

# 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
<b>2</b> 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	<b>3</b> 10:00 Tap for Fun 10:30 URI Nutrition 12:30 BINGO 1:30 ZUMBA GOLD	<b>4</b> 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	<b>5</b> 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 Entertainment by Steve Burke sponsored by Holiday Retirement and Nursing Facility</b> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	<b>6</b> 8:15 Podiatrist – by Appointment 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>12:30 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
<b>9</b> 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	<b>10</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	<b>11</b> 9:30 Knit and Crochet 10:00 Senior Fitness <b>11:30 Après Workout Dejeuner (Lunch) with Steve</b> 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	<b>12</b> 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 Entertainment by Vini Ames sponsored by Trinity Health and Rehabilitation Center</b> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	<b>13</b> 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>12:30 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
<b>16</b> 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	<b>17</b> 10:00 Tap for Fun <b>10:00 St. Patrick's Day Luncheon and Show</b> 12:30 BINGO 1:30 ZUMBA GOLD	<b>18</b> 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	<b>19</b> 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 Entertainment by Russ Morency Sponsored by Friendly Nursing Home</b> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	<b>20</b> 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>12:30 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
<b>23</b> 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	<b>24</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	<b>25</b> 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	<b>26</b> 9:30-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 Entertainment by Robert Black sponsored by Woonsocket Health and Rehabilitation Center</b> 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	<b>27</b> 10:00 Chair Exercise 11:30-2:00 Pool & Pub Lunch <i>By reservation only- See Office</i> <b>12:30 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
<b>30</b> 9:30-11:30 Quilts of Valor 9:30 Knit and Crochet 10:00 ZUMBA GOLD <b>NS*</b> 11:00 Chair Exercise <b>NS*</b> 12:30 BINGO 1:00 Seniors in Motion	<b>31</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD	<b>St. Patrick's Day Luncheon and Show</b> <b>Tuesday March 17<sup>th</sup>, Corned Beef and Cabbage Luncheon</b> <b>Entertainment provided by Fran Golombiewski beginning at 10:00am</b> <b>Sock Hop Dinner Dance</b> <b>Saturday March 21st, 1:00pm - 4:00pm Doors open at 12:30</b>		