

DECEMBER 2022

ACTIVITY CALENDAR!

**Classes marked NS* are held at
Scouter's Hall, 13 Main St, North Smithfield*



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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	2 9:30 Balance & Flex w/Susan 10:30 Brain Games with Susan 1:00 Line Dancing Fran NS* 2:00 Ballroom Dancing NS*
5 10:00 Keep it Moving w/Steve 10:15 Zumba Gold w/Fran NS* 11:15 Sit, Fit & Be Strong w/Fran – Chair Exercise NS* 12:30 Bingo	6 9:30 Healthy Eating 10:00 Tap for Fun w/Fran 12:15 Corn Hole 1:30 Mindfulness & Meditation with Diane NS* 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	7 10:00 Mindfulness & Meditation with Diane 10:30 Music Bingo 12:30 Cribbage for fun 12:30 Chair Yoga 2:30 Adult Tap Class	8 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 11:00-1:00 Liheap Outreach 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	9 9:30 Balance & Flex w/Susan 10:30 Brain Games with Susan 1:00 Line Dancing Fran NS* 2:00 Ballroom Dancing NS*
12 10:00 Keep It Moving w/Steve 10:30 Christmas Story Left/Right Swap0 10:15 Zumba Gold w/ Fran NS* 11:15 Sit, Fit & Be Strong w/Fran - Chair Exercise NS* 12:30 Bingo	13 9:30 Balance & Flex w/Elaine 10:00 Christmas Part w/Harris School 10:00 Tap for Fun w/Fran 10:30 Holiday Reminiscing Group 12:15 Corn Hole 1:30 Mindfulness & Meditation w/Diane NS* 1:30 Zumba Gold w/Fran 2:30 Line dancing w/Fran	14 10:00 Mindfulness & Meditation with Diane 12:30 Cribbage for fun 12:30 Chair Yoga 2:30 Adult Tap Class	15 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/ Fran NS* 11:30 Christmas Dinner 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	16 9:30 Balance & Flex w/Susan 10:30 Brain Games with Susan 1:00 Line Dancing Fran NS* 2:00 Ballroom Dancing *NS
19 10:30 Keep It Moving w/Elaine 10:15 Zumba Gold w/ Fran NS* 11:15 Sit, Fit & Be Strong w/Fran - Chair Exercise NS* 12:30 Bingo	20 9:30 Balance & Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 Holiday Reminiscing Group 12:15 Corn Hole 1:30 Mindfulness & Meditation with Diane NS* 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	21 10:00 Mindfulness & Meditation with Diane 10:30 -11:30 Christmas Music w/Generations unlimited 12:30 Cribbage for fun 12:30 Chair Yoga 2:30 Adult Tap Class	22 10:00 Get Moving w/Elaine & Steve 10:15 Zumba Gold w/ Fran NS* 12:00 Library Gift Giving Event 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	23 9:30 Balance & Flex w/Susan 10:30 Brain Games with Susan 1:00 Line Dancing Fran NS* 2:00 Ballroom Dancing *NS
26 CLOSED	27 9:30 Balance & Flex w/Elaine 10:00 Tap for Fun w/Fran 12:15 Corn Hole 1:30 Mindfulness & Meditation with Diane NS* 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	28 10:00 Mindfulness & Meditation with Diane 12:30 Cribbage for fun 12:30 Chair Yoga 2:30 Adult Tap Class	29 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	30 9:30 Balance & Flex w/Susan 10:30 Brain Games with Susan 1:00 Line Dancing Fran NS* 2:00 Ballroom Dancing NS*