


# SEPTEMBER 2019

# ACTIVITY CALENDAR!



SENIOR SERVICES, INC.  
84 SOCIAL STREET  
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
<p><b>Labor Day</b></p>  <p>2</p>	<p>3</p> <p>10:00 Tap for Fun 10:30 URI Nutrition 12:30 BINGO 1:30 ZUMBA GOLD</p>	<p>4</p> <p>9:30 Knit and Crochet 10:00 Senior Fitness 11:30-2:00 Pool &amp; Pub Lunch <i>By reservation only- See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yopalates</p>	<p>5</p> <p>9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Russ Morency sponsored by Holiday Retirement and Nursing Facility 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class</p>	<p>6</p> <p>8:00 Podiatry (by appointment) 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool &amp; 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></p>
<p>9</p> <p>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</p>	<p>10</p> <p><b>9:00-11:00 Quilts of Valor</b> 10:00 Tap for Fun 10:30 URI Pharmacy 12:30 BINGO 1:30 ZUMBA GOLD</p>	<p>11</p> <p>9:30 Knit and Crochet 10:00 Senior Fitness 11:30-2:00 Pool &amp; Pub Lunch <i>By reservation only- See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yopalates</p>	<p>12</p> <p>9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Vini Ames Sponsored by Friendly Nursing Home 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League</p>	<p>13</p> <p>10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool &amp; 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></p>
<p>16</p> <p>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</p>	<p>17</p> <p><b>9:00-11:00 Quilts of Valor</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD</p>	<p>18</p> <p>9:30 Knit and Crochet 10:00 Senior Fitness 11:30 Healthy Eating Luncheon Group with Steve 11:30-2:00 Pool &amp; Pub Lunch <i>By reservation only- See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yopalates</p>	<p>19</p> <p>9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment by Robert Black Sponsored by Woonsocket Health and Rehabilitation Center 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League</p>	<p>20</p> <p>10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool &amp; 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></p>
<p>23</p> <p>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</p>	<p>24</p> <p><b>9:00-11:00 Quilts of Valor</b> 10:00 Tap for Fun 12:30 BINGO 1:30 ZUMBA GOLD</p>	<p>25</p> <p>9:30 Knit and Crochet 10:00 Senior Fitness 11:30-2:00 Pool &amp; Pub Lunch <i>By reservation only- See Office</i> 12:30 BINGO 2:00 Tap Class 3:00 Yopalates</p>	<p>26</p> <p>9:00-10:30 Blood Pressure Clinic 10:00 ZUMBA GOLD <b>NS*</b> 10:30 Entertainment is to be determined 12:30 BINGO 1:00 Beginner Line Dancing 2:00 Line Dancing 3:00 Ballet Class 6:00 Cribbage League</p>	<p>27</p> <p><del>9:30-2:30 AAA Defensive Driving Course</del> 10:00 Chair Exercise 12:30 BINGO 11:30-2:00 Pool &amp; 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></p>
<p>30</p> <p>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</p>		<p><b>Saturday September 28<sup>th</sup></b> <b>"Generations of Beauty"</b> Fashion Show and Brunch To benefit Senior Services, Inc. 12:00 – 3:00pm Woonsocket Senior Center \$5 Member - \$10 Non-member</p>		