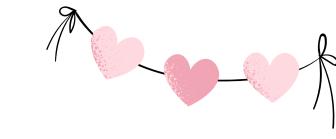
For questions on programs or assistance registering, please call 401-423-9806

Jamestown Senior Center

February Programs

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Tuesday

Wednesday

Thursday

Friday

9:00am-Tai Chi 10:30am-Rusty Pens at JTN Library 1:00pm-Chair Yoga

10:00am-Noon-Wellness Checks with South County Home Health RN 1:00pm-Bridge 4:00pm-Mah Jongg

10:15 AM- Bone Strength & Balance (At Rec. Center) 12:30pm- Netflix's Man on the Inside

showing 2:30pm-Everybody Yoga 4:00pm-Taste of African Heritage 6:00pm-No Jam Session

9:00 AM-1:00 PM- AARP Tax **Preparation-** Appointment needed

*TO SCHEDULE THIS FREE TAX AIDE SERVICE, PLEASE CALL: Molly Rose at 401-423-9804

9:30am-11:30 AM Hand Massages (appt. required-call 423-9806) 9:30am-Mah Jongg 10:30am-Bone Strength and Balance (at Rec. Center) 1:00pm-Bingo

9:00am-Tai Chi 10:30am-Zumba Gold 10:30am-Rusty Pens at JTN Library 1:00pm-Chair Yoga

1:00pm-Bridge 4:00pm-Mah Jongg

9:00am- Wal-Mart Shopping Trip 10:15 AM- Bone Strength (@ Rec.) 12:30pm- Netflix's Man on the Inside showing 2:30pm-Everybody Yoga

4:00pm-Taste of African Heritage *last class of this session

9-1:00 PM- AARP Tax Aide-**Appointment needed**

1:00 PM: Senior Services Advisory Committee Meeting @ Jamestown Police Station

9:30am-11:30 AM Hand Massagesappt. required 9:30am-Mah Jongg 10:30am-Bone Strength and Balance (@ Rec. Center) 1:00pm-Bingo



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1:00pm-Bridge 1:30pm-Fluid Art with Coffee Bell (downstairs) 4:00pm-Mah Jongg

10:15 AM- Bone Strength (@ Rec.) 11:00am-Trip to **Dan's Place** for lunch 12:30pm-Netflix's Man on the Inside showing

2:30pm-Everybody Yoga 4:00 PM- FOJS Monthly Meeting 6:00pm-Jam Session

9:00 AM-1:00 PM- **AARP Tax Prep- Appointment ne**eded

9 AM-11 AM-Cyber Seniors RETURNS! free tech support- APPT. REQUIRED (call

401-423-9806) 9:30am-11:30 AM: Hand Massages (appt. required)

9:30am-Mah Jongg 10:30am-Bone Strength (@ Rec) 1:00pm-Bingo 9:00am-11:00am-Cyber Seniors-

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9:00am-Tai Chi 10:30-Zumba 10:30am-Rusty Pens at JTN Library 1:00pm-Chair Yoga 12:30-3:30: Reflexology (@ Town Hall, *appt. required, call 423-9806 3:30 PM- LINE DANCING- first day!, 8 week class

1:00pm-Bridge 4:00pm-Mah Jongg

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9:00am-SHIP Counseling-appt. needed (call 423-9806) 10:15 AM: Bone Strength (@ Rec.) 12:30pm-Netflix's Man on the Inside 4:00pm-Ask a Lawyer, Legal Q&A with Daphne from RI Bar Association-Estate Planning 26

9:00 AM-1:00 PM- AARP **Tax Prep- Appointment** needed

Appt. required 9:30am-Hand Massages 9:30am-Mah Jongg 10:30am-Bone Strength (@ Rec.) 1:00pm-Bingo