



ACTIVITY CALENDAR!

2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Classes marked NS* are held at Scouter's Hall, 13 Main St, North Smithfield</p>	<p>Come for LUNCH and stay for BINGO on Monday's & Thursday's "Lunch reservations" are required 48 hours in advance. BINGO is generously managed and run by Vern & Jeanette Gross. Card sale begins at 12:30pm</p>		<p>1 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 1:30 – 3:30 Game Room open 2:00 Adult Tap Class 3:00 Barre Fitness</p>	<p>2 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 10:30 Mini Matter of Balance 12:30 – 2:00 Board Games & W II Bowling 12:30 Presentation by Richard Muto 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*</p>
<p>5 10:00 Get Moving w/Steve 10:15 Zumba Gold w/Fran NS* 11:15 Sit, Fit & Be Strong w/Fran NS* 12:30 Bingo 12:30 Ageless Pilates w/Elaine 1:00 Keep Moving w/Steve NS* 1:30-2:30 Tai Chi w/Elaine 3:00 Mat Yoga w/Elaine NS*</p>	<p>6 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 2:30 Line Dancing w/Fran 4:00 Sound Bath</p>	<p>7 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Elaine 12:00-2:00 Reiki by appointment 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga</p>	<p>8 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:00 – 3:30 Manicures by Crystal Apt only 12:30 Bingo 1:00 Get Moving w/Elaine NS* 1:30 – 3:30 Game Room Open 2:00 Adult Tap Class 3:00 Barre Fitness</p>	<p>9 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 10:30 Mini Matter of Balance 12:30 – 2:00 Board Games & W II Bowling 12:30 – 2:30 Game Room Open 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*</p>
<p>12 CLOSED IN OBSERVANCE OF VICTORY DAY</p>	<p>13 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 Write for Delight 12:30 Music Bingo w/Eric Therien (60's) 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation w/Diane NS* 2:30 Line Dancing w/Fran 4:00 Drumming Circle</p>	<p>14 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:30 Drumming Circle 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga</p>	<p>15 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 1:30 – 3:30 Game Room Open 2:00 Adult Tap Class 3:00 Barre Fitness</p>	<p>16 8:30 Podiatrist by appointment 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 12:30 – 2:00 Board Games & W II Bowling 12:30 – 2:30 Game Room Open 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*</p>
<p>19 10:00 Get Moving w/Steve 10:15 Zumba Gold w/Fran NS* 10:30 Music with Nicole 11:15 Sit, Fit & Be Strong w/Fran NS* 12:30 Bingo 12:30 Ageless Pilates w/Elaine 1:00 Keep Moving w/Steve NS* 1:30-2:30 Tai Chi w/Elaine 3:00 Mat Yoga w/Elaine NS*</p>	<p>20 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:00 – 12:00 The Point w/Maria by apt. 10:30 Write for Delight 12:15 Corn Hole 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation w/Diane NS* 2:30 Line Dancing w/Fran</p>	<p>21 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:00 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga 3:00 – 6:00 Senior Prom – RSVP by 8/14</p>	<p>22 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 1:30 – 3:30 Game Room Open 2:00 Adult Tap Class 3:00 Barre Fitness</p>	<p>23 9:00 AARP Safe driving course 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 12:30 – 2:00 Board Games & W II Bowling 12:30 – 2:30 Game Room Open 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*</p>
<p>26 10:00 Get Moving w/Steve 10:15 Zumba Gold w/Fran NS* 11:15 Sit, Fit & Be Strong w/Fran NS* 12:30 Bingo 12:30 Ageless Pilates w/Elaine 1:00 Keep Moving w/Steve NS* 1:30-2:30 Tai Chi w/Elaine 3:00 Mat Yoga w/Elaine NS*</p>	<p>27 8:30 Marie & Steve's Breakfast Club 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 12:30 Special Bingo 1:30 Zumba Gold w/Fran 1:30-2:30 Tai Chi w/Sue 1:30 Mindfulness & Meditation w/Diane NS* 2:30 Line Dancing w/Fran</p>	<p>28 9:30 Get Moving w/Steve 10:30 Mindfulness & Meditation w/Diane 12:00-3:00 Reflexology by appointment 12:30 Beginning Line Dance w/Steve 12:30 Cribbage for Fun 12:45 Chair Yoga</p>	<p>29 9:30 Get Moving w/Elaine 10:15 Zumba Gold w/Fran NS* 10:30 Ageless Pilates w/Elaine 12:30 Bingo 1:00 Get Moving w/Elaine NS* 1:30 – 3:30 Game Room Open 2:00 Adult Tap Class 3:00 Barre Fitness</p>	<p>30 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Sue 12:30 – 2:00 Board Games & W II Bowling 12:30 – 2:30 Game Room Open 1:00 Line Dancing w/Fran NS* 2:00 Yogalates NS*</p>