

Cranston Senior Enrichment Center

March / April 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 ***
 9:30—10:30 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 @cranstonenrichment; and find us on the City of
 Cranston's Website—www.cranstonri.com

March Specials

Top of the Mornin!

Friday, March 15 / 11:30 a.m. to 12:30 p.m.

St. Joseph's Day

Tuesday, March 19 / 11:30 a.m. to 12:30 p.m.

Movie: Thursday, March 21 / 1:00 p.m. – “Mama Mia, Here we go again!”

Discover RISD Museum

Friday, March 22nd / 1:00 p.m.

Book Club: March 26th / 10:30 a.m. – “In the Midst of Winter” by Isabel Allende

April Specials

AARP Smart Driver Course

Wednesday, April 3rd / 9:00 a.m. to 2:30 p.m.



Easter Celebration

Monday, April 22 / 11:30 a.m. to 12:30 p.m.

Book Club: April 23rd / 10:30 a.m.- “The Bakers Secret” by Stephen P. Kiernan.

Movie: Wednesday, April 24 / 1:00 p.m. – “Must Love Dogs”

Health Check / March

Diabetes Support Group “Respiratory Health”
 Wednesday, March 6th – 10:00 a.m.

Cooking for One “How to Enjoy Cooking for One”
 Wednesday, March 13th – 10:00 a.m. URI SNAP-ED Program

Why & When Physical Therapy
 Tuesday, March 19th – 1:00 p.m.

Chronic Kidney Diseases URI Pharmacy Outreach
 Wednesday, March 20th – 10:00 a.m.

Chronic Disease Self-Management Program
 “Living Well Rhode Island”
 Tuesdays 12:45 p.m. to 3:15 p.m.
 Beginning March 26th Ending April 30th

Understanding Rheumatoid Arthritis
 “Signs, Symptoms & Causes”
 Wednesday, March 27th – 10:00 a.m.

Health Check / April

Diabetes Support Group “Urinary Tract Infections”
 Wednesday, April 3rd – 10:00 a.m.

What is Osteopenia? URI SNAP-Ed Program
 “How is it Different from Osteoporosis?”
 Wednesday, April 10th – 10:00 a.m.

Sun & Your Medications
 Wednesday, April 17th – 10:00 a.m.

Dizziness & Vertigo
 Wednesday, April 24th – 10:00 a.m.

A Matter of Balance

“Take a Stand to Prevent Falls”

Wednesdays & Fridays – 9:00 a.m. to 11:30 a.m.
 Beginning March 6th Ending March 29th

A Walking Club.....


Arthritis Foundation “Walk With Ease” Program
 “Take Control One Step at a Time”

Orientation for new participants:
 Tuesday, April 23rd – 10:00 a.m.

Walking begins Monday, April 29th thru June 7th
 Mondays, Wednesdays & Fridays – 9:00 a.m. to 10:00 a.m.

\$3.00 Suggested Donation

March 2019

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 One 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> March SALAD OPTION: <i>Southwest Salad Entrée</i> Seasoned Chicken/Black Beans/Corn/Tomato/Lettuce/Dressing <i>Starts Monday, March 4 2019</i>		1 Vegetable Soup BBQ Chicken Leg Baked Beans Cole slaw Apricots Whole Grain Bread <i>(Meat Loaf on Whole Grain)</i>
4 Lentil Soup Chicken w/Lemon Sauce Roasted Red Potatoes Asparagus Cuts Pudding Roll <i>(Kielbasa on a Roll)</i>	5 Kale & Bean Soup Turkey w/Gravy Stuffing Roasted Brussel Sprouts Applesauce Pumpnickel Bread <i>(Pastrami /Swiss on Pumpnickel)</i>	6 Butternut Squash Soup Baked Fish w/Tomato & Onion Baked Potato w/Sour Cream Vegetable Blend Fresh Fruit Oatmeal Bread <i>(Roast Beef on Oatmeal Bread)</i>	7 Chicken Soup Beef Tips w/Mushrooms Rice Pilaf Green Beans Cookie Marble Bread <i>(Shrimp Salad on Marble)</i>	8 Red Chowder Beer Battered Fish w/Tartar Sauce Roasted Potatoes Cole Slaw Diced Pears Wheat Bread <i>Chicken Salad on Wheat)</i>
11 100%Orange Juice Turkey Sausage Scrambled Eggs Tomato Slice Greek Yogurt Roll <i>(Ham/Prov. on Roll w/ Tomato)</i>	12 Tomato Soup Roast Pork Loin w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Marble Bread <i>(Turkey Swiss on Marble)</i>	13 Black Bean Soup Fiesta Lime Chicken Spanish Rice Peppers & Onions Fruit Cocktail Tortilla <i>(Italian Grinder)</i>	Escarole & Bean Soup Lasagna Rollup/sauce Roasted Cauliflower Pudding Italian Bread <i>(Salami & Provolone on Italian)</i>	15 St. Patrick's Day Split Pea Soup Corned Beef w/Mustard Boiled Potato Carrot & Cabbage Mix Lime Jello Rye Bread <i>(Tuna on Rye)</i>
18 Beef Barley Soup Airline Chicken Baked Sweet Potato Mixed Vegetable Diced Peaches Wheat Roll <i>(Meatball Sub)</i>	19 St. Joseph's Day Italian Wedding Soup Meatballs w/Sauce Whole Grain Pasta Onions & Peppers Ice Cream Garlic Roll <i>(Shrimp Salad on Wheat)</i>	20 Egg Drop Soup Sweet & Sour Pork Fried Rice Oriental Blend Vegetables Mandarin Oranges Roll <i>(Corned Beef on a Roll)</i>	21 HAPPY BIRTHDAY Low Sodium V-8 Juice Turkey Chili Corn Bread Roasted Broccoli Cuts Frosted Cup Cake Roll  <i>(Ham Salad on a Roll)</i>	22 Onion Soup w/CROUTONS Tuna Noodle Casserole Vegetable Blend Chocolate Pudding Rye Bread <i>(Egg Salad on Rye)</i>
25 Turkey and Brown Rice Soup American Chop Suey Whole Grain Pasta Zucchini Fruit Bar Italian Bread <i>(Tomato & Mozzarella on Italian)</i>	26 Chicken Escarole Soup Baked Ham w/ Pineapple Sweet Potato Green Beans Pears Wheat Bread <i>(Buffalo Chicken Salad on Wheat)</i>	27 Cream of Broccoli Soup Italian Style Chicken Cutlet Baked Tomato Half Garlic mashed Tapioca Pudding Marble Bread <i>(Italian Tuna on Marble)</i>	28 Minestrone Soup Swedish Meatballs Buttered Noodles Sliced Carrots Fresh Fruit Rye Bread <i>(Corned Beef on Rye)</i>	29 Red Chowder Seafood Casserole Mashed Potato Winter Blend Vegetables Ice Cream Roll <i>(Hamburger on a Roll)</i>

\$3.00 Suggested Donation

April 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Soup Hot Dog Baked Macaroni and Cheese Broccoli Slaw Dinner Roll Greek Yogurt <i>(Crispy Chicken on Roll)</i>	2 Minestrone Soup Chicken A La Orange Oven Roasted Potato Green Beans Whole Grain Bread Cookie <i>(Meatloaf on Whole Grain)</i>	3 Vegetable Soup American Chop Suey Whole Grain Pasta Roasted Cauliflower Wheat Bread Fresh Fruit <i>(Seafood Salad on Wheat)</i>	4 Turkey Rice Soup Roast Pork Loin w/ Apples Mashed Potatoes Zucchini Rye Bread Ice Cream <i>(Chicken Salad on Rye)</i>	5 Corn Chowder Baked Fish w/ Diced Tom./ Onion Rice Pilaf Oriental Blend Vegetables Marble Bread Mandarin Oranges <i>(Corned Beef on Marble)</i>
8 Venus De Milo Soup Chicken Marsala Seasoned Brown Rice Broccoli Cuts Wheat Bread Fruit Clusters <i>(Bologna and Cheese on Wheat)</i>	9 Clear Chowder Florentine Fish Mashed Potatoes Mixed Vegetables Rye Bread Crushed Pineapple <i>(Buffalo Chicken Salad on Rye)</i>	10 Vegetable Soup Turkey with Gravy Apple Stuffing Roasted Root Vegetables Marble Bread Applesauce <i>(Tuna on Marble)</i>	11 Chicken Escarole Soup Shepherd's Pie Baby Whole Carrots Wheat Bread Coffee Cake <i>(Turkey and Swiss on Wheat)</i>	12 Maryland Crab Soup Baked Ziti Cucumber/Tomato/Onion Salad Italian Bread Fresh Fruit <i>(Egg Salad on Italian)</i>
15 Ginger Tomato Soup Caribbean Pork Fiesta Rice Mango Slaw Wheat Bread Pudding <i>(Sliced Chicken /Wheat)</i>	16 Cream of Mushroom Soup Chicken Siciliano Whole Grain Pasta Roasted Broccoli Garlic Roll Fresh Fruit <i>(Ham and Cheese on Rye)</i>	17 100% Orange Juice Broccoli and Cheese Quiche Baked Tomato Half Mini Muffin Fruit Cocktail <i>(Roast Beef on Marble)</i>	18 Happy Birthday Onion Soup with Croutons Pot Roast w/Gravy Mashed Potatoes Green Beans Dinner Roll Frosted Cupcake <i>(Grilled Chicken on Roll)</i>	19 Red Chowder Baked Fish with Lemon Roasted Red Potatoes Asparagus Cuts Wheat Bread Ice Cream <i>(Salami/Cheese on Wheat)</i>
22 Easter Dinner Pea Soup Baked Ham / Pineapple Mashed Sweet Potato California Blend Vegetables Wheat Bread Pears <i>(Italian Tuna on Wheat)</i>	23 Low Sodium V-8 Juice Beef Stew Green Beans Biscuit Greek Yogurt <i>(Shrimp Salad on Roll)</i>	24 Vegetable Soup Pub Burger w/Au Jus Scalloped Potatoes Sliced Carrots Pumpnickel Bread Sliced Peaches <i>(Chicken Salad on Pumpnickel)</i>	25 Beef Barley Soup Airline Chicken Rice Pilaf Apple Cider Slaw Dinner Roll Chocolate Pudding <i>(Italian Grinder)</i>	26 Italian Wedding Soup Meatballs w/Sauce Seasoned Whole Grain Pasta Peppers & Onions Sliced Italian Bread Ice Cream <i>(Italian Sausage on a Roll)</i>
29 Chicken Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Apricots <i>(Hot Dog on Bun)</i>	30 Lentil Soup Chicken Cacciatore Whole Grain Pasta Wax Beans Italian Bread Fresh Fruit <i>(Ham Salad on Italian)</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> From 9:00-12:45 Monday -Friday Only 780-6134	Salad of the Month Egg Salad Tomatoes-Cucumbers Croutons Lettuce Mix Italian Dressing Begins Monday April 1