



# CRANSTON CONNECTION

Cranston Department of Senior Services

MARCH/APRIL 2025  
VOL. 2025 NO. 002

## WELCOME!



1070 Cranston Street,  
Cranston, RI 02920



P: 401-780-6000 | F: 401-946-5909



cranstonseniorcenter.com



facebook.com/  
CranstonSeniorEnrichmentCenter

**WE NEED YOUR RECIPES!!!!** For the next few months, we will be collecting recipes from anyone who would like to share and see their favorite recipes in a future Cranston Senior Enrichment Center Cookbook. This book will be a compilation of recipes through out the years. So, pass on your favorite recipes for generations to come, let your signature dishes continue to warm hearts everywhere. Please drop off your recipes to Sky Marcos, Programs Director - 780-6216.

## PPAC TRIP – WONDERS OF THE WURLITZER SERIES



Take a trip to PPAC – Tuesday, March 11, 2025 @ 12:00 noon – Join Kevin Doyle's Roscommon Soles and Peter Krasinski on PPAC's Wondrous Wurlitzer as they invite us to 'Step Into the Irish Parlor.' From Roscommon to Rhode Island comes a 'parlor racket' of a show to celebrate the Season of St. Patrick – live on the PPAC stage. We will depart from the center at 11:00 a.m. – Lunch will be provided. Cost \$7.00 – Please sign up with Sky Marcos 780-6216 as space is limited. Sign-up deadline is March 7, 2025.



Lets celebrate Mother's Day early with a trip to PPAC on Wednesday, May 7, 2025 for a 12:00pm show as Peter Edwin Krasinski, PPAC's Organist plays the Wondrous Wurlitzer. He will be honoring "Moms" and may even take requests from the audience. Please sign up with Sky Marcos 780-6216 as space is limited. Deadline to sign up is May 2, 2025. Lunch will be provided and the cost for this trip is \$7.00.

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## OUR MISSION

The mission of the Cranston Department of Senior Services in its capacity as a community based resource and human services agency, is to provide coordinated, creative and comprehensive services which educate, nourish, assist, entertain and enrich the lives of individuals 55 years of age and older.

Join the Cranston Senior Center as we team up with the Cranston Police Department and CCAP who will be sponsoring a DIP DAB & PAINT Event as part of their community outreach on **FRIDAY, MARCH 14, 2025** from 1:00p.m. – 3:00p.m. All supplies will be provided as you paint this beautiful 11 X 14 acrylic painting on canvas. Charcuterie boards and fruit tray's will be provided. So come share your tistic abilities, make new friends and paint your troubles away. This is a **FREE** event and space is limited so sign up asap by calling Sky Marcos at 780-6216. Sign up deadline is March 7,2025



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# ABOUT US

## HOURS

### SENIOR HOURS

Monday-Friday

8:30am to 4:30pm

Our Doors are open to all Cranston & Non-Cranston Residents

### SERVICE PROVIDED

\*Transportation available  
(for Cranston Residents)

\*Educational Programs

\*Exercise - Dance Classes

\*Health Presentations &  
Screenings

\*Nurse & Pharmacist available

\*Notary Public available

\*Adult Day Services

\*Social Services available

## STAFF LISTING

### DIRECTOR

**Stephen Craddock**

780-6189 | [scraddock@cranstonri.org](mailto:scraddock@cranstonri.org)

### ASSISTANT DIRECTOR

**David Quiroa**

780-6180 | [dquiroya@cranstonri.org](mailto:dquiroya@cranstonri.org)

### ADULT DAY SERVICES

**Rosemarie Coren, RN**

780-6243 | [rcoren@cranstonri.org](mailto:rcoren@cranstonri.org)

### NUTRITION

**Chef Jordan Baggesen**

780-6217 | [jbaggesen@cranstonri.org](mailto:jbaggesen@cranstonri.org)

### ADMINISTRATION

**Yvette Grullon-Davila**

780-6144 | [ygrullon@cranstonri.org](mailto:ygrullon@cranstonri.org)

### RSVP

**Tricia Cipriano**

780-6159 | [pcipriano@cranstonri.org](mailto:pcipriano@cranstonri.org)

### PROGRAMS

**Sky Marcos**

780-6216 | [smarcos@cranstonri.org](mailto:smarcos@cranstonri.org)

### SOCIAL SERVICES

**Jennifer Kevorkian**

780-6254 | [jkevorkian@cranstonri.org](mailto:jkevorkian@cranstonri.org)

### TRANSVAN

**Rachael Mancuso**

780-6220 | [rmancuso@cranstonri.org](mailto:rmancuso@cranstonri.org)

### HEALTH SERVICES

**CVS/Health Pharmacist**

**Mary McKenna, R.Ph.**

780-6210 | [mmckenna@cranstonri.org](mailto:mmckenna@cranstonri.org)

### NURSE

**Marylou Pearson, RN**

780-6207 | [mpearson@cranstonri.org](mailto:mpearson@cranstonri.org)

### AUTOMATED LUNCH RESERVATION SYSTEM

780-6134

## MAYOR'S MESSAGE

Greetings,  
Dear Residents,  
As the warmth of spring approaches, I am excited to share some updates and events happening at our Senior Center. This season brings a fresh start and new opportunities for connection, learning, and fun. Our team has been working diligently to plan a variety of activities that cater to your interests and needs. From fitness classes and art workshops to social gatherings and educational seminars, there is something for everyone to enjoy. We encourage you to take advantage of these offerings and engage with your fellow community members. Last month, I had the pleasure of being joined by

Representative Seth Magaziner for a visit with participants of our Retired Senior Volunteer Program. Thank you to each member of this program, which is vital to maintaining our vibrant center. Please also remember to stay connected with our local community resources and support services, which are here to ensure your needs are met throughout the year. I want to remind you about the importance of staying active and involved. Participating in our programs not only enhances your physical and mental well-being but also helps to foster friendships and create lasting memories. Now, as the sun shines later into the evening, let's embrace



the beauty of spring together and make the most of this beautiful season. I look forward to seeing all of you at the Senior Center!

Ken Hopkins  
Mayor, City of Cranston

## DIRECTOR'S MESSAGE

Hello friends,  
. Things are looking brighter as we approach spring. Spring is a time of renewal and a time to look forward to all the possibilities ahead. Let us show you how the Cranston Senior Center can help you realize your possibilities.

Along with the regular classes we are adding some new and exciting offerings. Check out this newsletter to see all the new events, classes and activities.

As we head into Spring, trips will continue. Please check inside for all the details.

BINGO has continued throughout the winter. Every Thursday from 1:00pm to 2:30pm we offer a variety of games - all for cash prizes! Please join us for all the fun and excitement. As we head into spring and the days are

getting longer, we will be bringing back our evening bingo games. We had a lot of fun last year and we are hoping to make it even more exciting this year. The first evening bingo is scheduled, Tuesday, April 08 at 5:30. Hope to see you there.

I want to remind everyone that we have a computer lab here at the senior center with new computers, large monitors, printers, and high-speed internet. The lab will be open 9 to 4 every day. You can research any topic, find and print recipes, write an email, fill out a form. You can do it all right here. Please visit and see what we have to offer and take care of all your computing needs.

We here at the Cranston Senior center will continue to offer a safe haven for the seniors of Cranston. We have activities, hot meals,



trips, and support for the senior population. If you are not a regular, please come by and see all the possibilities.

Sincerely,  
Steve Craddock

**JENNIFER KEVORKIAN, DIRECTOR 780-6254**

## Advance Health Care Directives

Advance health care directives are written instructions indicating what type of medical intervention you choose during a time when you may become incapacitate. The Durable Power of Attorney for Health Care permits you to appoint an agent or agents on your behalf, if you are unable to communicate your wishes. Durable Power of Attorney for Health Care forms are available in the Social Services Department. If you would like to schedule an appointment to complete this form, please contact Jennifer 780-6254 or Amy 780-6200.

## Caregiver Support Group

Being a Caregiver can result in ignoring your own physical and emotional health. Oftentimes, Caregivers don't recognize the symptoms of stress that they are experiencing. Securing support from other family members, friends, and community groups is essential. It may be hard to ask for and/or accept help, but you cannot do it all alone.

The Caregiver's Support Group will encourage caregivers to care for themselves and provide productive strategies for dealing with conflicts or tensions that may arise when caregiving. Meetings will be held the 1st Wednesday of every month 2:00-3:00 in the Classroom. Upcoming Meetings: Wednesday March 5<sup>th</sup> and Wednesday April 2<sup>nd</sup>.

## Credit Freeze and Fraud Alert Contact Information

Should consumers wish to place a credit freeze or fraud alert, please contact the three major credit reporting bureaus listed below:

By Phone: Equifax 1-888-298-0045 Experian 1-888-397-3742 TransUnion 1-800-916-8800

By Mail: Fraud Alert (alerting one alerts them all)

Equifax Fraud Alert, P.O. Box 105069, Atlanta GA 30348-5069

Experian Fraud Alert, P.O. Box 9554, Allen TX, 75013

TransUnion Fraud Alert, P.O. Box 2000, Chester, PA 19016

By Mail: Credit Freeze (each bureau must be alerted individually)

Equifax Credit Freeze Alert, P.O. Box 105788, Atlanta GA 30348-5788

Experian Credit Freeze, P.O. Box 9554, Allen TX, 75013

TransUnion Credit Freeze, P.O. Box 160, Chester, PA 19094

## SNAP (Supplemental Nutrition Assistance Program) Facts

With the minimum SNAP benefit amount, you can typically buy a few basic staple food items like a loaf of bread, a can of beans, a bag of rice, a few fresh vegetables (like onions or potatoes), and perhaps a small package of meat or canned fish.

Having SNAP benefits also frees up extra money for prescriptions, health care costs, and other expenses that improve your health. An older adult who receives SNAP assistance is not taking food or money away from other households.

It's not as hard as you might think, to apply—and you can get help with signing up!

Call Jennifer 780-6254, or Amy 780-6200 for an appointment.





# AmeriCorps Seniors

**Cranston's Retired and Senior Volunteer Program (RSVP) is looking for Volunteers for the following vacancies:**

**RSVP Transportation Volunteers:**

To transport homebound seniors to their medical appointments and/or run errands for them.

**RSVP Fraud Prevention Volunteers:**

To provide the community with information and tips to help prevent common frauds, scams and other types of elder financial exploitation.

**RSVP Recycling Volunteers:**

To educate the community with the assistance and guidance from the RI Resource Recovery Center on a variety of topics such as waste reduction and reuse, recycling, and composting.

If you are interested in becoming a Cranston RSVP Volunteer, please contact Tricia at 780-6159 for an interview. You must be 55 years of age or older to volunteer and a BCI is required.

A mileage reimbursement is given to cover your cost to travel. RSVP also provides you with insurance protection in the event that you or someone else is injured while performing your volunteer duties.

What if you do not drive or have a vehicle? No worries. RSVP will provide you with transportation to your volunteer station!!!

**\*\*\*Our Smile Doll Program is in need of yarn and fabric donations. If you would like to donate to their cause please contact Paula at 780-6178.**



**Please visit our Gift Shop**

Open: Monday - Friday  
9:00 a.m. - 2:00 p.m.

**City Tax Exemption Event: Thursday,  
March 6th 9:30a.m.-11:30a.m.  
(Conference Room)**

**HURRY...** the deadline to apply for all City Tax Exemptions is March 15th!!!

**DID YOU KNOW...** The annual income limit requirements to qualify for the City Tax Freeze have changed??? If you did not qualify before, you may now...Stop in and see!!!



**Please help support our local  
Girl Scouts who will be selling  
cookies the week of April 14th,  
10:00a.m.- 11:30a.m. (Lobby)**



**Prescription Drug Take Back Event  
Friday, April 26th 9:30a.m.-11:30a.m.  
(Lobby)**



**Drop off your unwanted, unused or expired prescriptions/medications and we will properly dispose of them for you! Accepted medications include:**

**Prescription Medications, Prescription Ointments and Liquids, Over-the-Counter Medications, Vitamins and Pet Medications.**

## LIVE MUSIC:

St. Patrick's Day  
March 17, 2025 11:30 – 12:30  
St. Joseph's Day  
March 19, 2025 11:30 – 12:30  
April 11, 2025 11:30 – 12:30

Artist: Mike "D"  
Artist: 2 Showed Up  
Artist: Marc Levesque



Night Bingo Returns  
April 8th 2025.  
Come join all the fun!!



**NEW CLASS!!!** Pen-pal Ghost Writing Class: Do you love to write? Come join our class as we partner up with one of Cranston High School West's English classes. We will be exchanging one (1) letter a week with the students. You will be assigned a number, and you will correspond with the same student for the duration of this class (11 weeks). On the 12<sup>th</sup> week we will have a get together where the students will come to the senior center, and everyone will have the opportunity to find their pen-pal. So be creative in your writing and use lots of clues. Classes will begin on Monday, March 3, 2025 from 10:00 – 11:00. To sign up for the class please call Sky Marcos 401-780-6216.

**DRIVER SAFETY PROGRAM** – AAA will be holding a Driver Improvement class "DIP" on April 25<sup>th</sup>, 2025 from 9:30 a.m. - 1:30 p.m. The fee for AAA members will be \$20 and \$25 for non-members. Advance registration and payment will be required. There may be a discount for early registration. This class is designed for seniors and no test is required to complete this program. Check with your insurance company to see if you are entitled to a discount. If you are interested, please sign up with Sky Marcos 401-780-6216.

**RI LEGAL SERVICES** - Will be here on Friday, April 4, 2025 from 10:00 to 11:00 to do a presentation on Elder Protection. They will be assisting any member who is facing financial exploitation, physical and/or mental abuse, abandonment and neglect. Please familiarize yourself and don't become vulnerable and be victimized. Sign up sheet will be at the front desk for those who would like to attend this presentation.

**MONTHLY ART CLASS:**  
RI Art Teacher Sue Greco will be instructing a Watercolor Class. \$5 per person, max of 15 students per class so register at the front desk to save your spot.

Wednesday, March 5<sup>th</sup>,  
1:00 -3:00 p.m.



Wednesday, April 2<sup>nd</sup>, 1:00 – 3:00 p.m.

## ENGLISH AS A SECOND LANGUAGE

Classes will be offered at the:

**Cranston Senior Center**  
**1070 Cranston Street**  
**Cranston, RI 02902**  
*(must be 55+ to attend)*

**\$30**  
Per Person  
**6 Weeks**

To reserve your spot please call:  
**Sky Marcos, Programs Director | (401) 780-6216**  
Limit of 10 students for the class so sign up early. **Deadline is April 2.**

**TENTATIVE START DATE: APRIL 7, 2025**  
Classes will meet every Monday  
from 12:30 pm – 2:30 pm  
\* 7 PAID RESERVATIONS NEEDED TO OFFER THE CLASS \*

MON	TUES	WED	THURS	FRI
<p>3 Chili Soup  <b>Shepard's Pie w/ Ketchup</b>                      Roasted Brussels Sprouts                      Fresh Fruit                      Italian Bread</p> <p>(Chicken Salad on Italian)</p>	<p>4 Tomato Soup  <b>Stuffed Pork Chop w/ Gravy</b>                      Mixed Vegetables                      Butterscotch Pudding                      Wheat Dinner Roll</p> <p>(Seafood Salad on Wheat)</p>	<p>5 100% Juice  <b>Cheese Omelette w/ Tomato</b>                      O' Brian Potatoes                      Sausage Patty                      Greek Yogurt                      Croissant</p> <p>(Roast Beef &amp; Cheese on Multigrain)</p>	<p>6 Escarole &amp; Bean Soup  <b>Beef Stroganoff</b>                      Buttered Noodles                      Broccoli                      Pudding                      Rye Bread</p> <p>(Italian Tuna on Rye)</p>	<p>7 Tomato Basil Soup  <b>Roast Turkey with Gravy</b>                      Stuffing                      California Blend Vegetables                      Fresh Fruit                      Marble Bread</p> <p><i>(Ham &amp; Cheese on Marble)</i></p>
<p>10 Lentil Soup  <b>Baked Ham w/ Pineapple</b>                      Baked Sweet Potato                      Winter Blend Vegetables                      Diced Pears                      Wheat Bread</p> <p>(Chicken Salad on Wheat)</p>	<p>11 Low Sodium V-8 Juice  <b>Beef Stew</b>                      Green Beans                      Greek Yogurt                      Biscuit</p> <p>(Shrimp Salad on Wheat)</p>	<p>12 Chicken Gumbo  <b>Stuffed Cabbage w/ Sauce</b>                      Roasted Sweet Potatoes                      Capri Blend Vegetables                      Tapioca Pudding                      Wheat Bread</p> <p>(Grilled Chicken on Bulkie)</p>	<p>13 Italian Wedding Soup  <b>Chicken Parmesan</b>                      Penne w/ Sauce                      Italian Blend Veg                      Fresh Fruit                      Marble Bread</p> <p>(Fish w/ Tartar on Roll)</p>	<p>14 Red Chowder  <b>Baked Fish w/ Lemon</b>                      Herb Roasted Potatoes                      Broccoli                      Ice Cream                      Dinner Roll</p> <p>(Salami &amp; Provolone on Italian)</p>
<p><b>17 Saint Patrick's Day</b>                      Split Pea Soup  <b>Corned Beef with Mustard</b>                      Seasoned Boiled Potatoes                      Cabbage &amp; Carrots                      Jello                      Pumpnickel Bread</p> <p><i>(Ham Salad on Pumpnickel)</i></p>	<p>18 Escarole &amp; Bean Soup  <b>Rosemary Chicken Leg</b>                      Roasted Potatoes                      Broccoli                      Fruit Cocktail                      Rye Bread</p> <p>(Meatloaf &amp; Cheese on White)</p>	<p>19 <b>Saint Joseph's Day</b>                      Chicken Soup  <b>Italian Sausage with Mustard</b>                      Roasted Potatoes                      Peppers &amp; Onions                      Fruit Cocktail                      Grinder Roll</p> <p>(Pastrami &amp; Swiss on Roll)</p>	<p>20 <b>HAPPY BIRTHDAY</b>                      Pasta &amp; Bean Soup  <b>Chicken Leg Quarter</b>                      Baked Potato w/ Sour Cream                      California Blend Vegetable                      Frosted Cupcake                      Oatmeal Bread</p> <p>(Egg Salad on Oatmeal)</p>	<p>21 Corn Chowder  <b>Crab Cake w/ Tartar Sauce</b>                      Potato Puffs                      Cole Slaw                      Fresh Fruit                      Garlic Bread</p> <p>(Sliced Chicken &amp; Cheese on Wheat)</p>
<p>24 Kale &amp; Bean Soup  <b>Marinated Grilled Chicken</b>                      Rice Pilaf                      Tossed Salad w/ Dressing                      Pudding                      Wheat Dinner Roll</p> <p><i>(Meatloaf on Wheat)</i></p>	<p>25 Venus De Milo Soup  <b>Veal &amp; Peas</b>                      Buttered Noodles                      Garlic Spinach                      Diced Peaches                      Garlic Roll</p> <p>(Corned Beef &amp; Swiss on Rye)</p>	<p>26 Chicken Soup w/ Orzo  <b>Meatballs w/ Sauce</b>                      Seasoned Shells                      Italian Blend Vegetables                      Coffee Cake                      Dinner Roll</p> <p>(Sliced Chicken &amp; Cheese on Wheat)</p>	<p>27 Broccoli Cheddar Soup  <b>Stuffed Chicken w/ Gravy</b>                      Wild Rice                      Broccoli                      Frosted Cupcake                      Dinner Roll</p> <p>(Italian Tuna on Multi Grain)</p>	<p>28 White Chowder  <b>Stuffed Sole with Lemon</b>                      Mashed Potatoes                      Green Beans                      Fresh Fruit                      Wheat Bread</p> <p>(Grilled Chicken on Wheat)</p>
<p>31 Lentil Soup  <b>Chicken Cacciatore</b>                      Seasoned Penne                      Green Beans                      Fresh Fruit                      Multigrain Bread</p> <p>(Ham Salad on Multigrain)</p>			<p>Funded in part by the                      US Administration on                      Aging and the Rhode                      Island Division of                      Elderly Affairs</p>	<p>Please inform your                      server if you have a                      food allergy</p>

# APRIL 2025 MENU

Suggested Donation: \$3.00  
For reservations call 780-6134 9:00am - 12:45pm Monday - Friday

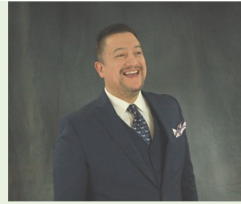
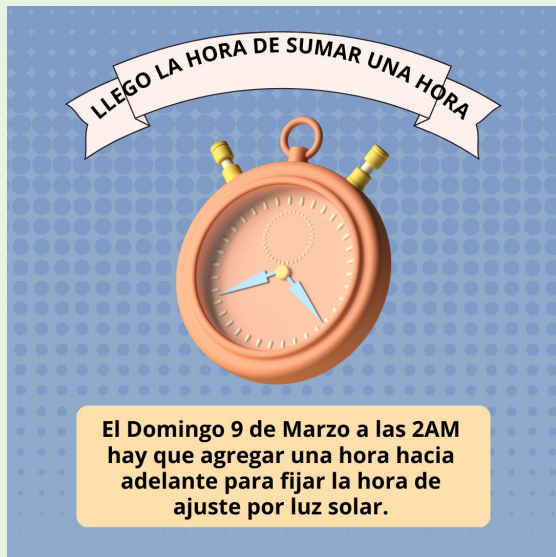
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MON	TUES	WED	THURS	FRI
	<p>1 Chicken Vegetable Soup <b>Pork Loin w/ Applesauce</b> Wild Rice California Blend Vegetables Sliced Peaches Rye Bread (Egg Salad on Rye)</p>	<p>2 Beef Vegetable Soup <b>Meatloaf w/ Gravy</b> Mashed Potatoes Baby Carrots Diced Pears Multigrain Bread  (Tuna Salad on Multigrain)</p>	<p>3 Egg Drop Soup <b>Orange Glazed Chicken</b> Fried Rice Vegetable Egg Roll Mandarin Oranges Whole Grain Bread  (Pastrami &amp; Swiss on Roll)</p>	<p>4 Vegetable Chowder <b>Baked Fish w/ Lemon</b> Roasted Potatoes Green Beans Coffee Cake Marble Bread  (Chicken Salad on Marble)</p>
<p>7 Beef Barley Soup <b>Meatloaf w/ Gravy</b> Rice Pilaf California Blend Vegetables Fresh Fruit White Bread  (Capicola &amp; Provolone)</p>	<p>8 Lentil Soup <b>Pot Roast w/ Gravy</b> Mashed Potatoes Broccoli Jello Wheat Bread  (Egg Salad on Wheat)</p>	<p>9 Potato &amp; Leek Soup <b>Roasted Chicken Leg</b> Baked Potato w/ Sour Cream Brussels Sprouts Lorna Doone Cookies Dinner Roll  (Seafood Salad on)</p>	<p>10 Italian Wedding Soup <b>Meatballs with Sauce</b> Spaghetti Italian Blend Vegetables Fresh Fruit Salad Italian Bread (Shrimp Salad on Italian)</p>	<p>11 White Chowder <b>Crab Cake w/ Tartar Sauce</b> Potato Puffs Cole Slaw Fig Bar Dinner Roll  (Corned Beef &amp; Swiss)</p>
<p>14 Pasta &amp; Bean Soup <b>Country Fried Steak w/ Gravy</b> Baked Sweet Potato Green Beans Fresh Fruit Marble Bread  (Honey Ham &amp; Swiss on Marble)</p>	<p>15 Beef Vegetable Soup <b>Chicken w/ Artichokes &amp; Roasted Red Peppers in Lemon Sauce</b> Mashed Potato Tomato Half Pudding Pumpnickel Bread  (Italian Tuna on)</p>	<p>16 Vegetable Soup <b>Pub Burger w/ Mushroom Gravy</b> Scalloped Potatoes Baby Carrots Sliced Peaches Pumpnickel Bread  (Chicken Salad w/ Cranberries &amp; Walnuts on Pumpnickel)</p>	<p>17 <b>HAPPY BIRTHDAY</b> Tomato Soup <b>Italian Sausage w/ Mustard</b> Seasoned Shells Italian Blend Vegetables Frosted Cupcake Garlic Roll  (Roast Beef &amp; Cheese on Wheat)</p>	<p>18 Red Chowder <b>Potato Crusted Fish w/ Tartar</b> Crispy Cubed Potatoes Broccoli Cookies Dinner Roll  (Hamburger on Roll)</p>
<p>21 Onion Soup w/ Croutons <b>American Chop Suey</b> Elbow Pasta Roasted Cauliflower Fresh Fruit Wheat Bread (Sliced Chicken &amp; Cheese on Wheat)</p>	<p>22 Minestrone Soup <b>Seasoned Grilled Chicken</b> Rice Pilaf Caesar Salad w/ Croutons Pineapple Chunks Garlic Roll (Tuna Salad on Wheat)</p>	<p>23 Vegetable Chowder <b>Kielbasa w/ Mustard</b> Boiled Potatoes Baby Carrots Chocolate Pudding Multi Grain Bread  (Seafood Salad on Multigrain)</p>	<p>24 Chicken Soup <b>French Meat Pie</b> Wild Rice Seasoned Spinach Marble Bread Fruit Cocktail  (Egg Salad on Marble)</p>	<p>25 Clear Chowder <b>Baked Fish w/ Lemon</b> Mashed Potatoes Sliced Zucchini Diced Peaches Rye Bread (<i>Salami &amp; Provelone on White</i>)</p>
<p>28 Split Pea Soup <b>Baked Ham w/ Pineapple</b> Mashed Sweet Potato Green Beans Oatmeal Cookies Whole Grain Bread  (Chicken Salad on Whole Grain)</p>	<p>29 Vegetable Barley Soup <b>Chicken Marsala</b> Roasted Potatoes Green Beans Fruit Cup Italian Bread  (Turkey &amp; Swiss on Marble)</p>	<p>30 Venus De Milo Soup <b>Turkey w/ Gravy</b> Herb Stuffing Broccoli Fig Bar Wheat Bread  (Egg Salad on Wheat)</p>	<p>Funded in part by the US Administration on Aging and the Rhode</p>	<p>Please inform your server if you have a food allergy</p>



# DEPARTAMENTO DEL ADULTO MAYOR DE CRANSTON

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**DAVID QUIROA**  
Director-Adjunto  
(401) 780-6180

Que linda es la primavera, la primavera es como abrir un regalo de Navidad y recibir lo que esperabas, o cuando recibes noticias de que recibirás un premio de dinero. ¡También, la primavera es el inicio de un año más de vida! La primavera es tan relevante como el inicio de algo bueno que nosotros tenemos el dicho: **“Que cumplas muchas primaveras más”** cuando nos referimos a nuestra edad y al tiempo que llevamos en esta tierra.

Más que las resoluciones incumplidas que hacemos cada primero de enero, en la primavera si podemos trazarnos retos y metas para mejorar nuestra salud mental, física, y cultural. Es una oportunidad para aprovechar todos los programas que ofrece el Centro del Adulto Mayor de la Ciudad de Cranston (Cranston Senior Center).



Les invito a que participen por primera vez, si no han venido a visitarnos, o a que regresen, si ya hace algún tiempo que no vienen a visitarnos. Y si, tu vienes a vernos seguido, pues no dejes de venir. No te puedes perder la próxima clase de **Tai Ji Quan: Moving for Better Balance®**

**(TJQMBB)**, es un régimen de entrenamiento del equilibrio basado en investigaciones diseñado para adultos mayores con riesgo de caídas y personas con trastornos del equilibrio. En esta clase impartida por **Jennifer Kevorkian y Amy Ricci** empieza el 12 de marzo y termina el 29 de agosto del presente año. Tomar nota que esta clase requiere que te sometás a una prueba física que será impartida aquí en el centro el 7 de marzo. Para más información sobre esta tremenda clase puedes llamar a Jennifer Kevorkian al 401-780-6254.

**¡¡¡Bingo por la Tarde empieza abril 8!!!**

Bueno, sin más...me despido. Llámame, si me necesitas: 401-780-6180 y no se te olvide adelantar tu reloj una hora el domingo 9 de marzo a las 2AM, cámbialo a marcar las 3AM.

**Estamos localizados en el Centro del Adulto Mayor de la Ciudad de Cranston, RI  
1070 Cranston Street, Cranston, RI 02920**



**Center Health Services**  
 Marylou Pearson, RN  
 Tuesdays 9:00 a.m. - 3:00 p.m. & Wednesdays 9:00 a.m. - 1:30 p.m.  
 Call 780-6207 or mpearson@cranstonri.org

**CVS Health Pharmacist**  
 Mary McKenna, R.Ph.  
 Tuesdays & Thursdays, 9:00 a.m. - 12:00 p.m.  
 Call 780-6210 or mckenna@cranstonri.org

## March Health Check

### Alternative Remedies for Arthritis

**Wednesday, March 5<sup>th</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

Non-traditional treatments are becoming more popular choices for the relief of arthritis pain and inflammation. Learn more about the more popular herbal choices, joint manipulation, acupuncture and dietary supplements.

### Grocery Store Tour

**Wednesday, March 12<sup>th</sup> - 10:00 a.m.**

#### **URI SNAP- Ed Program**

Sitting in the classroom you will have an overview of shopping the perimeter of the store. Our facilitators will identify smart strategies to purchase nutritious, and budget friendly foods.

### Vertigo

**Wednesday, March 19<sup>th</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

Do you have dizzy spells or feel like everything is spinning around you? If so, you may be experiencing Vertigo. The most common cause is due to an inner ear problem. Learn causes, symptoms you may experience and possible treatments for this disorder.

### Hearing Screening

**Wednesday, March 26<sup>th</sup> - 9:00 a.m. to 11:30 a.m.**

**Provided by: Atlantic Audiology**

#### **By Appointment Only**

Regular hearing screening can help maintain your hearing health. An audiologist can check your hearing and give you feedback on important next steps. This **FREE** screening is available for those who do **NOT** have hearing aids. Space is limited. Call 401-780-6000 for your appointment.

## April Health Check

### Deep Vein Thrombosis (DVT)

**Wednesday, April 2<sup>nd</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

Deep Vein Thrombosis is a condition where a blood clot forms in a deep vein in the body. It can lead to venous thromboembolism (VTE). At this

presentation you will learn the symptoms of DVT, how it is diagnosed, and the prevention treatments for VTE.

### Container Gardening Workshop

**Wednesday, April 9<sup>th</sup> - 10:00 a.m.**

#### **URI SNAP-ED Program**

This hands-on workshop will provide participants with the knowledge and skills to grow herbs or other plants in containers. Container gardening can be a useful solution when space is limited. You will leave this class with your own single herb plant.

### Oral Health

**“A Window to Your Overall Health”**

**Wednesday, April 16<sup>th</sup> - 10:00 a.m.**

#### **URI Pharmacy Outreach Program**

What to do for dry mouth? How do I treat canker sores? Is there a difference among mouth washes? How you can treat small dental emergencies before seeing your dentist. These topics and more will be discussed.

### MUSIC...ON OUR MINDS

**“A Total Brain Workout”**

**Wednesday, April 23<sup>rd</sup> - 10:00 a.m.**

#### **Facilitator: Ann Roch, RN**

Keep your brain young with music! Enjoying and engaging in music promotes healthy aging, mental well-being, and social connection. Ann will help us explore the joys and benefits of music. Join us and bring a friend!

### Allergies

**“Tis the Season”**

**Wednesday, April 30<sup>th</sup> - 10:00 a.m.**

#### **Facilitator: Mary McKenna, R. Ph.**

Allergies are a very common condition. Learn what causes seasonal and year round allergies and how they adversely affect our health. Appropriate treatments such as avoidance and prescription and over-the-counter products will be discussed. There is hope for allergy sufferers!

## **Tools for Healthy Living**

**Tuesdays 1:00 p.m. to 3:30 p.m.**

**Beginning March 4<sup>th</sup> Ending April 8<sup>th</sup>**

This **FREE** workshop is for individuals who simply want to improve their quality of life. This interactive evidence-based program will improve your health by helping you manage symptoms, relieve stress, eat well, exercise, and set goals. Class meets once a week for six weeks. Participants will receive a workbook, a relaxation CD, and those completing the class will receive a gift certificate. Space is limited. Call 401-780-6000 to register.

## **A Matter of Balance**

***“Managing Concerns About Falls”***

**Mondays & Thursdays 9:00 a.m. to 11:00 a.m.**

**Beginning Monday, March 24<sup>th</sup> Ending Thursday, April 17<sup>th</sup>**

Many older adults report that their fear of falling keeps them from engaging in many activities. Our **Matter of Balance** program is designed to reduce fear of falling and gradually increase activity levels. Additionally, this **FREE** class helps participants set realistic goals for increasing activity, and offers ways to change their environment to reduce the risk of falls and use exercise to improve strength and balance. Upon successful completion of the program each participant will receive a gift certificate. Space is limited. To register call 401-780-6000.

## **Walk With Ease**

**Self-Directed Walking Program**

**and/or**

**CCAP’s Walk & Talk Program**

**You have Options!**

**You Choose One or the Other or do Both!**

The **Walk With Ease Program** is a 6 week program – you walk three times a week from May 5<sup>th</sup> to June 13<sup>th</sup>. Walk at your own pace for as long as you want. Walk alone or with a friend...walk 10 minutes or 30 minutes. The goal is to walk three times a week for 6 weeks. If you want to walk as a group you can combine it with the **CCAP Weekly Walk & Talk Program**. The CCAP Program meets on Tuesdays & Thursdays at the Hugh B. Bain Track from 8:00 a.m. to 9:30 a.m. Upon registering we will send you a log for you to track your days. To register call 401-780-6000. If you would like more information on the CCAP Walk & Talk Program call Sal at 401-450-4483.

# SENIOR CENTER SERVICES

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## TRANSVAN

**RACHAEL MANCUSO DIRECTOR 780-6220**

Happy Spring!

### TRIPS

3/4 Greggs restaurant \$5

3/19 \*Venus de Milo \$40

4/8 Maceras \$5

4/25 Wrights chicken farm \$24

4/29 Wrentham \$5

Please call Transvan to reserve your seat as spots fill up fast!

Venus de Milo includes lunch & dessert , dancing, photo booth, and door prizes!

All trips leave the center at 11:00AM

## ADULT DAY SERVICES

**ROSEMARIE COREN DIRECTOR 780-6243**

Hello Friends & Family,

Almost there! First day of Spring is March 20<sup>th</sup> @ 5:01am. Hopefully we'll wake up to more seasonable weather. Although I do remember several inches of snow in the first week of March in past years.

It seems like we're always celebrating in ADS. We had a great Valentines Day breakfast, cooked for the clients by our talented staff. Mike D. entertained with lots of romantic and fun songs.

Daylight Savings Time is March 9<sup>th</sup>. Turn your clocks ahead before you go to bed so we can spring ahead into a new season of new beginnings and growth. St. Patricks Day this year is Monday the 17<sup>th</sup>, followed by St.

Josephs Day Wed., the 19<sup>th</sup>., and of course, we always celebrate these two favorite days with lots of homemade treats. Green eggs and ham,

Shamrock cookies, Zeppole's and red sweaters! Best part of celebrating is "no calories, no fat, and no cholesterol". "April Fools" we wish!!

We look forward to Good Friday and Easter in April. Also, more songbirds and new growth on the ground and in the trees. Such a beautiful time of year. The Cranston Rotary will be returning to ADS and the Senior Center to spruce up the

grounds by mulching and weeding. They are such a wonderful program and give so much to the community. Watch for Touch a Truck in Garden City this spring sponsored by the Rotary Club. The proceeds go to many different charities and the kids have a blast.

The CHSE students volunteer at ADS twice a week. They started in September and will be with us until May. The clients really look forward to a fun game of cards, cornhole, basketball, and so many activities with these students. They bring an abundance of energy and smiles.

We're loving our program and have so much to offer. The staff is super and our volunteers are the best. JOIN US, we're right next door and you are welcome!

Enjoy,

Rosemarie Coren RN, Director





New Class for the New Year!!!!

Tai Ji Quan Moving for Better Balance every Wednesday and Friday! This is a very easy exercise format for older adults.

Join our balance and strengthening exercise class!

Wednesday, March 12, 2025 ~ Friday, August 29, 2025.

9:00am - 10:00am

A Balance Screening is required before acceptance into the class. URI students will be providing the screenings. Balance Screenings will be held on Friday, March 7, 2025 at 10:00am-11:30am at the Cranston Senior Center.

TJQMBB is a research-based program proven to decrease falls by 58%!

For more information or to register, please contact:

Amy Ricci: 401-780-6200. Please register by Wednesday, March 5, 2025.



**CRANSTON SENIOR CENTER**

1070 Cranston Street  
Cranston, RI 02920

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