

March 2020

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
9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	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 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Steve Burke sponsored by Holiday Retirement and Nursing Facility 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	5 8:15 Podiatrist – by Appointment 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> 12:30 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	9 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	10 9:30 Knit and Crochet 10:00 Senior Fitness 11:30 Après Workout Dejeuner (Lunch) 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	11 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Vini Ames sponsored by Trinity Health and Rehabilitation Center 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	12 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> 12:30 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD NS* 11:00 Chair Exercise NS* 12:30 BINGO 1:00 Seniors in Motion	16 10:00 Tap for Fun 10:00 St. Patrick's Day Luncheon and Show 12:30 BINGO 1:30 ZUMBA GOLD	17 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	18 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD NS* 10:30 Entertainment by Russ Morency Sponsored by Friendly Nursing Home 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	19 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> 12:30 MOVIE & POPCORN <i>Movies are listed in the newsletter and posted</i>
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