

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
Labor Day 	2 10:00 Tap for Fun 10:30 URI Nutrition 12:30 BINGO 1:30 ZUMBA GOLD	3 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	4 9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Russ Morency sponsored by Holiday Retirement and Nursing Facility 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	5 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> 1:00 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	9 9:00-11:00 Quilts of Valor 10:00 Tap for Fun 10:30 URI Pharmacy 12:30 BINGO 1:30 ZUMBA GOLD	10 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	11 9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Vini Ames Sponsored by Friendly Nursing Home 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	12 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>
9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	16 9:00-11:00 Quilts of Valor 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	17 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	18 9:00-10:30 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 6:00 Cribbage League	19 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>
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9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	30	Saturday September 28th <i>“Generations of Beauty”</i> Fashion Show and Brunch To benefit Senior Services, Inc. 12:00 – 3:00pm Woonsocket Senior Center \$\$5 Member - \$10 Non-member		