## Jamestown Senior Center Monthly Program Calendar



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

		questions related to senior pro		
MON	TUE	WED	THU 2	FRI ~
		*** * I	~	0
				9:30 AM: Hand
		HAPPY		Massages
		The state of the s		<b>9:30 AM:</b> Mah
		NEW YEAR		Jongg
				<b>10:30 AM:</b> Bone
				Strength @ Rec
		CLOSED		, ,
				<b>1:00 PM:</b> Bingo
6	7	10:15 AM: Bone Strength $8$	9	10
9:00 AM: Tai Chi	10 AM: Wellness	@ Golf Course		<b>9:30 AM:</b> Hand
<b>10:30 AM:</b> Rusty	Checks with	4-5 PM: A Taste of	Senior Advisory	Massages
-	South County	African Heritage (NEW 6	Committee	9:30 AM: Mah Jongg
Pens @ JTN Library	Home Health RN	week cooking &	Meeting	<b>10:30 AM:</b> Bone
<b>1:00 PM:</b> Chair		nutrition course)	1 PM @	
Yoga	1:00 PM: Bridge	6 PM-8 PM: Jam Session:	Jamestown	Strength @ Golf
	<b>4:30 PM:</b> Mah	Call Al Parenteau @401-		Course*
	Jongg	218-5382 for more info	Police Station	<b>1:00 PM</b> : Bingo
15	14	10:15 AM: Bone Strength	9-11 AM: 16	9:30 AM: Hand 17
<b>9:00 AM:</b> Tai Chi		@ Golf Course	Men & Women's	Massages
<b>10:30 AM:</b> Rusty	1:00 PM: Bridge	9:00 AM: Wal-Mart	Haircuts *walk-ins	<b>9:30 AM:</b> Mah
-		Supercenter Shopping Trip in North Kingstown	welcome	Jongg
Pens @ JTN	<b>4:30 PM:</b> Mah	2:30-3:30 PM: Everybody	1:00-4:00 PM: Still	<b>10:30 AM:</b> Bone
Library	Jongg	Yoga w/ Laura Clarke	Life Watercolor	
<b>1:00 PM:</b> Chair	501.99	(New Class!)	Instructional Class @	Strength @ Golf
Yoga		4 PM: A Taste of African	Jamestown Art	Course*
20	21	Heritage	Center 25	1:00 PM: Bingo
	1:00 PM: Jamestown	<b>22</b> 1 <b>0:15 AM</b> : Bone	20	9:30 AM: Hand 4
CLOSED	Village (a part of <b>The</b>	Strength @ Rec		Massages
	Village Common of	11:15 AM: Dan's Place Lunch Tr	ip	<b>9:30 AM:</b> Mah
	Rhode Island)	2:3 <b>0-3:30:</b> Everybody Yoga <b>4 PM:</b> Taste of		Jongg
MLK	Steering Committee	African Heritage		<b>10:30 AM:</b> Bone
-DAY-	Meeting	4 <b>PM:</b> Friends of Jamestown		
The same of the sa	1:00 PM: Bridge	Seniors Meeting (downstairs)		Strength @ Rec
100 AM Tri Ohi	4:30 PM: Mah Jongg	6 PM-8 PM: Informal Jam Session for musicians	~^	<b>1:00 PM:</b> Bingo
0:30 AM: Tai Chi 27	28	10 AM: New Bedford	<b>50</b>	9:30 AM: Hand <b>31</b>
TN Library	<b>1:00 PM</b> : Bridge	Whaling Museum Trip		Massages
2:30 PM-3:30 PM:		(lunch at Moby Dick's)		, and the second
Reflexology (@ Town Hall	<b>4:30 PM:</b> Mah	1 <b>0:15 AM</b> : Bone Strength		<b>9:30 AM:</b> Mah
Conference Room)		@ Rec		Jongg
l:00 PM: Chair Yoga 2 PM: Veteran's	Jongg	2:30-3:30 PM:		<b>10:30 AM:</b> Bone
Assistance with Dan		Everybody Yoga		Strength @ Rec
Evangelista, retired		<b>4 PM:</b> A Taste of African		<b>1:00 PM:</b> Bingo
Sergeant Major		Heritage		