



CRANSTON CONNECTION

Cranston Department of Senior Services

JANUARY/FEBRUARY 2026
VOL. 2026 NO. 001

WELCOME!



1070 Cranston Street,
Cranston, RI 02920



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



cranstonseniorcenter.com



facebook.com/
CranstonSeniorEnrichmentCenter



2025 was an
amazing year!!!
and
2026 will be even
better!!!!!!

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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.



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

ASSISTANT DIRECTOR

David Quiroa

780-6180 | dquiroya@cranstonri.org

ADULT DAY SERVICES

Rosemarie Coren, RN

780-6243 | rcoren@cranstonri.org

NUTRITION

Chef Jordan Baggesen

780-6217 | jbaggesen@cranstonri.org

ADMINISTRATION

Yvette Grullon

780-6144 | ygrullon@cranstonri.org

RSVP

Yvette Grullon

780-6144 | ygrullon@cranstonri.org

PROGRAMS

Sky Marcos

780-6216 | smarcos@cranstonri.org

SOCIAL SERVICES

Jennifer Kevorkian

780-6254 | jkevorkian@cranstonri.org

TRANSVAN

Rachael Mancuso

780-6220 | rmancuso@cranstonri.org

HEALTH SERVICES

CVS/Health Pharmacist

Mary McKenna, R.Ph.

780-6210 | mmckenna@cranstonri.org

NURSE

Marylou Pearson, RN

780-6207 | mpearson@cranstonri.org

AUTOMATED LUNCH RESERVATION SYSTEM

780-6134

MAYOR'S MESSAGE

Dear Residents and Friends of Cranston,

As we begin a new year, I want to extend my warmest wishes to the seniors of Cranston. Your lives, experiences, and contributions have helped shape the place we are proud to call home, and we are deeply grateful for all you continue to share with us.

A new year is a time for reflection and renewal. It offers an opportunity to look back with appreciation on the memories we've made, and to look ahead with hope and confidence. Our senior residents are a living link to our shared history—teachers, caregivers, veterans, builders, volunteers, and neighbors whose wisdom strengthens our community every day.

We recognize that staying connected, healthy, and

supported is essential at every stage of life. Throughout the year ahead, Cranston remains committed to fostering an environment where seniors can feel safe, respected, and included. Whether through community programs, social gatherings, lifelong learning opportunities, or simply friendly spaces to connect, we value the importance of belonging and well-being.

I encourage you to continue sharing your stories, your talents, and your perspectives. Your voices matter, and your presence enriches our neighborhoods, families, and civic life.

On behalf of the entire city of Cranston, thank you for the legacy you have built and for the example you set for future generations. May the coming year bring you good health, meaningful



connections, and moments of joy—both big and small.

With sincere appreciation and best wishes for a happy New Year.

Kenneth J. Hopkins
Mayor of Cranston

DIRECTOR'S MESSAGE

Sincerely,
Presidents' Day, observed on the third Monday in February, honors the leadership and legacy of the presidents of the United States, with particular recognition of George Washington and Abraham Lincoln. Beyond commemorating individuals, the day invites reflection on the responsibilities of leadership and the democratic process that shapes our nation.

Historically, presidents have led the country through pivotal meetings and decisions that continue to influence daily life. From Washington's early cabinet discussions that defined the role of the federal government, to Lincoln's wartime meetings that preserved the Union, to modern presidential summits addressing economic stability, healthcare, and national security, these gatherings have shaped policies affecting generations of Americans. Today, Presidents' Day often coincides

with ongoing congressional sessions, policy negotiations, and community forums that reflect the continued work of governance.

For seniors, the outcomes of presidential leadership and federal decision-making are especially meaningful. Programs such as Social Security, Medicare, veterans' benefits, and retirement protections were created or strengthened through presidential action and bipartisan cooperation. Decisions made at the highest levels of government directly affect healthcare access, cost-of-living adjustments, prescription drug pricing, and senior services at the local level.

Presidents' Day also serves as a reminder of the importance of civic engagement at every age. Seniors bring valuable perspective, historical insight, and a strong voting presence that helps guide the future of the country. By staying informed and involved, older adults



continue to play a vital role in shaping policies that support dignity, security, and opportunity for all generations.

Ultimately, Presidents' Day honors not only past leaders, but the ongoing partnership between citizens and government that sustains our democracy.

Steve Craddock

JENNIFER KEVORKIAN, DIRECTOR 780-6254

The Holiday Meal Program is sponsored by Mayor Ken Hopkins and the Cranston Department of Senior Services.

Are you a **CRANSTON SENIOR 60 years or older?** Will you, or someone you know, be **alone** for Thanksgiving and/or Christmas? Would you like a Thanksgiving Meal delivered to your home on Wednesday November 26th and/or a Christmas Meal delivered on Tuesday December 23rd? If your answer is "YES".....Please leave your name, address/apt. number, **telephone** number with the Receptionist at 780-6000.

The **DEADLINE** to register is as follows: Thanksgiving Meal register **before Friday, November 7th** Christmas Meal register **before Friday, December 5th.**

Low Income Home Energy Assistance Program (LIHEAP) 2025-2026

The Low-Income Home Energy Assistance Program (LIHEAP) assists eligible low-income households in managing their home energy needs. This program is administered through the Rhode Island Office of Health and Human Services, formerly the DHS, in partnership with the Comprehensive Community Action Program, CCAP from November through April. Renewals were mailed out in October.

To qualify, you must have an annual household income (before taxes) that is less than or equal to the following amounts for the 2025-2026 heating season:

<u>Household Size</u>	<u>12 Month</u>	<u>3 Month</u>
1	\$42,252	\$10,563
2	\$55,252	\$13,813
3	\$68,253	\$17,063
4	\$81,254	\$20,313

Also, to be considered for assistance, you must fill out an application form and provide copies of important documents. The documents that you must submit will include the most recent heating and electric bill, identification, proof of residence and proof of income. Any questions or to make an appointment please contact our Social Services Department:

Jennifer Kevorkian 780-6254 /Amy Ricci 780-6200

Caregiver Support Group

Upcoming Meetings:

Meetings will be held the 1st Wednesday of every month 2:00-3:00 in the Classroom. Upcoming Meetings: Wednesday, November 5th and Wednesday December 3rd.

We will gladly accept small donations of the following items:

Adult Briefs size Medium, Adult cleansing wipes. Please contact Jennifer at 780-6254.

Join us for lunch on the following dates and enjoy some live music by the following performers.

January 23, 2025 11:15 – 12:15 Artist: Vinnie Ames

February 13, 2025 11:15 – 12:15 Artist: Bud Pistashio



On **January 16, 2026** from **10:00a.m. - 11:00a.m** we will be having an informational presentation covering: **Annuities, IRA's and how they tie into your retirement as well as RMD's (Required Minimum Distributions).** So, if you have questions or are just interested in learning more about these subjects please sign up at the front desk.
This is a free event.



RI Art Teacher Sue Greco will be instructing a Watercolor Class. \$10 per person, max of 15 students per class. Please register at the front desk to save your spot.

Wednesday, January 7,
2026 1:00p.m. - 3:00 p.m.

Wednesday, February 11,
2026 1:00p.m. - 3:00 p.m.



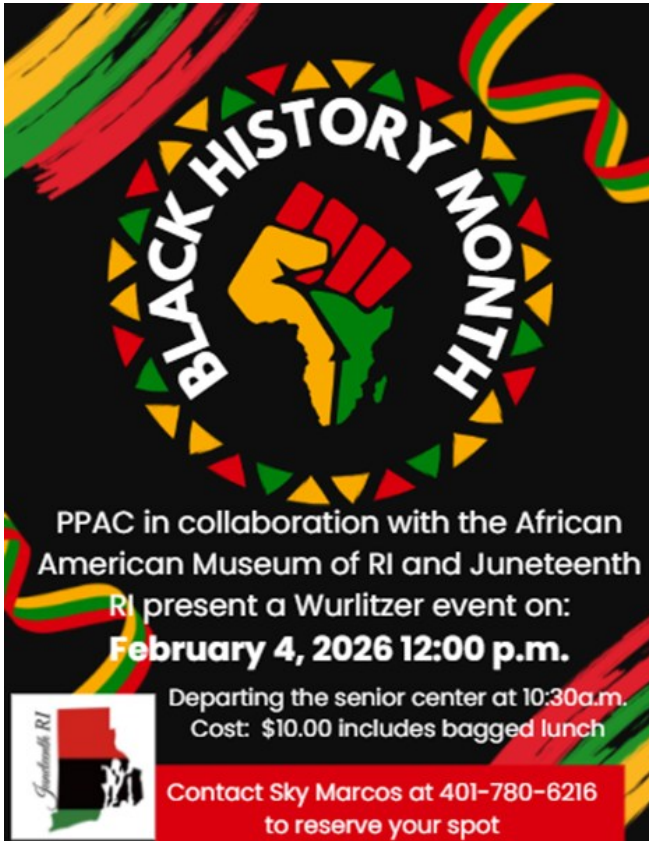
DRIVER SAFETY PROGRAMS – GREAT NEWS

SAFETY 1st with more \$\$\$\$ in your Purse!!!!

AAA – Driver Safety Program – AAA, and the Cranston Senior Center have partnered up and will be holding a Driver Improvement class “DIP” every month. Our next two classes will be on Friday, January 16, 2026 from 9:30 a.m. - 1:30p.m. and Friday, February 20, 2026, from 9:30 a.m. – 1:30 p.m.

The fee for AAA members will be \$21 and \$26 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.

SKY MARCOS , DIRECTOR 780-6216



PPAC in collaboration with the African American Museum of RI and Juneteenth RI present a Wurlitzer event on:

February 4, 2026 12:00 p.m.

Departing the senior center at 10:30a.m.
Cost: \$10.00 includes bagged lunch

Contact Sky Marcos at 401-780-6216 to reserve your spot

Celebrate Black History Month with a trip to PPAC. PPAC in collaboration with the African American Museum of RI & Juneteenth RI will present a Wurlitzer event on February 4, 2026 at 12:00p.m. We will depart the senior center at 10:30a.m. The cost for this event is \$10.00 and includes a bagged lunch. Please contact Sky Marcos at 401-780-6216 to reserve your spot.



A yoga class is a guided session combining physical postures, breathing techniques, and meditation to improve physical and mental well-being. Classes are focused on a slow-paced and gentle routine. It is designed to be accessible to all levels of experience so please join our instructor Jan on Thursdays between the hours of 1:00p.m. and 2:00p.m.

*There is a \$3.00 fee for this class.

Do you love to play **BINGO**? Then come spend a fun-filled afternoon with us every Thursday from 1:00p.m. – 2:30p.m. It's a great opportunity to relax, socialize, and maybe even win a little something. Bring your friends and join the fun. We look forward to seeing you.



Simplifying Final Expenses for Seniors

Friday - January 23rd, 2026

10:00 AM

*Please join us for **Coffee & Pastry** and learn how you can plan for final expenses*

Things you should Know:

- **ELIMINATE FAMILY BURDEN**
- Benefits are tax free
- Nursing homes & hospitals cannot access monetary value
- Life Assurance vs funeral agreements



I look forward to sharing with you how I have helped many seniors with this **important coverage!**

Terri Pimento
General Agent Manager
508-958-6402

Individual meetings can be arranged to discuss personal needs

Do you have questions regarding final expenses? Join us on **Friday, January 23, 2026, from 10:00a.m. – 11:00a.m.** as Terri Pimento covers important facts that we should all be aware of. Sign up sheet will be at the front desk.



**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 Yvette at 780-6144 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 do not have a vehicle? No worries. RSVP will provide you with transportation to your volunteer station!!!

RSVP Financial Literacy Volunteers will be available on Tuesday, January 27th & Tuesday, Feb 24^h from 10:00am – 11:30am (Room TBA)

To check your eligibility for a Property Tax Relief Credit (Form RI-1040H) and/or a City Tax Exemption.

To be eligible for the tax relief credit you must meet **all** of the following conditions:

- You must be sixty-five (65) years of age or older and/or disabled.
- You must have domiciled in Rhode Island for the entire calendar year of 2025.
- Your household income must have been \$40,730 or less.
- You must have lived in a household or rented a dwelling that was subject to property taxes.
- You must be current on property tax and rent payments due on your homestead for all prior years and on any current installments.

Documents you will need to bring to this event to check your eligibility to apply:

- Taxable and non-taxable income of all household members.
- Claimant's Social Security Award Letter or Form 1099-SSA for the year 2025
- For homeowner's: your 2025 Property Tax Bill.
- For renter's: copies of three (3) rent receipts for the year 2025 or your 2025 lease agreement.

*****Please visit our Gift Shop*****

Hours: Mon. – Fri. 9am - 2pm



Don't forget to visit our Gift Shop for new seasonal and clearance items!!!

SENIOR CENTER SERVICES

TRANSVAN

RACHAEL MANCUSO DIRECTOR 780-6220

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Upcoming trips!

Janurary/February

1/12 Asia Grill

1/20 99 Restaurant

1/28 Maceras

2/2 Sams Inn

2/9 Greggs Restaurant

2/20 Movies at Apple Cinema

2/23 Gregs Breakfast (Dyer ave)

Inclement weather policy

For your safety and the safety of drivers, please make sure your walkways and driveways are clear of ice/snow prior to pickup or we will not be able to transport you

Please remember that if Cranston public schools are closed, there will be no Transportation.



The Transvan Department would like to wish everyone a Happy New Year!!
Rachael, Cheryl, Julie , Kerri and Robert

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 Closed Happy New Year!	2 Lentil Soup Italian Sausage w/ Mustard Seasoned Tortellini Peppers & Onions Garlic Roll Fresh Fruit (Grilled Chicken & Cheese on Wheat)
5 Pasta & Bean Soup Chicken Leg Quarter Baked Potato w/ Sour Cream California Blend Vegetable Diced Peaches Oatmeal Bread (Egg Salad on Oatmeal)	6Minestrone Soup Beef Wellington w/ Ketchup Mashed Potatoes Roasted Baby Carrots Fresh Fruit Marble Bread (Chicken Salad on Marble)	7 Chili Soup Turkey w/ Gravy Stuffing Broccoli Vanilla Pudding Wheat Bread (Ham & Cheese on Wheat)	8 Onion Soup w/ Croutons Shepard's Pie w/ Ketchup Roasted Brussels Sprouts Italian Ice Garlic Knot (Meatloaf on Oatmeal)	9 White Chowder Crab Cake w/ Tartar Sauce Potato Puffs Cole Slaw Fig Bar Dinner Roll (Corned Beef & Swiss on Rye)
12 Chicken Soup w/ Orzo Meatballs w/ Sauce Seasoned Shells Garlic Spinach Coffee Cake Dinner Roll (Sliced Chicken & Cheese on Wheat)	13 Butternut Squash Soup Pork Loin w/ Applesauce Rice Pilaf Scandinavian Blend Veg Pumpnickel Bread Fresh Fruit (Grilled Chicken on Pumpnickel)	14 Italian Wedding Soup Chicken Parmesan Penne w/ Sauce Italian Blend Vegetables Fresh Fruit Marble Bread (Fish w/ Tartar on Roll)	15 Happy Birthday! Tomato Vegetable Soup Chicken w/ Artichokes & Roasted Red Peppers in Lemon Sauce Mashed Potato Green Beans Frosted Cupcake Pumpnickel Bread	16 100% Juice Cheese Omelette w/ Tomato Crispy Cube Potatoes Sausage Patty Fresh Fruit Croissant (Roast Beef & Cheese on Multigrain)
19 Closed Martin Luther King Jr. Day	20 Minestrone Soup Seasoned Grilled Chicken Caesar Salad w/ Croutons Pineapple Chunks Garlic Roll (Bologna & Cheese on Wheat)	21 Chicken Gumbo Stuffed Cabbage w/ Sauce Roasted Sweet Potatoes Capri Blend Vegetables Tapioca Pudding Wheat Bread (Shrimp Salad on Wheat)	22 Venus De Milo Soup Veal & Peas Buttered Noodles Garlic Spinach Diced Peaches Garlic Roll (Seafood Salad on Italian)	23Clear Chowder Beer Battered Fish w/ Tartar French Fries Cole Slaw Fresh Fruit Dinner Roll (Turkey & Cheese on Multigrain)
26100% Juice Beef Stew Brussels Sprouts Lorna Doone Cookies Buttermilk Biscuit (Tuna Salad on Wheat)	27Pasta & Bean Soup Garlic Shrimp Seasoned Shells Italian Blend Vegetables Fresh Fruit Italian Bread (Sliced Chicken & Cheese on Italian)	28 Split Pea Soup Baked Ham w/ Pineapple Baked Sweet Potato Winter Blend Vegetables Diced Pears Wheat Bread (Chicken Salad on Wheat)	29Kale & Bean Soup Chicken Cordon Bleu w/ Gravy Lyonnaise Potatoes Roasted Zucchini & Onions Fruit Cocktail Rye Bread (Ham Salad on Rye)	30 Italian Wedding Soup Stuffed Sole Oven Roasted Potatoes Green Beans Sliced Pears Dinner Roll (Pastrami & Swiss on Rye)

FEBURARY 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 Low Sodium V-8 Juice Beef Stroganoff Baked Potato w/ Sour Cream Mixed Vegetables Chocolate Pudding Garlic Bread</p> <p>(Pulled Pork on Roll)</p>	<p>3 Broccoli Cheddar Soup Stuffed Chicken w/ Gravy Roasted Potatoes Broccoli Pound Cake Dinner Roll</p> <p>(Italian Tuna on Multi Grain)</p>	<p>4 Red Chowder Beer Battered Fish w Tartar French Fries Mixed Vegetables Marble Bread Fresh Fruit</p> <p>(Chicken & Cheese on Marble)</p>	<p>5 Beef Barley Soup Country Fried Steak w/ Gravy Mashed Potatoes Brussels Sprouts Fresh Fruit Rye Bread</p> <p>(Turkey & Cheese on Rye)</p>	<p>6 Chili Soup Italian Sausage w/ Mustard Seasoned Shells Peppers & Onions Fresh Fruit Grinder Roll</p> <p>(Fish Sandwich w/ Tartar on a Roll)</p>
<p>9Venus De Milo Soup Low Sodium Hot Dog on Roll Baked Beans Cole Slaw Ice Cream Bar</p> <p>(Cheeseburger on Roll)</p>	<p>10 Vegetable Barley Soup Meatloaf w/ Gravy Rice Pilaf Roasted Baby Carrots Jello White Bread</p> <p>(Capicola & Provolone on</p>	<p>11Tomato Rice Soup Veal w/ Mushroom Gravy Mashed Potatoes Green Beans Fresh Fruit Italian Bread</p> <p>(Sliced Chicken & Cheese</p>	<p>13 Minestrone Soup Chicken Cacciatore Seasoned Shells Capri Blend Vegetables Frosted Brownie Wheat Bread</p> <p>(Egg Salad on Wheat)</p>	<p>14Onion Soup French Meat Pie w/ Ketchup Wild Rice Garlic Spinach Fresh Fruit Marble Bread</p> <p>(Grilled Chicken & Cheese</p>
<p>16</p> <p>Closed Presidents' Day</p>	<p>17 Potato & Leek Soup Chicken Cordon Bleu w. Gravy O' Brien Potatoes Winter Blend Vegetable Fresh Fruit Rye Bread</p> <p>(Corned Beef & Cheese on Rye)</p>	<p>18Split Pea Soup Baked Ham w/ Pineapple Mashed Sweet Potatoes Roasted Zucchini & Onions Fruit Cocktail Multigrain Bread</p> <p>(Meatloaf & Cheese on Multi)</p>	<p>19Happy Birthday! Chicken & Brown Rice Soup Meatballs w/ Sauce Seasoned Ziti Tossed Salad w/ Dressing Frosted Cupcake Italian Bread</p> <p>(Ham Salad on Italian)</p>	<p>20 Vegetable Soup Pork Loin w/ Applesauce Rice Pilaf Scandinavian Blend Vegetables Multigrain Bread Lemon Pudding</p> <p>(Chicken Salad on Multigrain)</p>
<p>23 Lentil Soup Beef Wellington w/ Ketchup Red Bliss Mashed Potato Mixed Vegetables Fresh Fruit WheatBread</p> <p>(Sliced Chicken & Cheese</p>	<p>24 Italian Wedding Soup Chicken Parmesan Seasoned Ziti Italian Blend Veg Marble Bread Fresh Fruit</p> <p>(Fish w/ Tartar on Roll)</p>	<p>25 Chicken & Rice Soup Shepards Pie w/ Ketchup Seasoned Spinach Lemon Pudding Pumpnickel Bread</p> <p>(Chicken Salad on Pumpnickel)</p>	<p>26 Pasta & Bean Soup Chicken Leg Quarter Baked Potato w/ Sour Cream California Blend Vegetable Diced Peaches Oatmeal Bread (Tuna Salad on Oatmeal)</p>	<p>27 Vegetable Chowder Baked Fish w/ Lemon Wild Rice Green Beans Coffee Cake Marble Bread</p> <p>(Chicken Salad w/ Cranberry and Walnuts</p>
			<p>Please inform your server if you have a food allergy</p>	<p>Funded in part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</p>

DEPARTAMENTO DEL ADULTO MAYOR DE CRANSTON

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DAVID QUIROA
Director-Adjunto
(401) 780-6180



¿¿¿Bueno—Ya llego el 2026, y ahora que???

Como todo año nuevo, nos hacemos promesas que vamos a cambiar ciertos hábitos y que vamos a ponernos metas para lograr éxito en los 12 meses que vienen—¡Vamos a conquistar el futuro en el 2026!

Quiero recomendarles que este año nuevo consideren ser voluntarios en nuestro programa de Voluntariado para las Personas Retiradas (RSVP por sus siglas en Ingles). Nuestra colega Yvette Grullon es la nueva Directora de RSVP y SI—Habla Español. Se pueden comunicar con Yvette al 401-780-6144 y por correo electrónico en ygrullon@cranstonri.org.

¿Se preguntan, que es RSVP? Bueno, te cuento...

RSVP (Retired Senior Volunteer Program) de **AmeriCorps Seniors** es un programa que conecta a personas mayores de 55 años con oportunidades de voluntariado en sus comunidades. Su objetivo es que los adultos mayores usen su experiencia y talentos para apoyar a organizaciones sin fines de lucro, escuelas, hospitals, agencias comunitarias y aquí en Nuestro centro. A través de RSVP, los voluntarios ayudan a fortalecer la comunidad, se mantienen activos, crean nuevas amistades y continúan sirviendo con propósito.

¡Servicio **Gratuito de Notaría Pública** en el **Cranston Senior Center**!

Ofrecemos **servicio de Notaría Pública completamente gratis** para nuestra comunidad. Para recibir el servicio, es **obligatorio presentar una Identificación emitida por el Gobierno** (Government Issued ID).

Puede recibir ayuda de:

- **David Quiroa**, Director Asistente – **401-780-6180**.
- **Yvette Grullon**, Directora de RSVP – **401-780-6144**.

¡Estamos aquí para servirle! Llámenos para más información o para coordinar su visita.

¡No dude en visitarnos! Con gusto le daré un recorrido por nuestro Centro.

Cordialmente, David Quiroa

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



January Health Check

Artificial Intelligence (AI) in the Medical World

Wednesday, January 7th – 10:00 a.m.

URI Pharmacy Outreach Program

Join us for a discussion of the use of Artificial Intelligence (AI) in healthcare. Learn what AI is, how it is being implemented and how it is shaping the world of healthcare to improve patient outcomes.

Arthritis Exercise Program

Tuesdays – 1:15 p.m.

Beginning January 13th ending March 31st

Facilitators: Jennifer Kevorkian & Marylou Pearson

Join us for a gentle, joint-friendly exercise class designed to reduce stiffness, improve strength, and boost mobility. This uplifting program is tailored for older adults and offers simple movements that make everyday activities easier and more comfortable. Register by calling 401- 780-6000.

Winter Health (Rescheduled)

Wednesday, January 14th – 10:00 a.m.

Facilitator: Mary McKenna, R. Ph.

Winter can be a beautiful season, but it also brings unique health challenges. Our bodies need special attention during these cold months. In this session, we will explore how to best protect ourselves from winter health issues such as, coughs, colds, dry skin, and more.

Meditation Refresher

Second Wednesday of each month at 12:45 p.m.

Wednesdays January 14th, February 11th & March 11th

Facilitator: Marge Borbe

A quick, calming session to review simple breathing and mindfulness techniques that help reduce stress and bring you back to center.

Treatment Guidelines

Wednesday, January 21st – 10:00 a.m.

URI Pharmacy Outreach Program

Many of the guidelines for disease state management are based on specific recommendations set by healthcare providers; especially so for diabetes, hypertension and cholesterol. Learn who is creating these guidelines, what kind of data they are being based on and why they may differ among healthcare experts.

Healthy Sleep for Healthy Aging

Wednesday, January 28th – 10:00 a.m.

Provided by: New England Sleep Health

Discover the signs, risks, and treatment options for sleep apnea in this easy-to-understand educational session. Learn how improved breathing at night can boost your energy, health, and quality of life. Perfect for anyone who snores, feels tired during the day, or wants to better understand this common sleep disorder.

February Health Check

Hypertension: Managing Your High Blood Pressure

Wednesday, February 4th – 10:00 a.m.

URI Pharmacy Outreach Program

Learn simple changes that you can make to be successful in keeping your blood pressure in a healthy range. You will gain practical tools to protect your heart and improve your overall well-being.

Heart Healthy Treats

Wednesday, February 11th – 10:00 a.m.

The Incredible Duo

Join us for a fun and flavorful class where we'll show you how to satisfy your sweet tooth the heart-healthy way! Learn simple recipes using wholesome ingredients, smart swaps, and easy techniques that boost flavor without the extra sugar, salt, or fat.

Pharmacy & YOU!

"We Need Your Input"

Wednesday, February 18th – 10:00 a.m.

URI Pharmacy Outreach Program

Our Pharm D students want to hear from YOU! They would like your input on your experiences when you go to your pharmacy... the pros and cons! This is your chance to voice your concerns. What needs improving and what works well. Help them as they begin their career in pharmacy. They value your opinion.

Aging Gracefully – Driving Safely

Tuesday, January 24th – 10:00 a.m.

Provided by: The Lynn Andreozzi Foundation

This presentation is educational, interactive, and entertaining. We will explore how aging affects driving, and provide practical ways to stay sharp on the road. Join us to learn tips that help us drive safely, comfortably, and with peace of mind as we age.

In the Know...Back By Popular Demand "Health Related Tidbits"

Wednesday, February 25th – 10:00 a.m.

Facilitators: The 3 M's – Mary, Marylou & Maria

Stay informed and inspired with our Health Tidbits Program, a quick, engaging way to learn simple steps for better everyday wellness. Designed to be brief, practical, and enjoyable.

Ten Healthy New Years Resolutions For Becoming and Staying Healthy

1. Move a little more each day
2. Stay hydrated & eat mindfully
3. Schedule regular health check-ins
4. Keep the mind active
5. Connect with others regularly
6. Get enough sleep
7. Practice gratitude daily
8. Guard against falls
9. Try something new
10. Focus on joy & well-being

Tools for Healthy Living

Tuesdays 9:00 a.m. to 11:30 a.m.

Beginning March 17th to April 21st

Free workshop for individuals who want to improve their quality of life.

Call 401-780-6000 to register.

SENIOR CENTER SERVICES

ADULT DAY SERVICES

ROSEMARIE COREN DIRECTOR 780-6243

Dear Family and Friends,

Happy New Year! We hope you all enjoyed a wonderful holiday season. We would like to extend our heartfelt gratitude to each of you for celebrating with us at the annual ADS holiday party last month. It was truly a delight.

As we begin 2026, we are excited to announce that the Dance Performance Team from Set the Barre Company will join us to welcome the new year. Our festivities will also include a special celebration of Elvis' birthday with music, trivia, and a documentary highlighting his legacy. Additionally, we will enjoy Winnie the Pooh Day and Popeye the Sailor Man Day, exploring the histories of these iconic characters. Our Baking Club will be preparing honey cookies and spinach cheddar muffins in tribute to our beloved cartoon figures.

Our Sports Club will be showing off their athleticism during darts, bocce, and cornhole. Our Art Club will create some beautiful winter artwork to decorate ADS. And our Book Club will continue reading "Mad Honey" by Jodi Picoult. We will also host our monthly bingo session with exciting prizes for the winners! To conclude our first month of the year, we will enjoy a screening of the classic film "Singing in the Rain."

Please note that we will be closed on Monday, January 19th, in observance of Martin Luther King Jr. Day. We will also take a moment on Holocaust Remembrance Day, January 27th, to honor those affected by this significant historical event.

We wish you all a prosperous and fulfilling start to the new year!

If you know anyone who would benefit from the community and activities offered at Cranston Adult Day Services, please feel free to reach out to Cranston Senior Center

Warmest regards,

The Cranston Adult Day Services Family

**HAVE YOU HEARD
ABOUT...?**

CRANSTON ADULT DAY SERVICES

Located within the
Cranston Senior Enrichment Center
1070 Cranston St.
Cranston, RI 02920
Hours of operation 8:00 am-4:30 pm
Monday through Friday



WE OFFER

- Breakfast, lunch and snacks
 - Daily exercise and activities
 - Respite to Caregivers
- Medical Monitoring and medication administering
 - Care & supervision
 - Assistance with personal hygiene
- Maintenance Physical Therapy
 - Yoga, Pet Therapy, Art Therapy, Music Therapy & SO MUCH MORE



WHO ARE WE?

Cranston Adult Day Services caters to older adults. Our comprehensive programs are designed to meet the medical, social and psychological needs of our participants.

We provide respite to caregivers; whether it is to pursue a career, personal interests or take care of household tasks.

FOR MORE INFORMATION OR TO SCHEDULE A TOUR, PLEASE CONTACT
Rosemarie at 401-780-6243 or Doreen at 401-780-6126
Email: rcoren@cranstonri.org or dmontaquila@cranstonri.org

SPECIAL ACTIVITIES

Celebrate St. Patrick's Days by attending a Wurlitzer event at the Providence Performing Arts Center on **February 25, 2026 at 12:00p.m.** We will depart from the senior center lobby at 10:30 a.m. Bag lunch provided. Cost: \$10.00. Please contact Sky Marcos at 401-780-6216 to



The Pipes Are Calling

**PPAC CELEBRATES THE
SEASON OF ST. PATRICK**

**with House Organist:
Peter Edwin Krasinski
& his 1927 Wurlitzer**

*February 25, 2026 at
12:00 p.m.*

**Depart from the Senior
Center Lobby at 10:30a.m.
Lunch Provided - Cost: \$10.00**

**Contact: Sky Marcos at 401-780-6216
to reserve your spot**

JANUARY /FEBURARY AT A GLANCE

Daily Activities

Mondays

9:00—4:00	Computer Lab
9:00—4:00	Billiards ***
9:00—11:00	Needle Arts *
9:00—2:00	RSVP Gift Shoppe
9:45—10:15	Chair Exercises
10:00—11:30	Hi-Lo Jack Class
10:00—11:00	Aerobics *
10:00—4:30	Arlington Reading Room
11:30	Lunch
11:45—2:00	Hi-Lo Jack
12:30—2:30	Karaoke

Tuesdays

9:00—4:00	Computer Lab
9:00—12:00	Pharmacy Clinic
9:00—4:00	Billiards ***
9:00—3:00	Nurse Clinic
9:00—2:00	RSVP Gift Shoppe
9:30—10:30	Functional Fitness *
10:00—11:00	Chair Yoga *
10:00—11:00	Ballroom *
10:30-11:30	Balance, Strength and Flexibility *
10:00—4:30	Arlington Reading Room
11:30	Lunch
11:30-12:30	Zumba *
1:00—3:00	Hi Lo Jack

Wednesdays

9:00—4:00	Computer Lab
9:00 —11:00	Smile Dolls Workshop
9:00—4:00	Billiards ***
9:00—2:00	RSVP Gift Shoppe
9:30—1:00	Nurse Clinic
10:00—11:00	Tai Chi *
10:00—11:00	Aerobics *
10:00—11:00	Health Check Presentations
10:00—4:30	Arlington Reading Room
11:30	Lunch
12:00—4:00	Chess
1:00—3:00	Poker
1:00—2:00	Line Dancing *
1:15—2:15	Exercise Made Easy
3:00—4:30	Intermediate Ballroom

Thursdays

9:00—4:00	Computer Lab
9:00—12:00	Pharmacy Clinic
9:45—10:15	Chair Exercise
10:00—12:30	Hi-Lo Jack

Thursdays (con't)

1:00— 2:00	Chair Yoga*
12:00—4:00	Chess
1:00—2:45	Bingo

Fridays

9:00—4:00	Computer Lab
9:00—4:00	Billiards ***
9:00—2:00	RSVP Gift Shoppe
9:45—10:15	Chair Exercises
11:30	Lunch
1:00—2:00	Overeaters Anonymous
1:00—3:00	Hi-Lo Jack
1:15—2:15	Exercise Made Easy

January Health Check

Artificial Intelligence (AI) in the Medical World

Wednesday, January 7th – 10:00 a.m.

URI Pharmacy Outreach Program

Arthritis Exercise Program

Tuesdays – 1:15 p.m.

Beginning January 13th ending March 31st

Facilitators: Jennifer Kevorkian & Marylou Pearson

Winter Health (Rescheduled)

Wednesday, January 14th – 10:00 a.m.

Facilitator: Mary McKenna, R. Ph.

Meditation Refresher

Second Wednesday of each month at 12:45 p.m.

Wednesdays January 14th, February 11th & March 11th

Facilitator: Marge Borbe

Treatment Guidelines

Wednesday, January 21st – 10:00 a.m.

URI Pharmacy Outreach Program

Healthy Sleep for Healthy Aging

Wednesday, January 28th – 10:00 a.m.

Provided by: New England Sleep Health

February Health Check

Hypertension: Managing Your High Blood Pressure

Wednesday, February 4th – 10:00 a.m.

URI Pharmacy Outreach Program

Heart Healthy Treats

Wednesday, February 11th – 10:00 a.m.

The Incredible Duo

Pharmacy & YOU!

“We Need Your Input”

Wednesday, February 18th – 10:00 a.m.

URI Pharmacy Outreach Program

Aging Gracefully – Driving Safely

Tuesday, January 24th – 10:00 a.m.

Provided by: The Lynn Andreozzi Foundation

In the Know...Back By Popular Demand

“Health Related Tidbits”

Wednesday, February 25th – 10:00 a.m.

Facilitators: The 3 M's – Mary, Marylou & Maria

* \$3.00 *** \$3.00 monthly

For additional information call: Sky Marcos at 780-6216

CRANSTON SENIOR CENTER

1070 Cranston Street
Cranston, RI 02920

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