



CRANSTON CONNECTION

Cranston Department of Senior Services

MAY/JUNE 2025
VOL. 2025 NO. 003

WELCOME!



1070 Cranston Street,
Cranston, RI 02920



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



cranstonseniorcenter.com



facebook.com/
CranstonSeniorEnrichmentCenter

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Older Americans Month (OAM) is celebrated each May to honor the contributions of older adults and raise awareness about issues that affect your lives. The 2025 theme, *"Flip the Script,"* challenges society to rethink and reshape the narrative surrounding aging. For too long, aging has been associated with decline, isolation, and helplessness. This theme encourages a shift in perspective, asking people to recognize and celebrate your vitality, creativity, and wisdom that Cranston seniors bring to this community.

"Flip the Script" means challenging stereotypes and pushing back against ageism by highlighting the value you offer, not just as recipients of care but as active participants in shaping society. Rather than being defined by your age, Cranston seniors continue to contribute in meaningful ways, whether through mentoring, volunteer work, or entrepreneurial efforts. Your life experiences and accumulated knowledge provide a foundation for innovation, leadership, and support in every field, from education to technology, arts, healthcare, and beyond.

This theme invites individuals and communities to appreciate the rich diversity of experiences you bring and emphasizes the importance of creating environments where you can continue to thrive. It encourages everyone—young and old—to break away from outdated ideas about aging and focus on how you play an essential role in fostering community well-being and social growth.

By flipping the script, we are not only changing the narrative about aging but also creating a culture that values all stages of life. Older Americans Month, with its *"Flip the Script"* theme, serves as a reminder that aging is not a limitation but an opportunity to continue learning, growing, and making a difference for future generations.

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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.

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.

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

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NURSE

Marylou Pearson, RN

780-6207 | mpearson@cranstonri.org

AUTOMATED LUNCH RESERVATION SYSTEM

780-6134

MAYOR'S MESSAGE

Greetings,
Dear Residents,
As we move into the month of May, I am delighted to reflect on the vibrant activities that have taken place at our Senior Center. In March, the Senior Center was buzzing with excitement for the pool tournament between Cranston and Johnston. I was proud to see our city come out on top! As the month continued, we celebrated St. Patrick's and St. Joseph's days, and participated in the CPD and CCAP hosted Dip, Dab, and Paint event.

The fun didn't stop there either, as we had a great turnout for the first ever Night-Bingo event on April 8th! We are grateful to

all of the staff at the Cranston Senior Center who keep the fun going for our community. It's always wonderful to see so many of you participating, enjoying the camaraderie, and sharing in the laughter, excitement and each others company. Building on this success, we are eager to continue offering more social opportunities designed to bring our community together. I encourage all of you to stay engaged with the center's offerings. Participating in these activities not only brings joy and entertainment but also strengthens the bonds within our community.

Here's to more memorable moments with all of you at the



Senior Center. Let's make this spring a season of connection and joy!
Warm regards,

Ken Hopkins
Mayor, City of Cranston

DIRECTOR'S MESSAGE

Hello friends,
Memorial Day is a solemn and important occasion observed every year in the United States to honor and remember the men and women who have died while serving in the U.S. Armed Forces. It is a day of reflection, gratitude, and respect for the sacrifices made by those who gave their lives to protect the freedoms we enjoy today. Beyond the parades and ceremonies, Memorial Day serves as a reminder of the deep sacrifices and the heavy toll of war, both on the battlefield and within the hearts of families. The day also provides an opportunity to recognize the invaluable contributions of veterans, particularly senior veterans, many of whom have served in wars like World War II, the Korean War, the Vietnam War, and more recent conflicts. According to the U.S. Department of Veterans Affairs, there are

nearly 2 million living veterans aged 65 and older. These senior veterans played critical roles in shaping the course of history, often at great personal cost. As they age, their stories and experiences become increasingly important, not only for preserving history but also for educating future generations about the sacrifices made for freedom. Memorial Day is especially important for honoring these older veterans who, in many cases, are the last surviving members of their respective wars. The number of World War II veterans, for example, is rapidly decreasing, with approximately 240,000 still alive as of recent estimates. Many of these veterans are now in their late 90s or older. Their experiences are a vital part of our nation's history, and Memorial Day serves as an essential occasion to ensure their sacrifices are not forgotten.



As we observe Memorial Day, it is crucial to remember the dedication of these senior veterans and to reflect on the importance of preserving their legacy for future generations. Their bravery and commitment have helped shape the freedoms we hold dear, and they deserve our utmost respect and gratitude. Sincerely, Steve Craddock

JENNIFER KEVORKIAN, DIRECTOR 780-6254

PACE-RI (Program of all-inclusive care for the elderly) will have a resource table at the Cranston Senior Center. Noura Gnepa, Enrollment Associate, will be on hand to provide information and answer all of your questions. **May 7th at 10:30**

Memorial Day Presentation

Please join Ann Boulet, local author and certified in Thanatology, for a talk on Memorial Day!

Monday May 19th 10:00 a.m.

Theatre Room

Caregiver Support Group

Being a **Caregiver** can result in ignoring your own physical and emotional health. Often-times, **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 one. 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 from 2:00-3:00 in the Classroom. Upcoming Meetings: May 7th and June 4th.

At Home cost-share program helps older adults (65+) and those 19-64 (who have a diagnosis of Alzheimer's or related dementia) with home and community-based services and supports. The State shares in the cost of in-home and/or adult-day services in the community for eligible participants.

A participant's share of the cost of services is based on their annual income. Eligibility is also based on a needs assessment. Currently there is no asset limit. Eligible in-home services may include assistance with housekeeping, personal care, and/or meal preparation.

For more information, or to apply, please contact United Way of Rhode Island/The Point 401-462-4444.

Income of \$18,825 (single)	\$25,550 (couple)
Home Care	\$4.50/hour
Community Adult Day	\$700/day
Income of \$30,120 (single)	\$40,880 (couple)
Home Care	\$7.50/hour
Community Adult Day	\$15.00/day
Income of \$37,650 (single)	\$51,000 (couple)
Home Care	\$7.50/hour
Community Adult Day	\$15.00/day



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.



Scams & Fraud Presentation

Wednesday, May 21, 2025
10am-11am (Conference Room)

Join us for a visit with the Office of the Attorney General Elder Justice Team who will discuss issues that matter to you and share helpful information on how to protect yourself against scams and fraud.

Eco-Depot (West Warwick)
Civic Center-100 Factory Street
Saturday, June 6, 2025 (8am—12pm)

Appointments are required for this event. Eco-Depots are free collections for properly disposing of household hazardous waste from RI households. Household hazardous waste is anything labeled with a skull and crossbones, or words like 'toxic', 'poison', 'flammable', 'combustible', etc. Examples include mercury devices, automotive fluids, fertilizers, pesticides, pool chemicals, and polishes. Appointments are made to prevent everyone from showing up at once, which reduces wait time in line. We try to service 25 cars every 15 minutes—you won't even need to get out of your vehicle!

Cranston-DPW

Household Hazardous Waste Disposal:

Hazardous Waste will NOT be picked up as part of your curbside Refuse/Recycling collection. You should contact Rhode Island Resource Recovery Program's Eco-Depot at 942-1430 x 241. For example: expired gas grill tanks, paints, pesticides, etc.

Tire Disposal:

Must be brought to the dumpster at the Highway Department which is located at 929 Phenix Avenue between 7:00 am and 2:30 pm, Monday through Friday. Tires will no longer be collected with your regular trash. There is no fee for this service.

Televisions / Computer Monitors, CPU's, Laptops and Components:

Televisions and E-Waste may be dropped off at the Public Works Garage on Phenix Avenue. The City maintains a storage container to drop this waste off on a free self-serve basis. The container is located at the rear of the property. The hours for drop-off will be from 7:30 AM to 2:30 PM, Monday through Friday.

LIVE MUSIC:

Join us for lunch on the following dates and enjoy a live music performance.

May 9, 2025 11:30 – 12:30
June 20, 2025 11:30 – 12:30

Peter Filippi
Just Us



Night Bingo
May 13th 2025.
June 10th 2025
Come join all the fun!!



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, May 7, 2025 1:00p.m. -
#:00 p.m.



Wednesday, June 4, 2025 1:00p.m. -

SOCIAL SECURITY WORKSHOPS:

Understanding Your Benefits: Thursday, May 15, 2025
9:30a.m. – 12:00p.m.

Do you understand how Social Security works? Have you wondered who is eligible for Social Security benefits? Join AARP's free Social Security: Understanding Your Benefits workshop. This workshop focuses on building a basic understanding of Social Security, exploring the implications of Social Security claiming decisions and identifying resources that can help you along the way. It can help you build confidence in making the right decisions for your personal situation.

**Please sign up at the front desk.

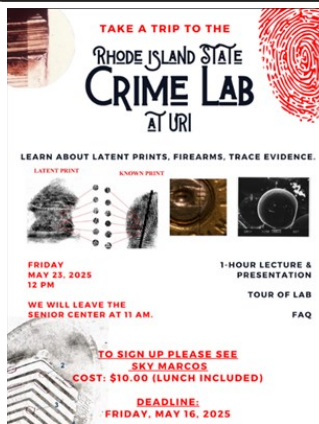
You Earned It! Making Social Security Secure: Thursday, May 22, 2025 9:30a.m. – 12:00p.m.
Social Security has been a stable and popular program since its inception. But the program faces a long-time financial shortfall. If Congress doesn't act in the next 10 years to protect Social Security, benefits could be cut. In this presentation, we'll review the most common proposals to ensure that

Social Security can pay the full benefits American have earned. AARP is advocating to protect Social Security, and we're here to help you understand each of the proposed

DRIVER SAFETY PROGRAMS

AARP - Safety Driving program – AARP will be holding a class on Thursday, May 15, 2025 from 9:00 a.m. – 2:00p.m. The fee is \$20 for AARP members and \$25 for non-members. Advance registration and payment will be required. No test required to successfully complete this program. AARP membership and I.D. cards will be required. This class is designed with seniors in mind. If you are interested in discounted insurance rate this is a great opportunity to get that discount. To sign up please call Sky Marcos 401-780-6216.

AAA – Driver Safety Program - AAA will be holding a Driver Improvement class "DIP" on July 18, 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 for Cranston Senior Center members. 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.



Have you ever wondered what the RI Supreme Court looks like inside?

How about what kinds of cases they hear?

What is the procedure a case needs to go through before it is heard at the Supreme Court level?

Well, if you have questions like these this is your opportunity to take a 90 minute in person tour followed by a Q & A hosted by Retired Su-

premeCourt Justice Gilbert Indeglia on **Friday, May 16, 2025 at 9:30a.m.** We will Be departing from the Cranston Senior Center at 9:00a.m. Space is limited so please contact Sky Marcos at 401-780-6216 to reserve your spot. Sign-up deadline is May 12, 2025.

EXERCISE: NEW CLASS

Come try our new exercise and balance class which will be given every Tuesday from 10:30a.m. – 11:30a.m. **BUILD BETTER BALANCE (B³)** will focus on fall prevention. It's a wonderful class that focuses on those who are prone to falling and need to build their confidence in doing everyday chores. You will feel empowered as you build your strength and balance by doing these exercises and drills. No sign up needed. There is a \$3.00 fee for each class.

See more programs on Page 15



Come play Wheel of Fortune on Friday, June 20, 2025 from 10:00a.m. to 11:00a.m. for your chance to win a \$10.00 gift card sponsored by A1 Alert. Sign up at the front desk.

MON	TUES	WED	THURS	FRI
Funded in part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs	Please inform your server if you have a food allergy		1 May Breakfast 100% Orange Juice Scrambled Eggs Tomato Slice Baked Ham French Toast w/ Syrup Greek Yogurt (Corned Beef & Swiss on Rye)	2 Red Chowder Baked Fish w/ Crumb Topping Roasted Potatoes Broccoli Hoodsie Cup Oatmeal Bread (Meatloaf & Cheese on Oatmeal)
5 Cinco De Mayo Tortilla Soup Grilled Chicken Rice & Beans Peppers & Onions Lettuce, Tomato, Sour Cream Mandarin Oranges Tortilla (Cheeseburger on Bun)	6 Lentil Soup Antipasto Salad w/ Dressing Lettuce Mix Pasta Salad Fresh Fruit Italian Bread (Chicken Salad w/ Cranberries & Walnuts on Italian)	7 Pasta & Bean Soup Country Fried Steak w/ Gravy Mashed Sweet Potatoes Green Beans Pudding Marble Bread (Honey Ham & Swiss on Marble)	8 Chicken & Rice Soup Stuffed Pepper w/ Sauce Roasted Potatoes Scandinavian Blend Vegetables Fresh Fruit Dinner Roll (Roast Beef & Cheese on White)	9 Mother's Day Luncheon Onion Soup with Croutons Stuffed Chicken w/ Gravy Red Bliss Mashed Potatoes Roasted Baby Carrots Coffee Cake Wheat Bread (Tuna Salad on Wheat)
12 Beef Barley Soup Rosemary Chicken Leg Roasted Potatoes Broccoli Fruit Cocktail Wheat Bread (Italian Tuna on Wheat)	13 Chicken Soup w/ Brown Rice Beef Wellington w/ Ketchup Wild Rice Prince Edward Blend Vegetables Greek Yogurt 9 Grain Bread (Crab Cake on Roll w/	14 Beef Vegetable Soup Marinated Grilled Chicken Au Gratin Potatoes Mixed Vegetables Lorna Doone Cookies Rye Bread (Turkey & Swiss on Rye)	15 Happy Birthday Pasta Fagioli Shepherd's Pie w/ Ketchup Baby Carrots Frosted Cupcake Garlic Roll (Sliced Chicken & Cheese on Wheat)	16 Venus de Milo Soup Roasted Turkey w/ Gravy Stuffing Green Beans Cranberry Sauce Pie Marble Bread (Italian Grinder)
19 Chili Soup Pot Roast w/ Gravy Mashed Potatoes Broccoli Cookie Wheat Dinner Roll (Grilled Chicken & Cheese on Bulky)	20 Egg Drop Soup Orange Chicken Vegetable Egg Roll Stir Fry Vegetables Wheat Bread Fresh Fruit (Meatloaf on Wheat)	21 Beef Vegetable Soup Beef Lasagna w/ Sauce Roasted Brussels Sprouts Garlic Roll Vanilla Pudding (Chicken Salad on Bulky)	22 Italian Wedding Soup Spaghetti and Meatballs Tossed Salad w/ Dressing Fig Newton Italian Bread (Egg Salad on Italian)	23 White Chowder Veal & Peas Buttered Noodles Garlic Spinach Diced Peaches Dinner Roll (Corned Beef & Swiss on Rye)
26 Closed Memorial Day	27 Minestrone Soup Chicken w/ Artichokes & Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Roasted Cauliflower Pudding Pumpnickel Bread (Shrimp Salad on Pumpnickel)	28 Onion Soup w/ Croutons American Chop Suey Italian Blend Vegetables Fresh Fruit Wheat Bread (Seafood Salad on Wheat)	29 Italian Wedding Soup Chicken Parmesan Seasoned Ziti Tossed Salad w/ Dressing Lorna Doone Cookie Italian Bread (Roast Beef & Cheese on Italian)	30 Clear Chowder Baked Fish w/ Lemon Wild Rice California Blend Vegetables Ice Cream Dinner Roll (Salami & Provolone on Italian)

JUNE 2025 MENU

Suggested Donation: \$3.00

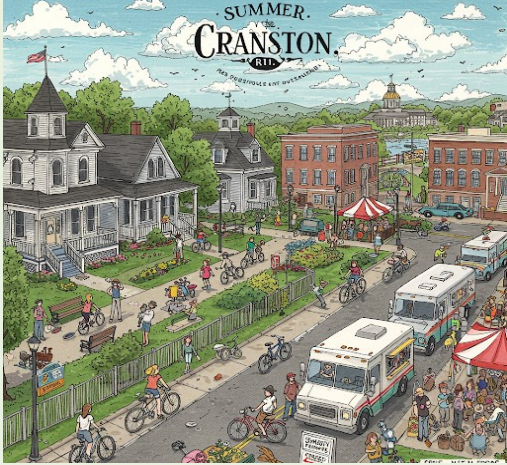
For reservations call 780-6134 9:00am - 12:45pm Monday - Friday

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MON	TUES	WED	THURS	FRI
<p>2 Chicken Soup w/ Orzo Beef Tips w/ Mushrooms Mashed Potatoes Roasted Brussels Sprouts Fresh Fruit Multigrain Bread (Chicken Salad w/ Cranberries & Walnuts)</p>	<p>3 Lentil Soup Antipasto Salad Tortellini Salad Lettuce Mix Watermelon Italian Bread (Chicken Cutlet on Italian)</p>	<p>4 Beef Barley Soup Marinated Grilled Chicken Spanish Rice Peppers & Onions Diced Peaches Dinner Roll (Tuna Salad on Wheat)</p>	<p>5 Italian Wedding Soup Spaghetti & Meatballs Italian Blend Vegetables Lorna Doone Cookies Italian Bread (Grilled Chicken on Bulkie)</p>	<p>6 Clear Chowder Beer Battered Fish w/ Tartar French Fries Broccoli Fresh Fruit Multigrain Bread (Egg Salad on Multi)</p>
<p>9 Corn Chowder Entrée Salad Tuna on Lettuce w/ Tomato, Cucumber, Croutons, Dressing Sherbert Naan Bread (Chicken Salad on Naan)</p>	<p>10 Egg Drop Soup Chicken Cacciatore Herb Roasted Potato Green Beans Apricots White Bread (Sausage on Roll)</p>	<p>11 Chili Soup Fried Steak w/ Country Gravy Potato Salad Cole Slaw Jello w/ Topping Dinner Roll (Corned Beef on Rye)</p>	<p>12 Escarole & Bean Soup Chicken Parmesan Penne w/ Sauce Italian Blend Vegetables Ice Cream Italian Bread (Seafood Salad on</p>	<p>13 Father's Day Luncheon Venus De Milo Soup Pot Roast w/ Gravy Red Bliss Mashed Potatoes Green Beans Almondine Brownie Wheat Bread (Grilled Chicken on Wheat)</p>
<p>16 Pasta & Bean Soup Veal & Peas Buttered Noodles Garlic Spinach Sliced Pears Garlic Roll (Meatloaf on White)</p>	<p>17 Tomato & Rice Soup Shepherd's Pie w/ Ketchup Zucchini & Squash Fig Newton Wheat Bread (Sliced Chicken & Cheese on Wheat)</p>	<p>18 Corn Chowder Crab Cake w/ Tartar Sauce Rice Pilaf Broccoli Slaw Brownie Multigrain Bread (Pastrami & Swiss on Multi)</p>	<p>19 Closed Juneteenth</p>	<p>20 100% Juice Cheeseburger on Bun Baked Beans Coleslaw Ice Cream Hamburger Bun (Egg Salad on Bun)</p>
<p>23 Venus De Milo Soup Seafood Salad Pasta Salad Tossed Salad w/ Dressing Fresh Fruit Multigrain Bread (Chicken Salad w/ anberry and Walnut)</p>	<p>24 Chicken Gumbo Soup Stuffed Cabbage w/ Sauce Roasted Sweet Potatoes California Blend Vegetables Tapioca Pudding Wheat Bread (Fish on a Roll w/ Tartar)</p>	<p>25 Minestrone Soup Pork Loin w/ Applesauce Wild Rice Cauliflower & Broccoli Cookies Pumpnickel Bread (Bologna & Cheese on Pumpnickel)</p>	<p>26 Minestrone Soup Italian Sausage w/ Mustard Peppers & Onions Seasoned Pasta Frosted Cupcake Grinder Roll (Mozzarella & Tomato on Italian)</p>	<p>27 Clam Chowder Potato Crusted Cod w/ Lemon Roasted Potatoes Broccoli Fresh Fruit Rye Bread (Ham & Swiss on Rye)</p>
<p>30 100% Juice Low Sodium Hot Dog w/ Mustard Cole Slaw Baked Beans Ice Cream Bar Dinner Roll (Ham & Cheese on</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

¡Celebrando la Vitalidad y la Salud en Nuestra Comunidad!

Queridos miembros de nuestro Centro de Personas Mayores,

¡Los meses de mayo y junio nos traen la oportunidad de celebrar la vitalidad, la sabiduría y la alegría de envejecer! Mayo es el Mes de los Adultos Mayores en Estados Unidos, una ocasión para reconocer las contribuciones invaluable que ustedes, nuestros mayores, hacen a nuestra comunidad. ¡Su experiencia y fortaleza son un tesoro para todos nosotros!

Mayo: Honrando la Experiencia y la Sabiduría

Durante mayo, queremos destacar la importancia de mantenerse activo y conectado. En nuestro centro, ofrecemos una variedad de programas diseñados para nutrir el cuerpo y el espíritu:

- **Yoga en Silla:** Una forma suave y accesible de mejorar la flexibilidad y el equilibrio.
- **Tai Ji Quan:** Un arte marcial suave que promueve la calma, balance, y la armonía.
- **Aeróbicos:** ¡Una forma divertida de aumentar la energía y mantenerse en forma!
- **Clases de Salud:** Aprenda sobre temas importantes para el bienestar a medida que envejece.

Yoga de Meditación: Encuentre la paz interior y reduzca el estrés con esta práctica relajante con música espiritual y inciensos.

Además, recuerden que ofrecemos servicios gratuitos de notario público, ¡una conveniencia valiosa para sus asuntos legales!

Junio: ¡Abrazando la Salud y la Vitalidad en el Verano!

A medida que nos adentramos en junio, queremos animarlos a aprovechar el clima cálido y disfrutar de los beneficios del verano. Aquí hay algunos consejos saludables:

- **Manténgase Hidratado:** Beba mucha agua para evitar la deshidratación, especialmente durante los días calurosos.
- **Disfrute de Alimentos Frescos:** Aproveche las frutas y verduras de temporada para una dieta nutritiva.
- **Pase Tiempo al Aire Libre:** Disfrute de caminatas suaves o actividades al aire libre para obtener vitamina D y aire fresco.
- **Manténgase Conectado:** ¡No se pierda nuestro Bingo de los jueves de 1:00 PM a 2:30 PM! ¡Podría ganar el gran premio de \$100 en una tarjeta llena!

Desayuno y Almuerzo: ¡No olvide que nuestro comedor ofrece desayuno continental y almuerzo para que pueda socializar y disfrutar de una comida nutritiva!

¡Celebremos Juntos!

En nuestro centro, creemos en la importancia de crear un ambiente acogedor y solidario donde todos se sientan valorados y respetados. ¡Los invitamos a participar en nuestras actividades y a disfrutar de la compañía de sus amigos y vecinos!

¡Les deseamos un mayo y junio llenos de alegría, salud y vitalidad!

Con cariño,

El equipo del Centro de Personas Mayores.

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



May Health Check

Foodborne Illnesses

Wednesday, May 7th – 10:00 a.m.

URI Pharmacy Outreach Program

Contaminated water, raw and improperly cooked foods put you at risk of acquiring highly infectious and serious illnesses. We will learn who is at risk and how to avoid and treat foodborne illnesses.

Early Warning Signs of Alzheimer's & Dementia

Wednesday, May 14th – 10:00 a.m.

Provided by: RI Department of Health

Alzheimer's and dementia...terms we hear all too often. What are the warning signs and symptoms that should not be ignored?

Staying Healthy & Fit Through Diet & Exercise

Wednesday, May 21st – 10:00 a.m.

URI Pharmacy Outreach Program

A healthy, balanced diet combined with a regular exercise program has proven to improve overall health and slow progression of certain diseases.

Diabetes Prevention Part I

"All About Diabetes"

Wednesday, May 28th – 10:00 a.m.

Provided by: Blue Cross Blue Shield of RI

Diabetes Prevention Part I topics: what is diabetes, how common is it, types of diabetes, what is pre-diabetes, long term health effects, symptoms, how insulin works, risk factors, test to detect diabetes and how to lower your risk.

Healthy Foods Cooking Demonstration

.....With Chef Kevin Millonzi

Wednesday, May 28th – 1:30 p.m.

Sponsored by: Blue Cross Blue Shield RI

Join noted Chef Kevin Millonzi as he prepares

and discusses healthy options for meals... tips, recipes and inspiration to build healthy food habits. Space is limited. Registration required. Call 401-780-6000.

June Health Check

Heat & Chronic Illnesses

Wednesday, June 4th – 10:00 a.m.

URI Pharmacy Outreach Program

What are the signs and symptoms of dehydration and heat stroke? What medications increase the risk of dehydration?

All Day Sundae School

"Building Nutritious Sundaes"

Wednesday, June 11th – 10:00 a.m.

Facilitators: Lucy & Ethel

Believe it or not we will provide you with tips for healthy sundaes anytime of day.

The Sun & Your Medications

Wednesday, June 18th – 10:00 a.m.

URI Pharmacy Outreach Program

Did you know that many common medications can cause sun sensitivity making your skin vulnerable to the sun's harmful rays. Which medications should we be concerned with and how best to protect our skin will be discussed.

Diabetes Prevention Part II

"Coping With Triggers"

Wednesday, June 25th – 10:00 a.m.

Provided by: Blue Cross Blue Shield of RI

If left unchecked diabetes can lead to heart disease and stroke, blindness, nerve damage, and kidney disease. Learning to cope with your triggers can help you with your eating and activity goals so you can prevent or delay Type 2 diabetes. At this presentation we will define triggers, and discuss strategies to cope with your triggers.

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 5th to June 13th. 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. **To register call 401-780-6000.** Upon registering we will send you a log for you to track your days. If you would like to walk with a group you can combine **Walk With Ease** with the **CCAP Weekly Walk & Talk Program**. For more information on the CCAP Walk & Talk Program call Sal at 401- 450-4483.

National Senior Health & Wellness Day

Wednesday, May 28, 2025

“Move Today for a Better Tomorrow”

“Live Healthier Lives Through Better Health & Fitness

One of our goals at the Cranston Senior Enrichment Center is to promote healthy life-styles through health education, physical fitness, and preventative care. We provide health and wellness classes, counseling, nurse and pharmacy clinics, and a variety of exercise classes. **You Choose What Works for You!** See our daily activities page for a list of exercise classes and page 11 for the May/ June health classes. Since **Wednesday, May 28th is National Senior Health & Wellness Day** you are invited to participate in a complimentary Aerobics Class that meets at 10:00 a.m.

Overeaters Anonymous

Fridays at 1:00 p.m.

What is Overeaters Anonymous? OA is a Fellowship or community of people who support each other through shared experiences, strength and hope in order to recover from compulsive eating and food behaviors. There are no dues or fees, no weigh ins, no diets to follow. Simply a support group to work together. They meet every Friday at 1:00 p.m. here at the Center. For more information please call 401-264-0606.

SENIOR CENTER SERVICES

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TRANSVAN

RACHAEL MANCUSO DIRECTOR 780-6220

Happy Spring from the Transvan Department!

Upcoming trips

5/12 Greggs restaurant \$5

5/21 Venus De Milo \$40

6/4 Cowsett Inn \$5

6/9 Iggys \$5

6/16 99 restaurant \$5

6/23 Crows nest \$5

Just a reminder night BINGO is back!

Please call Transvan or see Rachael to sign up for
Transportation

ADULT DAY SERVICES

ROSEMARIE COREN DIRECTOR 780-6243

Hello Friends & Family,

March and April brought so much fun into the Adult Day Services! In March, we celebrated St. Patrick's Day with Irish soda bread and St. Joseph's Day with zeppoles both made by our participants. April brought sweet desserts for Easter, and fun games for Earth Day. To welcome the warmer weather, participants and staff spruced up our outdoor garden and planted seeds that will hopefully soon sprout. Our clients also delved into the history of the Boston Marathon, which celebrated its 129th occurrence on the 250th anniversary of Patriots' Day this year. Our virtual travel club visited Sequoia National Park, the Dynamic Earth Museum of Edinburgh, and Wonders of the Earth. Entertainment during the month was provided by "Set the Barre Dance Studio" and John Scotti!

May and June bring many more fun and exciting activities! In May, we celebrate Older Americans month: on May 2nd, we will be hosting our own Kentucky derby party, on May 5th is our Cinco de Mayo celebration, we celebrate our annual Mother's Day Tea on Friday May 9th and our Memorial Day tribute will be held on May 23rd.

June programs and activities include outdoor Garden Club, Flag day, Father's Day Celebrations, Juneteenth and the beginning of summer!

Enjoy Spring and the beginning of Summer!

Enjoy,

Rosemarie Coren RN, Director

URI – MASTER GARDENING PROGRAM

Join us on Friday, May 30, 2025, from 10:00a.m. to 11:00a.m.

Where we will have a guest master gardener from URI who will give us a presentation on COMPOSTING. Home composting allows the gardener to capture kitchen, garden, and other organic waste rendering them into nutrients for their soil. We'll talk about several home composting methods to fit different needs including bins, piles, and worms. You'll receive a resource list to support you as you embark on home compost production.

This is a free class just call Sky Marcos at 780-6216 to sign up.



SCHOOL EVENTS

Join us in the dining room on April 24, 2025, from 09:45a.m. – 10:45a.m. as the 2nd graders from GARDEN CITY ELEMENTARY SCHOOL visit with the members of the Cranston Senior Center. The students are working on a project where they are comparing what school is like today VS. what it was like years ago. So come and reminisce with them they would love to hear your stories.

Park View Middle School Band will be performing at the Cranston Senior Center on Wednesday, May 28, 2025, from 9:00a.m. til about 10:30a.m. Come listen to and support Park View's Band members. They will be playing in the dining room area.

Save the Date...

**The Senior Center annual golf tournament is scheduled for
Tuesday, August 19.**

CRANSTON SENIOR CENTER

1070 Cranston Street
Cranston, RI 02920

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More information to follow.