


June 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 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane NS* 2:30 Line Dancing w/Fran	2 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class	3 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 1:00 Keep It Moving w/ Steve NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	4 8:30 Walking Group w/Susan *weather permitting 12:00 Line Dancing w/Fran NS* 1:00 Travel Exercise w/Susan
7 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 11:15 Chair Exercise NS* 1:00 Chair Yoga	8 10:00 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane NS* 2:30 Line Dancing w/Fran	9 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class	10 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 1:00 Keep It Moving w/ Steve NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	11 8:30 Walking Group w/Susan *weather permitting 12:00 Line Dancing w/Fran NS* 1:00 Travel Exercise w/Susan
14  10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 11:15 Chair Exercise NS* 1:00 Chair Yoga	15 10:00 Tap for Fun w/Fran 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane NS* 2:30 Line Dancing w/Fran	16 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class	17 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 1:00 Keep It Moving w/ Steve NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	18 8:30 Walking Group w/Susan *weather permitting 12:00 Line Dancing w/Fran NS* 1:00 Travel Exercise w/Susan
21 10:00 Keep It Moving w/ Steve 10:15 Zumba Goldw/ Fran NS* 11:15 Chair Exercise NS* 1:00 Chair Yoga	22 10:00 Tap for Fun w/Fran 10:30 URI Pharmacy Outreach 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane NS* 2:30 Line Dancing w/Fran	23 10:00 Mindfulness & Meditation with Diane 11:30 Après Workout Dejeuner (Lunch) with Steve 2:30 Adult Tap Class	24 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 1:00 Keep It Moving w/ Steve NS* 2:00 Line Dancing W/Fran 3:00 Barre Fitness	25 10:00 Get Moving 2 w/Sue 12:00 Line Dancing w/Fran NS* 1:15 Travel Exercise w/Sue
28 10:00 Keep It Moving w/ Steve 10:15 Zumba Gold w/ Fran NS* 11:15 Chair Exercise NS* 1:00 Chair Yoga	29 10:00 Tap for Fun w/Fran 10:30 Legal Presentation: Power of Attorney, Trusts, etc 1:30 Zumba Gold w/Fran 1:30 Mindfulness & Meditation with Diane NS* 2:30 Line Dancing w/Fran	30 10:00 Mindfulness & Meditation with Diane 2:30 Adult Tap Class		