

Cranston Senior Services Calendar—March / April 2010

DAILY PROGRAMS

Every Monday	
8:00-12 noon	Phlebotomist/ St. Joseph Hospital
8:30-3:30	Pharmacy Outreach w/ Mario, R.Ph.
8:30-4:30	Billiards
9:00-11:00	RSVP Workshop
9:30-11:30	“Monday Morning Glories” (quilters)
10:00-11:00	Aerobics w/Rebecca
10:30-11:00	Chair Exercises w/ Angela
11:45-1:00	Lunch
1:00-3:00	Poker Tournament
1:00-3:00	Recreational Bridge
1:15-2:45	BINGO
Every Tuesday	
8:30-3:00	Pharmacy Outreach w/ Mario, R.Ph.
8:30-4:30	Billiards
9:00-11:00	RSVP Workshop
9:00-2:30	Nurse Clinic: BP Check & more
10:30-11:30	Ballroom Dancing
10:30-11:00	Chair Exercises w/ Vicki
10:15-11:00	Advanced Tai Chi w/ Bob
11:45-1:00	Lunch
1:00-3:00	Recreational Bridge
1:00-3:00	Bowling League
1:00	Wii Games
1:00-2:00	Zumba
Every Wednesday	
8:30-4:30	Billiards
8:30-3:00	Pharmacy Outreach w/ Mario, R.Ph.
10:00-11:00	Aerobics w/ Rebecca
10:00-11:00	Health Hour
9:00-2:30	Nurse Clinic: BP Check & more
11:45-1:00	Lunch
1:00-2:00	Making Exercise Easy w/Carol
1:00-3:00	Mah Jong
1:00-3:00	Ceramics w/ Rae
1:15-2:15	Country Western Line Dance
Every Thursday	
8:30-4:30	Billiards
8:30-1:00	Pharmacy Outreach w/ Mario, R.Ph.
9:15-10:00	Beginners Tai Chi w/ Bob
9:30-11:00	Knitting & Crocheting w/ Angie
10:30-11:00	Chair Exercise w/Jenny
11:45	Lunch
1:00-3:00	Recreational Bridge
1:00	Scrabble & Dominoes
1:15-2:45	BINGO
6:15-7:15	Yoga w/ Jan
Every Friday	
8:30-4:30	Billiards
9:00-10:00	Yoga w/ Jan
9:00-2:30	Nurse Clinic: Blood Pressure Check & more
9:30-11:30	Ceramics
10:00-11:00	Aerobics w/Rebecca
10:30-11:00	Exercise w/Vicki
11:00-2:30	Pharmacy Outreach w/ Mario, R. Ph.
11:45-1:00	Lunch
12:45 p.m.	Gym & Swim—Cranston YMCA
1:30-2:30	Aerobics
1:00-3:00	Hi Lo Jack Tournament

SPECIALS

March	
<u>Pre-Arrange Burial/Funeral Services</u>	
Thursday, March 11, 2010 at 10:00 a.m.	
<u>Providence Civic Orchestra</u>	
Friday, March 12th, 1:30-2:30 p.m. \$1.00 donation at the door	
<u>St. Patrick’s Day Luncheon / Special Entertainment by Irish Step Dancers</u>	
Wednesday, March 17th, 11:30 a.m. Suggested luncheon donation: \$3.00	
<u>St. Joseph’s Day Luncheon</u>	
Friday, March 19th, 11:30 a.m. Suggested luncheon donation: \$3.00	
<u>TRIP: Target/TJ Max/Olive Garden</u>	
Tuesday, March 23rd—10:00 a.m. to 2:00 p.m.—\$8.00 pp	
<u>Musicmakers Band</u> will entertain during lunch	
Tuesday, March 23rd, 11:30 a.m. Suggested luncheon donation: \$3.00	
<u>Easter Celebration</u>	
Monday, March 29th, 11:30 a.m. Suggested luncheon donation: \$3.00	
April	
<u>Subsidized Housing Seminar</u>	
Tuesday, April 6th, 10:00 a.m.	
<u>Passover Luncheon</u>	
Tuesday, April 6th, 11:30 a.m.	
<u>Red Sox vs Yankee “Day”</u>	
Wednesday, April 7th, 11:30 a.m.	
<u>TRIP: Ann & Hope/Crow’s Nest</u>	
Tuesday, April 13th—10:00 a.m. to 2:00 p.m.—\$8.00 pp	
<u>TRIP: Apex/China Inn Restaurant</u>	
Tuesday, April 27th—10:00 a.m. to 2:00 p.m.—\$8.00 pp	
90+ Request	
Do you know a Cranston resident(s) who will be 90 years of age or older as of June 1st? We would like to honor them at our annual 90+ celebration in May. Please call Kathi or Theresa at 780-6215 with any names and addresses.	
Health Check	
<u>March:</u>	
<u>Diabetes Support Group</u>	
Wednesday, March 3 rd – 10:00 a.m.	
<u>Cooking Green & Red with Mary Lou & Joyce</u>	
Wednesday, March 10 th – 10:00 a.m.	
<u>Life’s Handbook 2010: The Do’s & Don’ts</u>	
Wednesday, March 17th – 10:00 a.m.	
<u>High Blood Pressure Diet</u>	
Wednesday, March 24 th – 10:00 a.m.	
<u>Stroke Screening & Presentation</u>	
Tuesday, March 30 th – 9:30 a.m.	
<u>Hypertension: What is it?</u>	
Wednesday, March 31 st – 10:00 a.m.	
<u>April:</u>	
<u>Diabetes Support Group</u>	
Wednesday, April 7 th – 10:00 a.m.	
<u>“Just Breathe”</u>	
Wednesday, April 14 th – 10:00 a.m.	
<u>New Drinks: The Good & the Bad</u>	
Wednesday, April 21 st – 10:00 a.m.	
<u>Generic Drugs: What You Need to Know</u>	
Wednesday, April 28 th – 10:00 a.m.	

\$3.00 Suggested Donation

March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Onion Soup w/ Croutons Meatloaf w/ Gravy Whipped Potatoes Peas and Carrots Fresh fruit Whole Wheat Roll (Turkey on whole wheat)	2 Vegetable Soup Honey Glazed Chicken Rice Pilaf Mixed Vegetable Multigrain Bread Brownie (Tuna Salad on Multigrain)	3 Turkey Rice Soup Liver and Onions Mashed Potato Broccoli White Bread Pudding w/Topping (Roast Beef on White)	4 Chicken Soup w/ Pasta Roast Pork w/ Gravy Spinach w/ Lemon & Garlic Scalloped Potatoes Applesauce Ice Cream (Lite Bologna & Cheese on Italian)	5 Clear Chowder Egg Salad Lettuce & Tomato w/ Dressing Pasta Salad Wheat Bread Sponge Cake w/ Topping (Chicken Salad on Wheat)
8 Kale and Bean Soup Chicken A La King Biscuit Zucchini Jello w/ Topping (Pastrami on Lite Oatmeal)	9 Low Sodium Cream of Tomato Knock Wurst w/ Mustard Boiled Potatoes Green Beans Hoagie Roll Cherry Cobbler (Ham Salad on Hoagie Roll)	10 Chicken Gumbo Meat Balls w/ Sauce Ziti w/ Sauce Italian Vegetable blend Lemon Pudding Italian Bread (Sliced Chicken and Cheese on Italian)	11 Potato and Leek Chicken Cacciatore Roasted Red Bliss Sliced Carrots Hearty Nut Bread Baked Apple w/ Cinnamon (Italian Grinder)	12 White Clam Chowder Baked Fish w/ Lemon Parsley Potatoes Broccoli Fresh Cut up Fruit Pumpernickel Bread (Ham and Cheese on Pumpernickel)
15 Minestrone Soup Stuffed Pepper Green Beans White Rice Chocolate Chip Cookie (Bologna and Cheese on Wheat)	16 Tossed Salad w/Dressing American Chop Suey Mixed Vegetable Dinner Roll Ice Cream Sandwich (Chicken Salad w/ Lettuce on Multigrain)	17 St. Patrick's Day Split Pea Soup Corned Beef w/ Mustard Boiled Potatoes Cabbage and Carrot Blend Key Lime Pie Rye Bread (Tuna on Rye)	18 Chicken Soup Stuffed Chicken w/ Broccoli w/ Gravy Rice Pilaf Green Beans Frosted Cup Cake Wheat Bread (Ham & Cheese w/ Mustard on Wheat)	19 St. Joseph's Day Corn Chowder Italian Sausage Peppers and Onions Seasoned Pasta Grinder Roll Almond Biscotti (Seafood Salad on Grinder Roll)
22 Egg Drop Soup Sweet and Sour Chicken Vegetable Egg Roll Fried Rice Mandarin Orange Wheat Roll (Ham salad on Roll)	23 Chicken Noodle French Meat Pie w/ Ketchup Whipped potatoes Baby Carrots Whole Wheat Fruit Cup (Italian Tuna on Whole Wheat)	24 Barley Soup Baked Ham w/Pineapple Glaze Baked Sweet Potato Capri Blend Vegetable Peaches and Cream Italian Bread (Chicken Salad on Italian)	25 Vegetable Soup Pub Burger Pasta Salad Chuck wagon Corn Wheat Hamburger Roll Hoodsie Cup (Hot dog on W Burger Roll)	26 Butternut Squash Soup Baked Fish Seasoned Spinach Baked Potato w/ Sour Cream Dinner Roll Mixed Fresh Fruit (Grilled Chicken and Cheese on Lite Oatmeal)
29 Garden Salad w/ Balsamic Vinaigrette Beef Stew w/ Roasted Vegetables Mashed Potatoes Green Beans Whole Wheat Bread Chocolate Pudding W/Topping (Turkey on Whole Wheat)	30 Italian Wedding Soup Veal w/ Mushroom Wild Rice Baby Whole Carrots Rye Bread Canned Fruit (Pastrami on Rye)	31 Minestrone Soup Rotisserie Chicken Quarter Mashed Sweet Potato Cauliflower Multigrain Baked Apple w/Cinnamon (Lite Bologna and Cheese on Multigrain)	Thank you for your donations! Checks can be made out to Blackstone Health. Your donations help keep the program going. 24 hour notice for reservations & cancellations is appreciated.	Menu Subject to change with approval by Nutrition Director. Contact Blackstone Health Inc, for concerns regarding Food Allergies Blackstone Health Inc 728-9290

\$3.00 Suggested Donation

APRIL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thank you for your donations! Checks can be made out to Blackstone Health. Your donations help keep the program going. 24 hour notice for reservations & cancellations	Menu Subject to change with approval by Nutrition Director. Contact Blackstone Health Inc, for concerns regarding Food Allergies Blackstone Health Inc		1 Chicken Soup Manicotti x 2 w/Sauce Garlic Stick Italian Vegetable Fresh Fruit (Egg Salad on White)	2 Red Chowder w/ Crackers Country Crisp Tails w/ Tartar Sauce Oven Roasted Potato Broccoli Florets Roll Butter Scotch Pudding (Roast Beef on Bulky)
5 Split Pea Ham w/Raisin Salad Twice Baked Potato Green Beans Almandine Dinner Roll Custard (Italian Chicken Salad on Roll)	6 PASSOVER Matzo Ball Soup Baked Chicken Quarter Potato Latke w/Applesauce Mixed Vegetable Matzo Fresh Nectarine (Seafood Salad on Rye)	7 Vegetable Soup w/Crackers Sloppy Joe Au Gratin Potato Coleslaw Roll Ice Cream Sandwich (Tuna on Roll)	8 Pasta and Bean Salisbury Steak w/Gravy Buttered Egg Noodles Peas and Onions Whole Wheat Roll Lemon Pudding (Ham & Cheese on W.W. Roll)	9 Egg drop Soup Seafood Chow Mein Brown Fried Rice Oriental Style Vegetable Rye Pineapple Chunks (Italian Grinder)
12 Apple Juice Swedish Meatballs Seasoned Shells Capri blend Vegetables Multigrain Mandarin Oranges (Egg Salad on Multigrain)	13 Tossed Salad w/Dressing Veal Parmesan Ziti w/ Sauce California Blend Vegetables Italian Bread Italian Ice (Turkey Salad on Italian)	14 Chili BBQ Spare Ribs Lyonnais Potatoes Sugar Snap Peas Whole Wheat Bread Sliced Pears (Tuna on Whole Wheat)	15 Venus De Milo Chicken Cordon Blue w/ Gravy Rice Pilaf Veg Medley Multigrain Bread Chocolate Cake (Bologna & Cheese on Multi-)	16 Cranberry Juice Cold Plate: Tuna Salad, Pasta Salad Lettuce+Tom+Cuke w/Dressing Wheat Bread Chocolate Chip Cookie (Chicken Salad on Wheat)
19 French Onion Soup Stuffed Pepper Ziti w/ Sauce King Edward Vegetables Croissant Tapioca Pudding (Turkey on Croissant)	20 Chicken Gumbo Open Faced Turkey Sandwich w/Gravy Stuffing Peas and Carrots White Bread Baked Apples w/ Cinnamon (Pastrami & Cheese on White)	21 Beef Noodle Soup Chicken Marcella Rice Pilaf French Cut Green Beans Pumpernickel Sherbet (Seafood on Pumpernickel)	22 BRUNCH Orange Juice French Toast x2 w/ Syrup Home Fries Baked Ham Corn Muffin Fruited Yogurt	23 White Chowder Seafood Casserole Wild and Long Grain Rice Zucchini and Summer Squash Lt. Oatmeal Bread Peaches and Cream (Corned Beef of Lt. Oatmeal)
26 Cream of Broccoli Kielbasa w/ Mustard Boiled Potatoes Baby Whole Carrots Hoagie Roll Ice Cream (Chicken Salad on Hoagie Roll)	27 Chicken Escarole Soup Meat Lasagna Broccoli Florentine Garlic Stick Vanilla Pudding (Italian Tuna on Sicilian Bread)	28 Lentil Soup Roast Pork w/ Applesauce Roasted Potatoes Scandinavian Blend Dinner Roll Melon Slices (Garden Burger on Roll)	29 Turkey & Noodle Soup Chicken w/ Broccoli and Cheese Mexican Rice Mixed Vegetable Rye Bread Apple Pie w/ Topping (Honey Ham on Rye)	30 Clear Chowder w/ Crackers Breaded Baked Fish Scalloped Potatoes Zucchini & Tomatoes Wheat Bread Brownie (Meat Loaf on Wheat)