



February 2020

ACTIVITY CALENDAR!

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



**AGING WELL INC.
84 SOCIAL STREET
WOONSOCKET, RI 02895
401-766-3734**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA-GOLD	5 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	6 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA-GOLD NS* 10:00 Aging Well Inc. Town Hall Meeting 10:30 Entertainment by Steve Burke sponsored by Holiday Retirement and Nursing Facility 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	7 10:00 Chair Exercise 10:00 – 2:00 RIPTA Buss Passes 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>
10 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	11 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA-GOLD	12 9:30 Knit and Crochet 10:00 Senior Fitness 11:30 Après Workout Dejeuner (Lunch) <i>with Steve</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	13 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	14 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>
17  Holiday Observance	18 10:00 Tap for Fun 10:30 URI Pharmacy 12:30 BINGO 1:30 ZUMBA GOLD	19 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	20 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Russ Morency Sponsored by Friendly Nursing Home 10:30 Fashions by Francine 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	21 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>
24 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	25 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	26 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	27 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	28 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>
	Valentine Dinner Dance “Sponsored by United Health Care” Saturday February 15th, 1:00 – 4:00pm Tickets are available in the main dining hall and also in the main office			