



NOVEMBER 2019

ACTIVITY CALENDAR!

**Classes marked NS* are held at
Scouter's Hall, 13 Main St, North Smithfield*



SENIOR SERVICES, INC.
84 SOCIAL STREET
WOONSOCKET, RI 02895
401-766-3734

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 1:00 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
4 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	5 10:00 Tap For Fun 10:00 URI Nutrition 10:30 URI Pharmacy 11:00 Diabetes – Are you At Risk? 12:30 BINGO 1:30 ZUMBA GOLD	6 9:30 Knit and Crochet 10:00 Senior Fitness 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	7 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Bud Pistacchio sponsored by Holiday Retirement and Nursing Facility 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	8 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 1:00 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i> 4:00 Veterans Appreciation Dinner
11  Veterans Day	12 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	13 9:30 Knit and Crochet 10:00 Senior Fitness 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	14 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Robert Black Sponsored by Woonsocket Health and Rehabilitation Center 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	15 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 1:00 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
18 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	19 9:30 AAA Defensive Driving Course *NS (Scouters Hall) 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	20 9:30 Knit and Crochet 10:00 Senior Fitness 11:30 Après Workout Dejeuner (Lunch) with Steve 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	21 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Vini Ames Sponsored by Trinity Health and Rehabilitation Center 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	22 8:00 Podiatry – by Appointment 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 1:00 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
25 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	26 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	27 9:30 Knit and Crochet 10:00 Senior Fitness 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	28 Closed 	29 Closed Holiday Observance