

**Jamestown Senior Center
Monthly Program Calendar**

January

2025

Programs may be added to the calendar. We don't want you to miss out! **Make sure you are on our email list in order to ensure you are receiving all of our senior center related updates!**

Call 423-9806/email
edonnelly@jamestownri.net for assistance/
questions related to senior programs

MON	TUE	WED	THU	FRI
		1  CLOSED	2	3 9:30 AM: Hand Massages 9:30 AM: Mah Jongg 10:30 AM: Bone Strength @ Rec 1:00 PM: Bingo
6 9:00 AM: Tai Chi 10:30 AM: Rusty Pens @ JTN Library 1:00 PM: Chair Yoga	7 10 AM: Wellness Checks with South County Home Health RN 1:00 PM: Bridge 4:30 PM: Mah Jongg	8 10:15 AM: Bone Strength @ Golf Course 4-5 PM: A Taste of African Heritage (NEW 6 week cooking & nutrition course) 6 PM-8 PM: Jam Session: Call Al Parenteau @401-218-5382 for more info	9 Senior Advisory Committee Meeting 1 PM @ Jamestown Police Station	10 9:30 AM: Hand Massages 9:30 AM: Mah Jongg 10:30 AM: Bone Strength @ Golf Course* 1:00 PM: Bingo
15 9:00 AM: Tai Chi 10:30 AM: Rusty Pens @ JTN Library 1:00 PM: Chair Yoga	14 1:00 PM: Bridge 4:30 PM: Mah Jongg	15 10:15 AM: Bone Strength @ Golf Course 9:00 AM: Wal-Mart Supercenter Shopping Trip in North Kingstown 2:30-3:30 PM: Everybody Yoga w/ Laura Clarke (New Class!) 4 PM: A Taste of African Heritage	16 9-11 AM: Men & Women's Haircuts *walk-ins welcome 1:00-4:00 PM: Still Life Watercolor Instructional Class @ Jamestown Art Center	17 9:30 AM: Hand Massages 9:30 AM: Mah Jongg 10:30 AM: Bone Strength @ Golf Course* 1:00 PM: Bingo
20 CLOSED 	21 1:00 PM: Jamestown Village (a part of The Village Common of Rhode Island) Steering Committee Meeting 1:00 PM: Bridge 4:30 PM: Mah Jongg	22 10:15 AM: Bone Strength @ Rec 11:15 AM: Dan's Place Lunch Trip 2:30-3:30: Everybody Yoga 4 PM: Taste of African Heritage 4 PM: Friends of Jamestown Seniors Meeting (downstairs) 6 PM-8 PM: Informal Jam Session for musicians	25	24 9:30 AM: Hand Massages 9:30 AM: Mah Jongg 10:30 AM: Bone Strength @ Rec 1:00 PM: Bingo
27 9:00 AM: Tai Chi 10:30 AM: Rusty Pens @ JTN Library 12:30 PM-3:30 PM: Reflexology (@ Town Hall Conference Room) 1:00 PM: Chair Yoga 2 PM: Veteran's Assistance with Dan Evangelista, retired Sergeant Major	28 1:00 PM: Bridge 4:30 PM: Mah Jongg	29 10 AM: New Bedford Whaling Museum Trip (lunch at Moby Dick's) 10:15 AM: Bone Strength @ Rec 2:30-3:30 PM: Everybody Yoga 4 PM: A Taste of African Heritage	30	31 9:30 AM: Hand Massages 9:30 AM: Mah Jongg 10:30 AM: Bone Strength @ Rec 1:00 PM: Bingo