

Monday	Tuesday	Wednesday	Thursday	Friday
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>NS* = North Smithfield Scouter's Hall</b>	10:00 Tap for Fun 10:30 URI Nutrition Program (lower level conference room) 12:30 BINGO 2:00 ZUMBA GOLD	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	9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 MANNY BRANDAO</b> sponsored by <b>OAKLAND GROVE HEALTHCARE CENTRE</b> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise 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>
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>NS* = North Smithfield Scouter's Hall</b>	10:00 Tap for Fun 12:30 BINGO 2:00 ZUMBA GOLD	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	9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 VINNY AMES</b> sponsored by <b>TRINITY HEALTH &amp; REHABILITATION</b> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise <b>10:30 Trim-a-Tree and Secret Santa Story Game</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>
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>NS* = North Smithfield Scouter's Hall</b>	10:00 Tap for Fun 12:30 BINGO 2:00 ZUMBA GOLD <b>10:00 Christmas Visit from Harris Ave School</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	9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 CHRISTMAS PARTY with ROBERT BLACK</b> sponsored by <b>WOONSOCKET HEALTH &amp; REHABILITATION</b> 12:30 BINGO 2:00 Line Dancing	10:00 Chair Exercise 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>
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>NS* = North Smithfield Scouter's Hall</b>		9:30 Knit and Crochet <b>10:00 SENIOR FITNESS CANCELLED</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	9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> <b>10:30 STEVE BURKE</b> sponsored by <b>FRIENDLY HOME</b> 12:30 BINGO 2:00 Line Dancing 3:00 Ballet Class	10:00 Chair Exercise 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>
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>HAPPY NEW YEAR'S EVE</b> <b>NS* = North Smithfield Scouter's Hall</b>	 <h1>December 2018</h1> <h2>Happy Holidays!</h2>			