

DECEMBER 2023

ACTIVITY CALENDAR!



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Come for LUNCH and stay for BINGO on Monday's & Thursday's "Lunch reservations" are required 48 hours in advance.</p> <p>BINGO is generously managed and run by Vern & Jeanette Gross. Card sale begins at 12:30</p>	<p>*Classes marked NS* are held at Scouter's Hall, 13 Main St, North Smithfield</p>			
4 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	5 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 URI Nutrition - Think Before You Drink 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation w/Diane NS*	6 10:00 Mindfulness & Meditation w/Diane 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	7 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing w/Fran 3:00 Barre Fitness	1 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Susan 1:00 Line Dancing w/Fran NS* 1:00 – 3:30 Tools for Healthy Living (6 Week Workshop) 2:00 Yogalates NS*
11 10:00 Get Moving w/Steve 10:15 Zumba Gold w/ Fran NS* 11:00 Christmas Story w/ Left Right Game 11:15 Sit, Fit & Be Strong w/Fran- Chair Exercise NS* 12:30 Bingo	12 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation w/Diane NS* 2:30 Line Dancing w/Fran	13 10:00 Mindfulness & Meditation w/Diane 11:00 Music Bingo w/Eric Therien 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	14 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing w/Fran 3:00 Barre Fitness	15 1:00 Line Dancing w/Fran NS* 1:00 – 3:30 Tools for Healthy Living (6 Week Workshop) 2:00 Yogalates NS*
18 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	19 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 – Children's Christmas Party w/ Harris School Children sponsored by United Health Care 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation w/Diane NS* 2:30 Line Dancing w/Fran	20 10:00 Mindfulness & Meditation w/Diane 10:00 – 11:30 Cookie Swap & Christmas Carols 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	21 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* Holiday Luncheon & Music w/Vini Ames sponsored by BCBS 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing w/Fran 3:00 Barre Fitness	22 8:30 Podiatrist 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Susan 1:00 Line Dancing w/Fran NS* 1:00 – 3:30 Tools for Healthy Living (6 Week Workshop) 2:00 Yogalates NS*
25 	26 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation w/Diane NS* 2:30 Line Dancing w/Fran	27 10:00 Mindfulness & Meditation w/Diane 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	28 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 12:30 Bingo 1:00 Get Moving w/Steve NS* 2:00 Line Dancing w/Fran 3:00 Barre Fitness	29 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Susan 12:30 Movie to be announced 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*