00 Chair Yoga
 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
 1:00—3:00 Hi Lo Jack
 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

January Specials

Movie Time Tuesdays – 1:00 p.m.
 January 9th – “**Book Club**” starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen

Sax / Trumpet Duo

Wednesday, January 16th & February 27th / 11:30 a.m. to 12:30 p.m.

ARE YOU PAYING TOO MUCH TOWARDS YOUR CITY TAXES?

Thursday, January 17, 2019 @ 10:00 a.m.

Joe Vono

Wednesday, January 30th / 11:30 a.m. to 12:30 p.m.

The next URI SNAP Outreach Clinic dates are:

January 10th 10:00 a.m.-12:00 p.m.

February 14th 10:00 a.m.-12:00 p.m.

Quad 3

First come first served

February Specials

Valentines Day

Thursday, February 14th / 11:30 a.m. to 12:30 p.m.

Keeping Loved Ones Safe—RI Department of Health

Friday, February 15th @ 10:00 AM

Movie Time Tuesdays – 1:00 p.m.

February 26th – “**Mama Mia...Here We Go Again**” A 2018 jukebox musical romantic comedy film.

Health Check / January

Diabetes Support Group “*Diabetes & New Year Resolutions*”

Wednesday, January 2nd – 10:00 a.m.

Comprehensive Community Action Program (CCAP)

Wednesday, January 9th – 10:00 a.m.

Direct to Consumer Advertising

“*Eye Catching Drug Ads: What You Need to Know*”

Wednesday, January 16th – 10:00 a.m.

Arthritis Exercise Classes

“*A Program for Better Living*”

Tuesdays & Thursdays – 1:15 p.m. to 2:15 p.m.

Beginning Tuesday, January 22nd to February 28th

“Winter Blues”

Wednesday, January 23rd – 10:00 a.m.

“Take Tea & See”

Wednesday, January, 30th – 10:00 a.m.

Health Check / February

Diabetes Support Group

“*Diabetes: Eye Care*”

Wednesday, February 6th – 10:00 a.m.

Probiotics Update

Wednesday, February 13th – 10:00 a.m.

Heart Healthy

Wednesday, February 20th – 10:00 a.m.

Heart Healthy Italian Cooking

Wednesday, February 27th – 10:00 a.m.

healthy Italian cooking.

Arthritis Exercise Classes

A Program for Better Living

Join this **FREE** program for better living

Tuesdays & Thursdays

Six Weeks

Beginning January 22nd to February 28th

1:15 p.m. to 2:15 p.m.



Please register by calling 780-6000



\$3.00 Suggested Donation

January 2019


Cranston Senior Services
For reservations 780-6134

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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></p>	<p>1 <u>CLOSED</u></p> 	<p>2 Pasta & Bean Soup Chicken Leg Quarter Baked Potato w/Sour Cream California Blend Vegetables Diced Pears Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i></p>	<p>3 Venus de Milo Soup Pork Loin w/applesauce Corn Bread Stuffing Mixed Vegetables Pineapple Chunks Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>4 Clear Chowder Seafood Newburg Seasoned Brown Rice Capri Blend Vegetables Ice Cream Wheat Dinner Roll <i>(Pastrami & Swiss on a Roll)</i></p>
<p>7 100% Juice Scrambled Eggs 1 Stuffed Pancake w/Syrup Sausage Patty/ Tomato Slice Greek Yogurt <i>(Tuna Salad on a Roll w/Side Salad)</i></p>	<p>8 Lentil Soup Veal w/Mushroom Gravy Mashed Potatoes Roasted Brussel Sprouts Fresh Fruit Marble Bread <i>(Corned Beef & Swiss on Marble)</i></p>	<p>9 Chicken Soup w/Anci de pepe Kielbasa w/Mustard Boiled Potatoes Carrot & Cabbage Mix Jello Wheat Bread <i>(Sliced Chicken w/Cheese on Wheat)</i></p>	<p>10 Beef Barley Soup Chicken Marsala Rice Pilaf Broccoli Cuts Diced Peaches Dinner roll <i>(Shrimp Salad on a Roll)</i></p>	<p>11 Red Chowder Beer Battered Fish/Tartar O'Brien Potato Three Bean Salad Granola Bar Rye Bread <i>(Ham & Swiss on Rye)</i></p>
<p>14 Split Pea Soup Baked Ham w/Glaze Sweet Potatoes Roasted Zucchini Fruit Cocktail Multi Grain Bread <i>(Turkey Salad on Multi Grain)</i></p>	<p>15 Egg Drop Soup Seafood Chow Mein Noodles Asian Blend Vegetables Peanut Butter Cookies Wheat Bread <i>(Egg Salad on Wheat)</i></p>	<p>16 Minestrone Soup Italian Style Chicken Cutlet Whole Grain Pesto Pasta Spinach w/Garlic Tapioca Pudding Sliced Italian Bread <i>(Bologna w/Mustard on Italian)</i></p>	<p>17 <u>Happy Birthday</u> Onion Soup w/CROUTONS Shepherds Pie w/Ketchup Prince Edwards Vegetables Frosted Cupcake Garlic Roll <i>(Tomato/Mozz. On a Roll)</i></p>	<p>18 Italian Wedding Soup Pot Roast w/Gravy Garlic Mashed Potatoes Asparagus Fresh Fruit 9-Grain Bread <i>(Seafood Salad on 9-Grain)</i></p>
<p>21 <u>CLOSED</u> <i>Martin Luther King Jr. Day</i></p> 	<p>22 Chili Soup Turkey w/Gravy Stuffing Roasted Brussels Sprouts Vanilla Pudding Wheat Bread <i>(Honey Ham on Wheat)</i></p>	<p>23 Tomato & Brown Rice Soup Italian Sausage Peppers & Onions Oven Roasted Sliced Potatoes Apricot Half Multi Grain Bread <i>(Hot Dog on a Roll)</i></p>	<p>24 Chicken Escarole Soup Chicken Fried Steak w/ Country Gravy Whipped Potatoes Baby Whole Carrots Fresh Fruit Rye Bread <i>(Tuna on Rye)</i></p>	<p>25 Shrimp & Corn Bisque Pub Burger w/Mushroom Gravy Rice Pilaf Capri Blend Vegetables Lorna Dunes Wheat Bread <i>(Egg Salad on /Wheat)</i></p>
<p>28 Chicken Soup w/Orzo Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Sliced Peaches Oatmeal Bread <i>(Chicken Salad on Oatmeal)</i></p>	<p>29 Garden Salad w/Dressing Chicken a la King Roasted Zucchini Biscuit Cookies Whole Wheat Dinner Roll <i>(Salami & Cheese on Wheat)</i></p>	<p>30 Kale & Bean Soup American Chop Suey Whole Wheat Elbow Pasta Broccoli Cuts Butterscotch Pudding Rye Bread <i>(Ham Salad on Rye)</i></p>	<p>31 Vegetable Soup Florentine Fish Wild Rice Sliced Carrots Fresh Fruit 12-Grain Bread <i>(Meatloaf on 12-Grain Bread)</i></p>	<p><u>Salad of the Month</u> Tuna-Tomato-Cucumbers-CROUTONS-Lettuce Bed Italian Dressing Begins Monday Jan. 7</p>

\$3.00 Suggested Donation

February 2019

780-6134 9:00 am.-12:45 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>	<p><u>February Salad Option</u></p> <p>Sliced Turkey- Tomato Craisins-Walnuts Lettuce Blend Balsamic Dressing Begins Monday Feb. 4</p>			<p>1 Chicken Vegetable Soup Tuna Noodle Casserole Winter Blend Veg Greek Yogurt Rye Bread <i>(Shrimp Salad on Rye)</i></p>
<p>4 Mandarin Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Ice Cream Oatmeal Bread <i>(Ham Salad on Oatmeal)</i></p>	<p>5 Red Chowder Stuffed Sole Seasoned Red Potato Roasted Asparagus Diced Pears Dinner Roll <i>(Italian Grinder)</i></p>	<p>6 Venus de Milo Soup Swedish Meatballs Buttered Noodles Sliced Carrots Chocolate Pudding Multi Grain Bread <i>(Tuna on Multi Grain)</i></p>	<p>7 Vegetable Soup Veal w/Mushroom Gravy Mashed Potatoes Zucchini Frosted Brownie Marble Bread <i>(Bologna & Cheese on Marble)</i></p>	<p>8 Italian Wedding Soup Roast Pork Loin w/Gravy Oven Roasted Potatoes California Vegetables Fresh Fruit Rye Bread <i>(Turkey & Cheese on Rye)</i></p>
<p>11 Tomato & Brown Rice Soup French Meat Pie Roasted Brussel Sprouts Diced Peaches Wheat Bread <i>(Egg Salad on Wheat)</i></p>	<p>12 Chicken Escarole Soup Italian Style Chicken Cutlet Baked Potato w/Sour Cream Italian Blend Vegetables Fresh Fruit Italian Bread <i>(Italian Tuna on Italian Bread)</i></p>	<p>13 Low Sodium V-8 Juice Beef Stroganoff Garlic Mashed Potatoes California Blend Vegetables Lemon Pudding 9-Grain Bread <i>(Salami & Provolone on 9-Grain)</i></p>	<p>14 Pasta & Bean Soup Baked Fish w/Crumb Topping Rice Pilaf Green Beans Almandine Coffee Cake Marble Bread <i>(Chicken Salad with Cranberry and Walnuts on Marble)</i></p>	<p>15 Onion Soup Sesame Ginger Chicken Egg Roll Asian Blend Vegetables Shortbread Cookie Multi Grain Bread <i>(Roast Beef on Multi Grain)</i></p>
<p>18 <u>CLOSED</u> President's Day</p> 	<p>19 100% Juice Turkey Chili w/Cheese Corn Bread Seasoned Broccoli Spears Wheat Bread Fruit Cocktail <i>(Corned Beef & Cheese on Wheat)</i></p>	<p>20 Italian Wedding Soup Italian Sausage Pesto Tortellini Roasted Peppers & Onions Ice Cream Multi Grain Bread <i>(Tomato/Mozz. On Multi Grain)</i></p>	<p>21 <u>Birthday Celebration</u> Minestrone Soup Yankee Pot Roast w/Gravy Parslied Potatoes Seasoned Zucchini Frosted Cupcake Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i></p>	<p>22 Red Chowder Seafood Casserole Mashed Potatoes Broccoli Cuts Fresh Fruit 9-Grain Bread <i>(Sliced Chicken & Cheese on 9-Grain)</i></p>
<p>25 Turkey Rice Soup American Chop Suey Whole Grain Pasta Green Beans Sliced Pears Pumpnickel Bread <i>(Ham Salad on Pumpnickel)</i></p>	<p>26 Lentil Soup Chicken Marsala Red Bliss Mashed Potatoes Green Beans Fig Bar Wheat Bread <i>(Hamburger on a Roll)</i></p>	<p>27 Chicken & Brown Rice Soup Shepherds Pie w/Ketchup Seasoned Spinach Fresh Fruit Garlic Roll <i>(Salami & Cheese on a Roll)</i></p>	<p>28 Split Pea Soup Baked Ham w/Sliced Pineapple Sweet Potatoes Mixed Vegetables Pie Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>Thank you for your donations. Your donations help keep the Program going. All menu items may contain nuts, seeds, beans, wheat bran + other allergens</p>