




**Sunday, February 10th! Senior Services, Inc.
Valentine's Day Luncheon Dance! Stop by the
main office for more information, or call us at 401-766-3734!**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY FUN!				
9:30 Knit and Crochet 4 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion NS* = North Smithfield Scouter's Hall	9:00 – 11:30 Podiatry clinic by appointment 5 10:00 Tap for Fun 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 6 10:00 Senior Fitness 11:30 Healthy Eating Jumpstart <i>See office for details</i> 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	9:00-10:30 Blood Pressure Clinic 7 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Russ Morency, sponsored by Oakland Grove 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class NS* = North Smithfield Scouter's Hall	10:00 Chair Exercise 1 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>
9:30 Knit and Crochet 11 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion NS* = North Smithfield Scouter's Hall	10:00 Tap for Fun 12 10:30 URI Pharmacy upstairs lounge 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 13 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	9:00-10:30 Blood Pressure Clinic 14 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Tom Yaz, video disc jockey, sponsored by Trinity 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class NS* = North Smithfield Scouter's Hall	10:00 Chair Exercise 15 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>
 PRESIDENTS' DAY SENIOR SERVICES, INC. CLOSED	10:00 Tap for Fun 19 12:30 BINGO 2:00 ZUMBA GOLD 10:30 Lunch & Learn: Healthy Hearts! being held at The Meadows	9:30 Knit and Crochet 20 10:00 Senior Fitness 11:30 Healthy Eating Jumpstart <i>See office for details</i> 11:30-2:00 Pool & Pub Lunch <i>By reservation only– See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	9:00-10:30 Blood Pressure Clinic 21 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Vini Ames sponsored by Friendly Home 12:30 BINGO 1:00 Beginner Line Dancing NEW! 2:00 Line Dancing 3:00 Ballet Class NS* = North Smithfield Scouter's Hall	10:00 Chair Exercise 22 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>
9:30 Knit and Crochet 25 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion NS* = North Smithfield Scouter's Hall	10:00 Tap for Fun 26 10:30 Lunch & Learn: Healthy Hearts! being held at Kennedy Manor 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 27 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	9:00-10:30 Blood Pressure Clinic 28 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Robert Black sponsored by Woonsocket Health & Rehab 12:30 BINGO 1:00 Beginner Line Dancing NEW! 2:00 Line Dancing 3:00 Ballet Class NS* = North Smithfield Scouter's Hall	 Happy Valentine's Day

