

Jamestown Senior Center

July 2024 Program Calendar



With questions regarding programs
please call Molly Rose at 401-423-9804

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 AM: Heart Wise Walking 9 AM: Tai Chi for Arthritis Ft Getty Pavilion 10:30 AM: Rusty Pens Storytelling-at pavilion 1 PM: Chair Yoga 3-4 PM: Tai Ji Quan MBB	10 AM-Noon: South County Health Wellness Check w Lisa Steedman,RN. 10 AM Zumba (@ JSC) 11-3PM: Bridge 4-6 PM: Mah Jongg	9 AM: Heart Wise Walking 10:15 AM: Bone Strength & Balance (at Ft. Getty Pavilion) 12-1 PM: Tai Ji Quan MBB	 CLOSED	9 AM: Heart Wise Walking 9:30 AM: Mah Jongg 10:30 AM: Bone Strength & Balance (rec center) 1-3 PM: Bingo with FOJS
9 AM: Heart Wise Walking 9 AM: Tai Chi for Arthritis Fort *Getty Pavilion 10:30 AM: Rusty Pens & Storytelling 1 PM: Chair Yoga 3-4 PM : Tai Ji Quan MBB	10 AM: Zumba 1-3PM: Bridge 4-6 PM: Mah Jongg	9 AM: Heart Wise Walking 8-11 AM: Cyber Seniors- Tech Help *APT. REQUIRED 10-11:30 AM: Presentation -Chinese Health Philosophy , the Law of the Five Elements and how it's used in the stained glass artwork of Barbara Cunha. Presented by: Barbara Cunha RN, Artist & Jamestown Resident 10:15 AM: Bone Strength & Balance at Ft. Getty 12-1 PM: Tai Ji Quan MBB	1 PM : Senior Services Advisory Committee at the Jamestown Police Station	9 AM: Heart Wise Walking 9:30 AM: Mah Jongg 10:30 AM: Bone Strength & Balance (rec center) 1-3 PM: Bingo with FOJS 7:00 PM: Friends of Jamestown Seniors Annual Meeting Upstairs at Senior Center
9 AM: Heart Wise Walking 9 AM: Tai Chi for Arthritis 10:30 AM: Rusty Pens & Storytelling 12:30-3:30 Hand and Foot Reflexology by Apt at Town Hall 1 PM: Chair Yoga ^{*new chair yoga session begins} <u>NO TJQMBB</u>	10 AM: <u>Last Zumba Class of this Session*</u> Next new 6-week zumba session will begin on Tuesday, August 8th at, 10 AM ,at the Jamestown Senior Center 1-3 PM: Bridge 4-6 PM: Mah Jongg	9 AM: Heart Wise Walking 8-11 AM: Cyber Seniors- Tech Help *APT. REQUIRED 10:15 AM: Bone Strength & Balance (at Ft. Getty Pavilion) 12-1 PM: Tai Ji Quan MBB	2:00 PM- 4 PM: Ask-A-Lawyer Medicare/Medicaid Clinic	9:00 AM: Heart Wise Walking 9:30 AM: Mah Jongg NO BONE STRENGTH & BALANCE 1-3 PM: Bingo with FOJS
9 AM: Heart Wise Walking 9 AM: Tai Chi for Arthritis 10:30 AM: Rusty Pens & Storytelling 1 PM: Chair Yoga 3-4 PM: Tai Ji Quan MBB	1-3 PM: Bridge 4-6PM: Mah Jongg	8-11 AM: Cyber Seniors- Tech Help *APT. REQUIRED 9 AM: Heart Wise Walking 10:00 AM -11:30 AM: Lori Delfosse Presentation- Colorpuncture & Phototherapy: Light as Medicine of the future 10:15 AM: Bone Strength & Balance at Ft. Getty Pavilion 12-1 PM Tai JiQuan MBB	9:00 AM-1 PM: Men & Women's haircuts at the Jamestown Senior Center by licensed hair stylist & barber, Anita Dalton. (*appointments required) 4:00 PM-5:00 PM: Falling Safely and Fall Recovery Program led by Alison Delessio, Physical Therapist, and sponsored by JFD COAST	9 AM: Heart Wise Walking 9:30 AM: Mah Jongg 10:30 AM: Bone Strength and Balance (rec center) 1-3 PM: Bingo with FOJS
9 AM: Heart Wise Walking 9 AM: Tai Chi for Arthritis 10:30 AM: Rusty Pens & Storytelling 1 PM: Chair Yoga 3-4 PM: Tai Ji Quan MBB- (Last class)	1-3 PM: Bridge 4-6PM: Mah Jongg	8-11 AM: Cyber Seniors- Tech Help *APT. REQUIRED 9 AM: Heart Wise Walking 10:15 AM: Bone Strength & Balance at Ft. Getty Pavilion	Please check your email for added programs. *If you would like to receive our senior center emails and newsletters, please reach out to 401-423-9804 or mconlon@jamestownri.net	