

Jamestown Senior Center

February Programs

February 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday

<p>9:00am-Tai Chi 10:30am-Rusty Pens at JTN Library 1:00pm-Chair Yoga</p> <p style="text-align: right;">3</p>	<p>10:00am-Noon-Wellness Checks with South County Home Health RN 1:00pm-Bridge 4:00pm-Mah Jongg</p> <p style="text-align: right;">4</p>	<p>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</p> <p style="text-align: right;">5</p>	<p>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</p> <p style="text-align: right;">6</p>	<p>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</p> <p style="text-align: right;">7</p>
<p>9:00am-Tai Chi 10:30am- Zumba Gold 10:30am-Rusty Pens at JTN Library 1:00pm-Chair Yoga</p> <p style="text-align: right;">10</p>	<p>1:00pm-Bridge 4:00pm-Mah Jongg</p> <p style="text-align: right;">11</p>	<p>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</p> <p style="text-align: right;">12</p>	<p>9-1:00 PM- AARP Tax Aide- Appointment needed 1:00 PM: Senior Services Advisory Committee Meeting @ Jamestown Police Station</p> <p style="text-align: right;">13</p>	<p>9:30am-11:30 AM Hand Massages- appt. required 9:30am-Mah Jongg 10:30am-Bone Strength and Balance (@ Rec. Center) 1:00pm-Bingo</p> <p style="text-align: right;">14</p>
<div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">CLOSED</div> <div style="text-align: center; margin-top: 20px;">  <p>PRESIDENT'S DAY</p> </div> <p style="text-align: right;">17</p>	<p>1:00pm-Bridge 1:30pm-Fluid Art with Coffee Bell (downstairs) 4:00pm-Mah Jongg</p> <p style="text-align: right;">18</p>	<p>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</p> <p style="text-align: right;">19</p>	<p>9:00 AM-1:00 PM- AARP Tax Prep- Appointment needed</p> <p style="text-align: right;">20</p>	<p>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</p> <p style="text-align: right;">21</p>
<p>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</p> <p style="text-align: right;">24</p>	<p>1:00pm-Bridge 4:00pm-Mah Jongg</p> <p style="text-align: right;">25</p>	<p>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</p> <p style="text-align: right;">26</p>	<p>9:00 AM-1:00 PM- AARP Tax Prep- Appointment needed</p> <p style="text-align: right;">27</p>	<p>9:00am-11:00am-Cyber Seniors- Appt. required 9:30am-Hand Massages 9:30am-Mah Jongg 10:30am-Bone Strength (@ Rec.) 1:00pm-Bingo</p> <p style="text-align: right;">28</p>