Cranston Senior News

Come join in the fun . . . See what we have planned for the Summer!

The Music Makers Band

My Legacy Book Project

Garden Club 25th Anniversary

2014 Silver Streak Stakes

Red Sox vs Yankee Puzzle Competition

Cranston Senior Enrichment Center
1070 Cranston Street, Cranston, RI 02920

July / August 2014

Vol. XXIX . . . No. 4
Dear Friends,

Summer evokes images of bright sunshine and golden afternoons with ice cold lemonade and juicy watermelon slices. During summer, everything seems more vibrant, hopeful, and liberating. It is an exciting time to be a member of the Cranston Senior Enrichment Center! This spring we completed renovations on our new billiards/game room and our state-of-the-art movie theater. As you can see on the following pages, we also added many new engaging activities for your summer enjoyment—including opening our doors for two evenings of fun and camaraderie that we’re calling The Center After Six.

Who says you have to travel to take a vacation? Stay in the Ocean State! You can pretend to be a tourist and explore the wonders of beautiful Rhode Island with our new scenic day trip excursions. The details are included inside this newsletter. Make your reservations early, as you will not want to miss the opportunity to see, smell, taste and feel Rhode Island’s bounty of treasures.

Remember when they’d give you a summer reading list when you were a kid? Well, they have them for adults too. Summer is a great time to catch up on your reading, and what better place to find a good book than at the Arlington Library Branch, located right here at the Center.

There’s nothing more quintessentially summer than the smell of grills and food on the barbeque. In August we will be hosting the Mayor’s Annual Picnic – a day here at the Center filled with homegrown foods, games, music --and don’t forget the ice-cream! August also marks the time to start preparing for competing in the 19th Annual CVS Caremark / Cranston Senior Games in September.

Summer days --- make sure you spend a few with us. We look forward to seeing you here at the Center.

Warmest regards,
Sue Stenhouse

Dear Senior Friends,

For more than 25 years, our dedicated mission at the Cranston Department of Senior Services is to provide comprehensive advantages to those who participate in our senior adult programs. From Transvan’s door to door transport services, to our restaurant quality meals, our engaging activities, advocacy programs and our professional volunteer placement coordination, we have promoted senior well-being to hundreds of residents with fantastic results. I am proud of the volunteers and staff who continually promote healthy living practices –and who have been recognized beyond our City for their efforts. Innovations abound at the Center, with the installation of the new theater room, member data system and upgrades to the Game Room –investments I am proud to support. More upgrades are planned for the Center in the months ahead. Make sure you stop by to check them out.

Around the City of Cranston, we are seeing bursts of economic growth, fruits of development seeds planted over the years. A visit to Garden City shopping center alone will showcase many new businesses willing to invest in our City. We invite you to check out two new restaurants –Bistro 22 and b.good, as well as The Container Store, Sephora and L’Occitane boutiques. Where many other places throughout RI have remained stagnant and buildings are vacant, we are proud that our policies have promoted investments – adding to our tax base and quality of life.

I hope to see you at our planned events this summer, including the Mayor’s Annual Picnic in August, and throughout the year. The Cranston Senior Enrichment Center is a terrific establishment to belong to where you’ll make lots of friends, get informed and have fun all at the same time!

Sincerely,
Allan W. Fung

Dear Friends,

Another year is winding down for the Cranston Senior Services Advisory Board. Our Board takes July and August off from our meetings, but we continue to work at our Monday and Friday Bingo Games. The Board has accomplished much this year, including sound purchases for the Center. We are excited to see the new computerized member data system installed in July and look forward to maximizing its potential in the months ahead.

As the air heats up, please remember that the Center is available for you to come and refresh yourself in our climate controlled atmosphere; providing the perfect venue to play Bingo!

On behalf of the entire Board, please have a safe and healthy Summer.

Cordially,
Al Charpentier, Cranston Senior Services Advisory Board President
You can reach us at
Phone: (401) 780-6000
Fax: (401) 946-5909

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RSVP
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Transvan
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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.

Introducing…
Our new Computerized Member Data System:
MySeniorCenter.com

We want your Center experiences to count!

Thanks to a generous investment by the Cranston Senior Enrichment Center Advisory Board, we are thrilled to announce that our new membership data system is scheduled to launch on July 14, 2014.

This easy to use and very convenient tracking system will help you quickly register for events, programs and meals. It will help staff create comprehensive and accurate reports of your activities --enabling us to expand our search for much needed funding opportunities for the Center.

It’s a win for everyone!

When you visit the Center on or after July 14, you will be greeted by a member of the Center staff who will issue you an electronic membership card that can be placed on your key ring. You will then have a brief instruction on how to use your card and presto, you are off to enjoy your day! Used by a number of Senior Centers throughout Rhode Island, we are excited to bring this modern system to our growing membership.

Mark a Special Occasion by Remembering a Loved One ~
With a gift that keeps on giving…
A donation to Cranston Senior Services.

If you would like to pay tribute to a family member or friend, please consider an honorarium to Cranston Senior Services. Your tax deductible donation thoughtfully memorializes a special occasion or loved one while helping to enhance the wonderful programs and services offered at our Cranston Senior Enrichment Center. Honor giving occasions can include a birthday or anniversary celebration, a holiday, or may be sent in memory of a loved one. Checks should be made payable to Cranston Senior Services and sent to Cranston Department of Senior Services, 1070 Cranston Street, Cranston, RI 02920. We deeply appreciate your consideration of a gift that helps us educate, nourish, entertain and enrich the lives of our seniors.
Dear Adult Day Service Family and Friends,

How wonderful that we can finally get out to enjoy the weather! Our on-going project involves upgrading the patio area. The old shed has been removed and after the spot where it stood for so long is cleaned up, new bushes and shrubs will be planted making it a more park-like area to enjoy. The awning is up and the raised flower beds have been planted. Aaron Spilka, our horticulturist, has been working with the participants and staff to plant morning glories and other flowers.

On Friday, June 20th the Day Service Advisory Board sponsored Staff Appreciation Day by hosting a luncheon for our dedicated staff members. Sue Stenhouse presented the 2014 Day Service pins to accompany our new name tags. The staff also received travel coffee mugs. The inscription on each mug is a quote from Margaret Mead and is truly appropriate for the Day Service Staff. “Never doubt that a small group of thoughtful, committed people can change the world.”

We are in the process of planning celebrations for both the 4th of July and Victory Day. Please mark your calendars as we are closed on Friday, July 4th and Monday, August 11th.

Enjoy the summer and stay safe; remember the sun screen and drink extra fluids when the weather gets warm. If we can assist you in any way, please do not hesitate to call or come in. Thank you for your continued support.

Sincerely,

Rosie & the Staff in Adult Day Service

Support Groups
Cranston Senior Services, 1070 Cranston Street, Cranston, RI

You’re not alone. At times, because of different circumstances in our lives, we feel alone and helpless. There are things that happen to us or our loved ones that we cannot change, but we can learn how to cope with these challenges. Cranston Senior Services offers the following support groups to help you and your loved one(s) to deal with conditions such as diabetes, Parkinson’s disease, arthritis, visual impairment or being a caregiver. You will meet folks like yourself who understand your situation and may be able to offer you some strategies to alleviate some of your difficulties.

**Bereavement Support Group**  
Second Friday of the month / 9:30 a.m.  
July 11th & August 8th

**Caregiver’s Support**  
Third Monday of the month / 3:30-4:30 p.m.  
July 21st & August 18th

**Diabetes Support**  
First Wednesday of the month / 10:00 a.m.  
July 2nd & August 6th

**INSIGHT Support Group**  
Fourth Thursday of the month / 10:30 a.m.  
July 24th & August 28th

**Parkinson’s Disease Support**  
First Friday of the month / 9:30 a.m.  
No July meeting—August 1st

For more information call Jennifer at 780-6254.  
DEA Hot Line for medical or police help on weekends  
or after hours 462-0555
Nutrition 780-6134
Raymond Sinapi, Director

Healthy Eating Guidelines for Summer

Emphasize fruits, vegetables, whole grains and low fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fats and trans fats, cholesterol, salt and added sugars.

Make Your Calories Count

Think nutrient-rich rather than “good” or “bad” foods.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs.

Know Your Fats

Look for foods low in saturated fats, and cholesterol to help reduce your risk of heart disease.

Transvan 943-3341
Jane Luker, Coordinator

Transvan

Thank you for utilizing Transvan, our door-to-door link for senior independence. Transvan assists hundreds of Cranston residents 55 and older throughout the year by providing reliable transportation to and from medical appointments, shopping excursions, hair appointments and our Enrichment Center.

In order to keep and maintain our programs and services, we must make a change in our fee structure effective July 1st, 2014. The new fee for a Transvan unlimited pass will be $25 per month. This monthly pass will entitle you to rides where you need to go throughout the City of Cranston, Monday through Friday. We have updated our Transvan brochure (available at the Reception Desk) and have created payment vouchers for your convenience. We are excited to announce that at your request we are expanding our medical ride service to Warwick and East Greenwich on certain days and times. The details are outlined in the brochure on page 9.

Thank you for your participation in the Transvan program. We do not take any type of financial increase for our members lightly and would not institute this change unless it was absolutely necessary.

Also, please see the insert in this newsletter for scenic trips around Rhode Island on Wednesday, July 23rd and Tuesday, August 19th. If you are interested in these trips, please call 780-6216 for more details.

Transvan’s day trip excursions will resume in September, 2014. Your comments and suggestions are important to us. We welcome your feedback.

Cranston Herald Readers
Read All About It!!!!

Check Out a Special Feature Column
FOR SENIORS ONLY
Senior programs & services will be highlighted weekly
Don’t miss this special section!

Convenient Services

Notary Public Service FREE (See Receptionist)

Do you need to speak to a Lawyer?
A Lawyer provided by the RI Center for Law & Public Policy is available on the 2nd and the 4th Tuesdays of the month 9:30—11:30 a.m. / Call 780-6000 for appointments

Reflexology
Explore an alternative medicine involving applied pressure to the feet, head and ears by our licensed reflexologist.
July 16th & August 20th / $20.00 per half hour / To make an appointment call 780-6216

Manicurist
Appointments are available on Wednesdays. Please call 780-6216.
Cranston RSVP is a partner in the renowned national volunteer placement website: www.volunteermatch.org. On volunteerMatch you will find posts of volunteer placements in the City of Cranston. Simply type in the words “Cranston RSVP or RSVP Volunteers” to commence your search. Once you are in a volunteer description that matches your interests, you will be able to download a Cranston RSVP Volunteer Enrollment form.

Volunteering for the Senior Meals Program at the Cranston Senior Enrichment Center
RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can utilize the expertise you have acquired over the years, or develop new skills and talents, all while serving in a variety of volunteer positions within the community.

We are in need of volunteers to serve nutritious meals to seniors throughout the year. If you can help one, two, three or five days a week, there is a great volunteer opportunity in our Nutrition Division for you to consider. Our Senior Meals Program relies on approximately 65 volunteers for daily operations. We could use your assistance in the following positions:

- Serving or packaging meals; as dining room wait staff; dishwashing.
- Helping with catered parties, special events and fundraising.
- Table decoration creation
- Snack Bar attendants
- Data Input operators

Shifts start at 8:30 a.m. and end at 12:45 p.m. Monday - Friday. Training is provided. All shifts are supervised by professionals in the nutrition industry.

If you would like to donate your time to help the Senior Meals Program please call the Cranston RSVP Office at: 401-780-6180.

Snack Bar/Deli Counter Attendant
Senior volunteers wanted. Cranston RSVP’s Snack Bar serves prepared foods to seniors at the Cranston Department of Senior Services and is open Monday - Friday from 8:30 am -12:45 pm. Volunteers are needed to assist at the counter serving and packaging food. Food Safety Training will be provided. Looking to cover Wednesday shifts. If you are interested, please call 401-780-6180 for more information.

Senior Express
The Cranston Department of Senior Services prints a bimonthly newsletter which is mailed to the membership. RSVP is looking for 4 to 6 volunteers to deliver newsletters to businesses throughout the City of Cranston. Each volunteer will be given 150 to 300 newsletters in bundles of 10 to be delivered to a route of 10 to 15 businesses located in the same general area.

Interested individuals will need to provide their own transportation and have the proper insurance required by state and federal laws. If you are interested, please call 401-780-6180 for more information.

Help us put a “Smile on a Child”
We are requesting donations to help create our Smile Dolls which we donate to Hasbro Children’s Hospital, DCYF of Providence, Family Services, Urban League, Casey Family Services, and Veteran of Foreign Wars of RI. The Smile Dolls are used by medical doctors and therapists to alleviate fear of the unknown while communicating about upcoming medical procedures to children and their families.

Smile Dolls are created by our volunteers through donated items such as: material/cloth, skin-toned fabric, polyester fiber-fill, shears or scissors, sewing machines, needles, thread, yarn and sewing pins. We also repurpose skin toned bed sheets, pillowcases and muslin. We appreciate your consideration of this request.

911 CELL PHONE BANK
Cranston RSVP is conducting a cell phone recycling campaign. There’s nothing to buy. We are simply asking you to help protect the environment by donating your used cell phone(s). Your donation will be used to help the community by providing much needed emergency communications to senior citizens and victims of abuse through the 911 Cell Phone Bank program.

The 911 Cell Phone Bank provides emergency cell phones at no charge to senior citizens. As you can imagine the need for emergency communications is increasing. Currently, over 2000 cell phones a month are being distributed nationwide by the 911 Cell Phone Bank and its partners. Your donation will help keep up with the increasing demand.

You can drop off your old cell phones at the Cranston Senior Enrichment Center and ask for RSVP.
Attention Cranston Homeowners!

Allan W. Fung, Mayor
Announces Housing Rehab Assistance to Cranston Homeowners

Is your roof leaking? Could your home use energy efficient replacement windows? You may qualify for a Low Interest or a NO Interest Loan to help pay for these needed improvements to your home.

Call 461-1000, extension 7205 for more information.

Philips Lifeline Fall Prevention

Please join Darlene Messier from Philips Lifeline on August 5th at 10am in the Classroom for a talk about fall prevention and the products Philips Lifeline has to offer. Please RSVP to 780-6200 to secure your spot for this presentation. Pastries and light refreshments will be served.

Are you or someone you know concerned about safety in the home?

Linda Bohmbach from Home Healthsmith, LLC will join us to present innovative in-home solutions that allow you to maintain your level of comfort without compromising your health and safety.

Tuesday July 29th in the Classroom from 10:00 a.m.-11:00 a.m. For more information, please contact 780-6254.

Farmer’s Market Coupons

Distribution starts Wednesday, July 9, 2014
On a first come, first served basis
Three $5.00 vouchers included in each booklet

Eligibility:
- Must be a resident of Cranston or a paid member of the Cranston Senior Enrichment Center
- Must be 60 years of age or older
- Must show photo ID
- Must sign affidavit that your income meets government guidelines

One book of vouchers per person

For a list of 2014 Farmer’s market locations please visit www.dem.ri.gov/programs/bnatres/agricult/pdf/rimarkets.pdf Or see the flyer in our Center lobby.

Save the date

The Senior Agenda Coalition of Rhode Island invites seniors, senior groups and senior advocate to A RI Governor’s Candidates’ Forum on Senior Issues
Monday, August 4, 2014
1:00 to 2:30 p.m.
At the Crown Plaza Hotel, Warwick, RI

Transvan transportation provided. Sign up at the Reception Desk.
The Center After Six

Save the Dates!

Thursdays, July 24th and August 14th
6:00 p.m. to 9:00 p.m.

We are excited to announce evening events at the Center that are specifically designed for those 55 and over who have scheduling conflicts that prevent participation in our day programs.

Try something NEW at the Cranston Senior Enrichment Center.
We are open select evenings for fun activities, games and movies!
More details coming!

We welcome your feedback in developing our evening activity menu, please email Executive Director Sue Stenhouse at sstenhouse@cranstonri.org with your ideas.

Art Uncorked
Thursday, July 24 ~ 6:30 – 8:30 PM
Thursday, August 14 ~ 6:30 – 8:30 PM
$35 per person/per class
Reservations required—Please call 780-6216

Painting classes for beginners and advanced painters alike. No experience necessary. Our professional art instructor will help you translate your inspirations to canvas in a two hour session where all supplies are included. Payment is due in full to secure your reservation. Come and enjoy a complimentary glass of wine as you create your masterpiece. This is a fun evening tailored for individuals or groups of friends and family.

The Honeymooners
Thursday, August 14 ~ 6:00 – 9:00 PM
This talented beach band will entertain us with the summer sounds that we all love!

Life Long Learning

Computer Class - Basic
Learning computers and basic internet skills is not just for accessing information, it is the tool for staying in touch with family and friends…and it is EASY! Class size is limited, so pre-pay to reserve your spot. Questions or to register call 780-6216. Please no laptops.

Tuesdays/Thursdays
August 12, 14, 19, 21, 26, 28
1:00-2:00 pm
$25 members/$30 non-members

How to Prevent Financial Abuse
presented by Webster Bank
Tuesday, July 8, 2014
10:00-11:00 am
FREE SEMINAR

From travel scams and phony lotteries to false promises, seniors are often the targets of financial fraud and abuse. Come and join Webster Bank fraud specialists as they help identify the warning signs of fake solicitations and apprise us of the recent scams in our area. What to do? Who do you call? And where do you turn if you suspect you are a target.

Plan to attend this important seminar. FREE giveaways.
Fun & Games
Research strongly suggests that playing board games helps seniors with focus, visual perceptual skills, problem solving, reaction time, socialization and reducing the risk of dementia through challenging the left and right-brain hemisphere functions.

Recreational Bridge
Mondays, 1:00-3:00 pm

Mah Jong
Tuesdays, 12:30 to 3:00 pm

Cribbage
Tuesdays at 1:00 pm

Dominoes
Thursdays, 1:00 pm

Scrabble
Thursdays, pick up games

Summer Tournaments ~ call 780-6216 for dates

Poker
Mondays, 1:00-3:00 pm / 8 weeks $10.00

Hi Lo Jack
Fridays, 1:00-3:00 pm / 8 weeks $10.00

Billiards
Daily 8:30am to 4:10pm
$3.00 members/$4.00 non-members

Bingo
Mondays & Thursdays, 1:00-2:30 pm
$5.00 (starting packet) *spec

Bocce—To be announced

Chess—looking for interested chess players call 780-6216

Bowling
Tuesdays, 12:30 p.m.

Register at Cranston Senior Enrichment Center, 1070 Cranston Street, Cranston, RI 02920 or call 780-6000 for more details and to have a registration form mailed to you.

2014 Cranston Senior Games
Presented by: CVS Caremark

Saturday, September 27, 2014
Opening Ceremonies—9:00 a.m.
Cranston High School West
80 Metropolitan Avenue, Cranston, RI

All skill levels welcome!
Everyone 55 years or older is invited to participate:
Games Registration Fee: $15.00
Golf Fee: $60.00

- Billiards
- Bocce
- Bowling
- Basketball Free Throw
- Golf
- Swimming
- Mind Games
- Field Events
- 3 on 3 Basketball
- Horseshoes
- Softball Throw
- Cycling
- Baggo
- Obstacle Course

“Baggo” Official Bean Bag Toss Game
Wednesday, July 9th—1:00-2:30 pm
In these lazy, hazy, crazy days of summer come to the Cranston Senior Enrichment Center for an exciting afternoon of “Baggo.” Baggo (also known as Cornhole or Tailgate Toss) is a game that anyone can play. It is great exercise and hilariously fun competition. Join us for lemonade and cookies, as we “pitch” the latest game craze.

For more information or to register stop by the Program Office or call 780-6216.
**July Health Check**

**Diabetes Support Group**  
**Wednesday, July 2nd – 10:00 a.m.**  
**Facilitator: Mario Casinelli, CVS Pharmacist**  
Helping to understand and manage your diabetes is the focus of this support group. Concerned family and friends are also welcome to participate. Registration is not necessary.

**I Scream…. For Ice Cream!!!**  
**Wednesday, July 9th – 10:00 a.m.**  
July is National Ice Cream Month! Ice Cream is a FUN and NUTRITIOUS food that is enjoyed by 90% of the nation’s population. Join Nurse Mary Lou and learn some interesting facts about this frozen treat. And, oh by the way, a little taste testing will be on the agenda.

**Matter of Balance**  
**Mondays & Fridays ~ 9:00 a.m. to 11:30 a.m.**  
Beginning Monday July 14th to Friday, August 8th  
See insert for more information

**Get the Facts on Skin Cancer**  
**“Early Detection & Prevention”**  
**Wednesday, July 16th – 10:00 a.m.**  
Skin cancer is the most common cause of cancer in the United States. Over the past three decades, more people have had skin cancer than all other cancers combined. One in five Americans will develop skin cancer in the course of a lifetime. What can we do about this disease? Know the facts!

**M & M**  
**Wednesday, July 23rd – 10:00 a.m.**  
Hold on to your hats. Our M & M duo are back to educate, entertain and surprise. The topic….. is the surprise.

**Healthy Feet….Happy Feet**  
**Wednesday, July 30th – 10:00 a.m.**  
**Presenter: Dr. Alan Nowick**  
The longer your feet stay healthy, the longer you can maintain an active lifestyle. Getting in step for proper foot health and comfort is essential if we are to avoid foot problems and maintain our balance, mobility, and safety.

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**August Health Check**

**Diabetes Support Group**  
**Wednesday, August 6th – 10:00 a.m.**  
**Facilitator: Mario Casinelli**

**The Role of Reflexology in Wellness**  
**Wednesday, August 13th – 10:00 a.m.**  
**Presenter: Dee Attanosio**  
Reflexology is an ancient healing art based on the principle that there are reflexes on the feet which correspond to every part, organ and gland of the body. It relaxes and is an effective way to relieve stress. How does it work? Is it safe? Are there any side effects? Come to this presentation to learn more.

**Chronic Disease Self-Management Program**  
**Mondays 9:00 a.m. to 11:30 a.m.**  
Beginning August 18th Ending September 29th  
See insert for more information

**Effects of Insomnia on Body & Mind**  
**Wednesday, August 20th – 10:00 a.m.**  
**Presenter: Susan Haley**  
Sleep is as important to your health as a healthy diet and regular exercise. Whatever your reason for sleep loss, insomnia can impact your mood and quality of life. Don’t miss this very informative presentation.

**Peel Out for a Bunch of Great Reasons**  
**Wednesday, August 27th – 10:00 a.m.**  
**Surprise Guest Presenter**  
Don’t slip up and pass on the Banana! Did you know that a banana is a natural remedy for many ills? By attending this fun and informative program you will discover how a banana a day could keep the doctor AND mosquitoes away.

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**Health Specialists:**

**Our Lady of Fatima Hospital**  
**Outpatient Laboratory Location**  
Cranston Senior Enrichment Center  
Every Monday 8:00 a.m. to 12:00 noon  
Staffed by an experienced Phlebotomist For Any Lab Orders
NO Appointment Necessary

**Mario Casinelli, R.Ph., CVS Pharmacist**  
Tuesday 8:30-1:30 pm Wednesday, Thursday 8:30-1:00 pm

**Marylou Pearson, RN**  
Monday, Tuesday, Wednesday, Friday 9:30 a.m. to 3:00 p.m.

**Linda Thornton, D.P.M.F.A.C.F.A.F., Podiatrist**  
By appointment call 946-1155
Programs

Dining Specials

Mayor’s Summer Indoor Picnic
Friday, August 8 / 11:30 am
Suggested donation: $3.00
Games! Prizes!

Beachboys favorites by Mike DeNardo.
Join Mayor Fung and the Center team as we enjoy summertime picnic treats including lemonade, clam cakes, coleslaw, hamburgers, hotdogs, baked beans, corn-on-the-cob, watermelon and strawberry shortcake!

Summer Musical Luncheon Entertainment

July 16
Peter Filippi
July 23
Hagop the Violinist
July 30
Harmonica Band
August 13
Susan McLeod
August 27
LuAnn Dutra

“Theatre Stars!” Acting Club,
presented by Artists’ Exchange
Tuesdays, 10:30 – 11:45 AM; walk-ins welcome; class size limited to 20

“All the world’s a stage...” Do you like to sing and dance? Can you play a musical instrument? Were you the class clown in your school, or ham in your family? Are you the life of the party, or the person who impresses his/her friends with your unique talent (i.e. juggling, hula hooping, breathing fire, etc.)? If you answered yes to any of these, then “Theatre Stars!” is the perfect activity for you!

Explore the wild world of theater and improvisation with Artists’ Exchange actors and professional actor-director Jessica Bradley. Play, create, and freely express yourself through basic acting warm-ups, theater exercises, and improv games. Character development, basic acting techniques, and various genres of theatre will be discovered in this weekly class. Whether you attend on a regular basis or just drop-in, you will be guaranteed to leave with a smile on your face and laughter in your soul. No experience necessary, only an active imagination and willingness to be open, accepting, and fearless. Call Instructor Jessica Bradley at Artists’ Exchange with any questions (401-490-9475).

Day Trips

Scenic Rhode Island Narrated Tour

Wednesday, July 23 / 9:00 am to 5:00 pm
$57.00 *includes all fees except lunch
**Reservations must be paid in full to register

This beautiful day includes: a visit to the family farm of Rhode Island’s founder, Roger Williams; a journey through a lovely Pawtuxet village, known historically as the spot marking the 1st link in a chain of events that led directly to America’s declaration of Independence; and a pontoon boat ride on sparkling Narragansett Bay.

You will then embark on a gorgeous panoramic drive along the Rhode Island coastline, with a stop at one of the most picturesque lighthouse’s in Rhode Island. You will also feast on Rhode Island’s most popular summertime seafood at the Matunuck Oyster Bar (lunch tab separate expense).

Participants must be able to handle walking
Questions: Call Kathi @ 401-780-6216

Newport and the Bay Narrated Tour

Tuesday, August 19 / 9:00 am to 5:00 pm
$57.00 *includes all fees except lunch
**Reservation must be paid in full to register

This fantastic excursion includes: a visit to the 3rd oldest lighthouse in America, located on the grounds of one of Rhode Island’s most scenic state parks; shopping along Newport’s acclaimed Brick Market Place; a narrated tour of one of Newport’s splendid mansion; and a visit to the local farm, whose homemade ice cream Yankee magazine awarded “Best Ice Cream in New England”. With plenty of stops for pictures throughout the day, you will enjoy this captivating journey visiting some of Rhode Island’s treasures.

Participants must be able to handle walking
Questions: Call Kathi @402-780-6216

These exciting trips are provided through The Cranston Senior Enrichment Center