

# SEPTEMBER


## 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
<b>Labor Day</b>  2	3 10:00 Tap for Fun 10:30 URI Nutrition 12:30 BINGO 1:30 ZUMBA GOLD	4 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	5 9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Russ Morency <i>sponsored by Holiday Retirement and Nursing Facility</i> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	6 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> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
9 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	10 <b>9:00-11:00 Quilts of Valor</b> 10:00 Tap for Fun 10:30 URI Pharmacy 12:30 BINGO 1:30 ZUMBA GOLD	11 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	12 9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Vini Ames <i>Sponsored by Friendly Nursing Home</i> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	13 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
16 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	17 <b>9:00-11:00 Quilts of Valor</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	18 9:30 Knit and Crochet 10:00 Senior Fitness 11:30 Healthy Eating Luncheon Group 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	19 9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Robert Black <i>Sponsored by Woonsocket Health and Rehabilitation Center</i> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	20 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
23 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	24 <b>9:00-11:00 Quilts of Valor</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	25 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	26 9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment is to be determined 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	27 <del>9:30-2:30 AAA Defensive Driving Course</del> 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
30 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion		<b>Saturday September 28<sup>th</sup></b> <b>"Generations of Beauty"</b> <b>Fashion Show and Brunch</b> <b>To benefit Senior Services, Inc.</b> <b>12:00 – 3:00pm</b> <b>Woonsocket Senior Center</b> <b>\$5 Member - \$10 Non-member</b>		