

Monday

Tuesday

Wednesday

Thursday

Friday

SOCK HOP!

Sunday, Sept 17th! 2:00pm!
Get your tickets in the main office today!

SEPTEMBER 2017

SEPTEMBER IS FALL PREVENTION MONTH

Senior Services, Inc. 84 Social St. Woonsocket, RI

National Adult Day Services Week is September 17th to the 23th! Join us as we celebrate!



<p>CLOSED for LABOR DAY CELEBRATION</p>	<p>4 10:00 Tap for Fun 10:30 URI Nutrition 12:30 BINGO 2:00 ZUMBA GOLD</p>	<p>5 8:15 ARTSY WEDNESDAY <i>By reservation</i> 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES</p>	<p>6 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 RUSS MORENCY <i>Sponsored by TRINITY HEALTH</i> 12:30 BINGO 2:00 Line Dancing 3:00 BALLET CLASS Cribbage League - Call office at 766-3734 for details</p>	<p>7 8:15- 9:45 ARTSY FRIDAY CLASS <i>by reservation</i> 10:00 Chair Exercise 12:30 BINGO 1:30 Birds of RI presentation by RI DEM</p>
<p>Pitch League – Call office at 766-3734 for details 9:00 COLORING ART 9:30 Knit & Crochet 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO 1:00 Seniors in Motion</p>	<p>11 9:15-10 MATTER of BALANCE INTRODUCTION 12 10:00 TAP for FUN 10:30 URI PHARMACY 12:30 BINGO 2:00 ZUMBA GOLD</p>	<p>13 10:00 Senior Fitness **UP with PEOPLE** 92 People from Around the World in Native Attire and Narrations. 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES</p>	<p>14 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 VINNY AMES <i>Sponsored by OAKLAND GROVE</i> 11:00 Lt. Governor Donald McKee 12:30 BINGO 2:00 Line Dancing 3:00 BALLET CLASS Cribbage League - Call office at 766-3734 for details</p>	<p>15 8:15- 9:45 ARTSY FRIDAY CLASS <i>by reservation</i> 10:00 Chair Exercise 12:00 BIRTHDAY CAKE <i>Sponsored by Woonsocket Health & Rehab</i> 12:30 BINGO</p>
<p>Pitch League – Call office at 766-3734 for details 9:45 TRIP TO OAKLAND BEACH RESTAURANTS 9:30 Knit & Crochet 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO 1:00 Seniors in Motion</p>	<p>18 9:30-11:00 Healthy Living Brain & Body Program 19 10:00 TAP for FUN 10:30 FARM FRESH DEMO 12:30 BINGO 2:00 ZUMBA GOLD</p>	<p>20 8:15 ARTSY WEDNESDAY <i>By reservation</i> 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES</p>	<p>21 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 ROBERT BLACK & 12:00 Ice Cream Social <i>Sponsored by Woonsocket Health & Rehab</i> 12:30 BINGO 2:00 Line Dancing 3:00 BALLET CLASS Cribbage League - Call office at 766-3734 for details</p>	<p>22 8:15- 9:45 ARTSY FRIDAY CLASS <i>by reservation</i> 10:00 Chair Exercise 12:30 BINGO</p>
<p>Pitch League – Call office at 766-3734 for details 25 9:00 COFFEE with HOLLY 26 10:00 TAP for FUN 9:30 Knit & Crochet 10:00 Zumba Gold NS** 11:00 Chair Exercise NS** 12:30 BINGO 1:00 Seniors in Motion</p>	<p>25 9:00 COFFEE with HOLLY 26 10:00 TAP for FUN 11:30 Silver Alert Lunch & Learn NS** 12:30 BINGO 2:00 ZUMBA GOLD</p>	<p>27 8:15 ARTSY WEDNESDAY <i>By reservation</i> 9:30 Knit & Crochet 10:00 Senior Fitness 12:30 BINGO 1:30 Diabetes Prevention Class 1:45 TAP Class 3:00 YOGALATES</p>	<p>28 9:30-11 Blood Pressure Clinic 10:00 Zumba Gold NS** 10:30 STEVE BURKE <i>Sponsored by FRIENDLY HOME</i> 12:30 BINGO 2:00 Line Dancing 3:00 BALLET CLASS Cribbage League - Call office at 766-3734 for details</p>	<p>29 8:15- 9:45 ARTSY FRIDAY CLASS <i>by reservation</i> 10:00 Chair Exercise 12:30 BINGO</p>

NOTE: Classes subject to change. Classes marked with ** are held at Scouter's Hall, 32 Main Street, North Smithfield.