

**Join us for the Spring Fling!**

Sponsored by Trinity Health & Rehabilitation Center & Hebert Health & Rehabilitation!

Sunday April 28<sup>th</sup>! Stay tuned for details!

**ACTIVITY CALENDAR!**

SENIOR SERVICES, INC. 84 SOCIAL ST  
WOONSOCKET, RI 02895  
401-766-3734

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Pitch League <b>1</b> 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	10:00 Tap for Fun <b>2</b> 10:30 URI Nutrition lower-level conference room 12:30 BINGO 1:30 ZUMBA GOLD	9:30 Knit and Crochet <b>3</b> 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	9:00-10:30 Blood Pressure Clinic <b>4</b> 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Steve Burke sponsored by Oakland Grove 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise <b>5</b> 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only— See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter posted</i>
8:00 Pitch League <b>8</b> 9:30 Knit and Crochet <del>10:00 ZUMBA GOLD <b>NS*</b></del> <b>CANCELLED</b> 11:00 <del>Chair Exercise <b>NS*</b></del> <b>CANCELLED</b> 12:30 BINGO 1:00 Seniors in Motion	10:00 Tap for Fun <b>9</b> 12:30 BINGO 1:30 ZUMBA GOLD	9:30 Knit and Crochet <b>10</b> 10:00 Senior Fitness 11:30 Healthy Eating Jumpstart <i>See office for details</i> 11:30-2:00 Pool & Pub Lunch <i>By reservation only— See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yogalates	9:00-10:30 Blood Pressure Clinic <b>11</b> 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment Russ Morency sponsored by Friendly Home 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 4:00 VOLUNTEER APPRECIATION DINNER	10:00 Chair Exercise <b>12</b> 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only— See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
8:00 Pitch League <b>15</b> 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	10:00 Tap for Fun <b>16</b> 12:30 BINGO 1:30 ZUMBA GOLD	9:30 Knit and Crochet <b>17</b> 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	9:00-10:30 Blood Pressure Clinic <b>18</b> 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Vini Ames sponsored by Trinity Health & Rehabilitation Center 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing	10:00 Chair Exercise <b>19</b> 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only— See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
8:00 Pitch League <b>22</b> 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	9:00 -11:30 Podiatry <b>23</b> Clinic by appt 10:00 Tap for Fun 11:00 Lunch & Learn: Chateau Claire 1:30 ZUMBA GOLD	9:30 Knit and Crochet <b>24</b> 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	9:00-10:30 Blood Pressure Clinic <b>25</b> 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Robert Black sponsored by Woonsocket Health & Rehabilitation Centre 12:30 BINGO 1:00 Beginner Line Dancing <b>CANCELLED THIS WEEK</b> 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League	10:00 Chair Exercise <b>26</b> 12:30 BINGO 11:30-2:00 Pool & Pub Lunch <i>By reservation only— See Office</i> <b>1:00 MOVIE &amp; POPCORN</b> <i>Movies are listed in the newsletter and posted</i>
8:00 Pitch League <b>29</b> 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	10:00 Tap for Fun <b>30</b> 12:30 BINGO 1:30 ZUMBA GOLD			