



MAY

2024

ACTIVITY CALENDAR!



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

Monday	Tuesday	Wednesday	Thursday	Friday
Classes marked NS are held at Scouter's Hall, 13 Main St, North Smithfield	Come for LUNCH and stay for BINGO on Monday's & Thursday's "Lunch reservations" are required 48 hours in advance. BINGO is generously managed and run by Vern & Jeanette Gross. Card sale begins at 12:30pm	1 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga 1:30 – 3:30 Reiki w/Kim	2 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Adult Tap Class 3:00 Barre Fitness	3 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 1:00 Line Dancing w/Fran NS* 12:30-1:30 Diabetes Prevention Program 2:00 Yogalates NS* 1:00-3:00 Kentucky Derby
6 10:00 Get Moving w/Steve 10:15 Zumba Gold w/ Fran NS* 11:15 Sit, Fit & Be Strong w/Fran- Chair Exercise NS* 12:30 Bingo 12:30 Ageless Pilates w/Elaine 1:30-2:30 Tai Chi w/Elaine 3:00 Mat Yoga w/Elaine NS*	7 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 URI Nutrition – Grocery Store Tour 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation NS* w/Diane 2:30 Line Dancing w/Fran	8 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga	9 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Adult Tap Class 3:00 Barre Fitness	10 8:30 Podiatrist 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 1:00 Line Dancing w/Fran NS* 12:30-2:30 Diabetes Prevention Program 1:00-3:00 Manicures 2:00 Yogalates NS*
13 10:00 Get Moving w/Steve 10:15 Zumba Gold w/ Fran NS* 11:15 Sit, Fit & Be Strong w/Fran- Chair Exercise NS* 12:30 Bingo 12:30 Ageless Pilates w/Elaine 1:30-2:30 Tai Chi w/Elaine 3:00 Mat Yoga w/Elaine NS*	14 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 Drumming Circle 12:30 Music Bingo w/Eric Therien 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation NS* w/Diane 2:30 Line Dancing w/Fran	15 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga	16 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Adult Tap Class 3:00 Barre Fitness	17 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 12:30 -2:30 Open House for Exercise Room & Game Room 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*
20 10:00 Get Moving w/Steve 10:15 Zumba Gold w/ Fran NS* 11:15 Sit, Fit & Be Strong w/Fran- Chair Exercise NS* 12:30 Bingo 12:30 Ageless Pilates w/Elaine 1:30-2:30 Tai Chi w/Elaine 3:00 Mat Yoga w/Elaine NS*	21 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 African Dance w/Bamitale 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation NS* w/Diane 2:30 Line Dancing w/Fran	22 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga	23 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Adult Tap Class 3:00 Barre Fitness	24 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 1:00 Line Dancing w/Fran NS* 12:30-2:30 Diabetes Prevention Program 2:00 Yogalates NS*
27 CLOSED IN OBSERVANCE OF Memorial Day	28 8:30 Marie & Steve's Breakfast Club 9:30 Balance and Flex w/Steve 10:00 Tap for Fun w/Fran 12:30 Special Bingo 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation NS* w/Diane 2:30 Line Dancing w/Fran	29 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga	30 9:30 Get Moving w/Steve 10:15 Zumba Gold w/Fran NS* 12:30 Bingo 1:00 Get Moving w/Steve NS* 2:00 Adult Tap Class 3:00 Barre Fitness	31 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 12:30 MOVIE 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*

