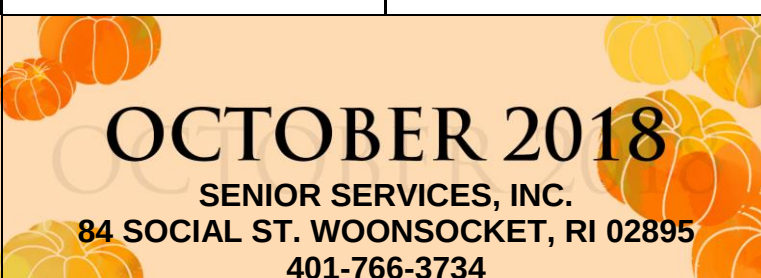


Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Knit and Crochet 1 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion *North Smithfield, Scouter's Hall	10:00 Tap for Fun 2 10:30 URI Nutrition Program lower level conference room 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 3 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 4 10:00 ZUMBA GOLD NS* 10:30 STEVE BURKE <i>sponsored by OAKLAND GROVE</i> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise 5 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>
8 SENIOR SERVICES, INC. CLOSED COLUMBUS DAY	9:00 – 11:00 Podiatry by appointment only 9 10:00 Tap for Fun 10:30 URI Pharmacy Program Upstairs Lounge 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 10 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 11 10:00 ZUMBA GOLD NS* 10:30 MANNY BRANDAO <i>sponsored by TRINITY</i> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class 4:00 HARVEST DINNER DANCE!	10:00 Chair Exercise 12 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 15 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	10:00 Tap for Fun 16 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 17 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 18 10:00 ZUMBA GOLD NS* 10:30 VINNY AMES <i>sponsored by FRIENDLY HOME</i> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise 19 10:00 FLU CLINIC 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 22 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	10:00 Tap for Fun 23 12:30 BINGO 2:00 ZUMBA GOLD	9:30 Knit and Crochet 24 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 25 10:00 ZUMBA GOLD NS* 10:30 ROBERT BLACK <i>sponsored by WOONSOCKET HEALTH & REHABILITATION</i> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise 26 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>
29 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	30 10:00 Tap for Fun 10:30 URI Nutrition Program lower level conference room 12:30 BINGO 2:00 ZUMBA GOLD	31 9:30 Knit and Crochet 10:00 Visit from Harris School 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	 OCTOBER 2018 SENIOR SERVICES, INC. 84 SOCIAL ST. WOONSOCKET, RI 02895 401-766-3734	