

MAY 2023

ACTIVITY CALENDAR!



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 9:30 Balance and Flex w/Sue 10:00 Tap for Fun w/Fran 10:30 URI Nutrition 12:30 Corn Hole 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	3 10:00 Mindfulness & Meditation w/ Diane 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	4 10:00 Get Moving w/Steve 10:15 Zumba Gold w/ Fran NS* 11:00 Rhode Island Legal Service Information booth 11:00 RI Treasury Department 12:30 Bingo 1:00 Get Moving w/Steve NS* 2:00 Line Dancing w/Fran 3:00 Barre Fitness	5 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Susan 1:00 Kentucky Derby (come for lunch stay for Derby) Sponsored by United Health Care 1:00 Line Dancing w/Fran NS* 2:00 Ballroom Dancing NS*
8 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	9 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 URI Pharmacy Ice Cream Social (following lunch) Sponsored by St Germain Manor 12:30 Corn Hole 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	10 10:00 Wildlife in Your Backyard w/ Jane Deming 10:00 Mindfulness & Meditation w/Diane 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	11 10:00 Get Moving w/Elaine 10:15 Zumba Gold w/ Fran NS* 10:45-2:00 The Point – Resource Liaison 12:30 Bingo 1:00 Get Moving w/Elaine NS* 2:00 Line Dancing w/Fran 3:00 Barre Fitness	12 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Susan 1:00 Line Dancing w/Fran NS* 2:00 Ballroom Dancing NS
15 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	16 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 10:30 Fall Prevention 12:30 Corn Hole 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	17 10:00 Mindfulness & Meditation w/Diane 10:30 Music w/Russ Morency 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	18 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 Fancie Follies	19 9:30 AARP Safe Driving Course 1:00 Line Dancing w/Fran NS* 2:00 Ballroom Dancing NS*
22 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 1:00 The Point-Resource Liaison (please register)	23 9:30 Balance and Flex w/Elaine 10:00 Tap for Fun w/Fran 12:30 Corn Hole 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	24 10:00 Mindfulness & Meditation w/Diane 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class	25 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	26 9:30 Exercise & Flex w/Sue 10:30 Brain Games w/Susan 1:00 Line Dancing w/Fran NS* 2:00 Ballroom Dancing NS*
29 CLOSED 	30 9:30 Balance and Flex W/Elaine 10:00 Tap for Fun w/Fran 12:30 SPECIAL BINGO 1:30 Zumba Gold w/Fran 2:30 Line Dancing w/Fran	31 10:00 Mindfulness & Meditation w/Diane 12:30 Cribbage for Fun 12:30 Chair Yoga 2:30 Adult Tap Class		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 12:30

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