

Monday	Tuesday	Wednesday	Thursday	Friday
 SENIOR SERVICES, INC. 84 Social Street AUGUST 2017 Woonsocket, R I 02895 (401) 766-3734	1 9-11:30 Podiatrist Clinic 10:00 TAP for FUN 12:30 BINGO 1:45 ZUMBA GOLD 5:00-7:00pm NATIONAL NIGHT OUT In the Park Celebration	2 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES	3 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 RUSS MORENCY <i>Sponsored by</i> Trinity Health 12:30 BINGO 1:45 Line Dancing 3:00 BALLET CLASS	4 8:45- 9:45 ARTSY FRIDAY CLASS <i>Please sign up in advance</i> <i>In office for Artsy Classes</i> 10:00 Chair Exercise 12:30 BINGO
7 9:00 COLORING ART 9:30 Knit & Crochet 10:00 Seniors in Motion 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO	8 10:00 TAP for FUN 12:30 BINGO 1:45 ZUMBA GOLD 5:30 Easy Line Dancing for Seniors * BECKWITH LODGE BURRILLVILLE	9 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES	10 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 KIM OAKES <i>Sponsored by Oakland Grove</i> <i>by Woonsocket Health</i> 12:00 ICE CREAM SOCIAL 12:30 BINGO 1:45 Line Dancing 3:00 BALLET CLASS	11 8:45- 9:45 ARTSY FRIDAY CLASS 10:00 Chair Exercise 12:30 BINGO 1:30 FANCIE DANCERS DANCE RECITAL
14 9:00 COLORING ART 9:30 Knit & Crochet 10:00 Seniors in Motion 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO	15 9:00 Coffee with Holly 10:00 TAP for FUN 10:30 Farm Fresh 12:30 BINGO 1:45 ZUMBA GOLD 5:30 Easy Line Dancing for Seniors * BECKWITH LODGE BURRILLVILLE	16 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES	17 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 BUD PISTACHIO <i>Sponsored by Friendly Home</i> 12:30 BINGO 1:45 Line Dancing 3:00 BALLET CLASS	18 8:45- 9:45 ARTSY FRIDAY CLASS 12:00 HAPPY BIRTHDAY ICE CREAM SOCIAL <i>sponsored by Oakland Grove</i> 10:00 Chair Exercise 12:30 BINGO
21 9:00 COLORING ART 9:30 Knit & Crochet 10:00 Seniors in Motion 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO	22 9-11:30 Podiatrist Clinic 10:00 TAP for FUN 12:30 BINGO 1:45 ZUMBA GOLD 5:30 Easy Line Dancing for Seniors * BECKWITH LODGE BURRILLVILLE	23 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES	24 9:30-11 Blood Pressure Clinic 10:30 ROBERT BLACK <i>Sponsored by Woonsocket</i> <i>Health & Rehabilitation</i> 12:30 BINGO 1:45 Line Dancing 3:00 BALLET CLASS	25 8:45- 9:45 ARTSY FRIDAY CLASS 10:00 Chair Exercise 11:30-2 RIPTA Bus Passes available at Woonsocket Senior Center 12:30 BINGO
28 9:00 COLORING ART 9:30 Knit & Crochet 10:00 Seniors in Motion 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO	29 10:00 TAP for FUN 12:30 BINGO 1:45 ZUMBA GOLD 5:30 Easy Line Dancing for Seniors * BECKWITH LODGE BURRILLVILLE	30 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES	31 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 VINNY AMES <i>Sponsored by Mt. St. Rita</i> 12:30 BINGO 1:45 Line Dancing 3:00 BALLET CLASS	 <i>Stay ACTIVE</i> <i>Have FUN</i> <i>Meet PEOPLE</i> <i>Enjoy YOURSELF</i> <i>at</i> SENIOR SERVICES

Note: Classes subject to change depending on availability of instructors. **Classes held at Scouter's Hall, 32 Main Street, North Smithfield.

