

# July 2021

## 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
			1 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran <b>NS*</b> 1:00 Keep It Moving w/ Steve <b>NS*</b> 2:00 Line Dancing W/Fran 3:00 Barre Fitness	2 10:00 Keep it Moving 2 w/Sue 12:00 Line Dancing w/Fran <b>NS*</b> 1:15 Travel Exercise w/Sue
5 <b>Happy Fourth of July!</b>	6 10:00 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane <b>NS*</b> 2:30 Line Dancing w/Fran	7 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class	8 <b>9:00 Balance Screenings w/ Sue</b> 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran <b>NS*</b> <b>11:15 Blood pressure w/ Linda</b> 1:00 Keep It Moving w/ Steve <b>NS*</b> 2:00 Line Dancing W/Fran 3:00 Barre Fitness	9 10:00 Keep it Moving 2 w/Sue 12:00 Line Dancing w/Fran <b>NS*</b> 1:15 Travel Exercise w/Sue
12 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran <b>NS*</b> 11:15 Chair Exercise <b>NS*</b> 1:00 Chair Yoga	13 10:00 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane <b>NS*</b> 2:30 Line Dancing w/Fran	14 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class	15 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran <b>NS*</b> 1:00 Keep It Moving w/ Steve <b>NS*</b> 2:00 Line Dancing W/Fran 3:00 Barre Fitness	16 10:00 Keep it Moving 2 w/Sue 12:00 Line Dancing w/Fran <b>NS*</b> 1:15 Travel Exercise w/Sue
19 10:00 Keep It Moving w/ Steve 10:15 Zumba Goldw/ Fran <b>NS*</b> 11:15 Chair Exercise <b>NS*</b> 1:00 Chair Yoga	20 10:00 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane <b>NS*</b> 2:30 Line Dancing w/Fran	21 10:00 Mindfulness & Meditation with Diane <b>11:30 Après Workout Dejeuner (Lunch) with Steve</b> 2:30 Adult Tap Class	22 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran <b>NS*</b> <b>10:30 Advance Directives w/ Healthcentric Advisors</b> 1:00 Keep It Moving w/ Steve <b>NS*</b> 2:00 Line Dancing W/Fran 3:00 Barre Fitness	23 10:00 Keep it Moving 2 w/Sue 12:00 Line Dancing w/Fran <b>NS*</b> 1:15 Travel Exercise w/Sue
26 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran <b>NS*</b> 11:15 Chair Exercise <b>NS*</b> 1:00 Chair Yoga	27 10:00 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane <b>NS*</b> 2:30 Line Dancing w/Fran	28 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class	29	30 <b>8:30 Podiatrist by Appointment Only</b> 10:00 Keep it Moving 2 w/Sue 12:00 Line Dancing w/Fran <b>NS*</b> 1:15 Travel Exercise w/Sue