

MARCH 2025

The Jamestown Senior Center's Monthly Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9AM: Heart Wise Walk 9AM: Tai Chi for Arthritis 10:30 AM: Rusty Pens Storytelling & Writing Workshop 1PM Chair Yoga 3:30 PM Line Dancing	4 1-3:30 PM: Bridge for experienced players 4:00 PM: Mah Jongg for experienced players	5 9 AM: Heart Wise Walking 10:15 AM: Bone Strength & Balance 2-3:30PM: Everybody Yoga 6PM: Jam Session	6 9-1 PM: AARP FREE Tax Aide Service *Appointment Required*	7 9-11 AM: Cyber Seniors *by apt 9 AM: Hear wise Walking 9:30 AM: Mah Jongg 9:30- 11:30 AM Hand Massages 10:30 AM: Bone Strength & Balance 1PM: Bingo FOJS
10 9AM Heart Wise Walk 9AM Tai Chi for Arthritis 10:30 Rusty Pens 10:30-12 PM: Haircuts for men & women w/ Anita 1PM Chair Yoga 3:30 PM Line Dancing Jamestown Village, a part of The Village Common of RI, Launches Today!	11 1-3:30 PM: Bridge 4:00 PM: Mah Jongg	12 9AM: Wal-Mart supercenter Trip (call to reserve a spot on this free shopping trip!) 9 AM: Heart Wise Walking 10:15 AM: Bone Strength & Balance 2-3:30PM Everybody Yoga 5:30 PM: Sound Bath with SHRI Yoga (Reservation required)	13 9 -11 AM: AARP Tax Aide-Apt. Required  11 AM: ST PATRICKS DAY LUNCHEON with Acoustic Irish Music performed by musician, Larry Lewis *call 423-2658 to reserve a spot!	14 <u>NO CYBER SENIORS</u> 9 AM: Heart Wise walking group 9:30 AM: Mah Jongg 10:30 AM: Bone Strength & Balance 9:30-11:30 AM Hand Massages *by apt 1PM: Bingo FOJS
17 9AM Heart Wise Walk 9AM Tai Chi for Arthritis 10:30 AM: Rusty Pens 10:30 AM: Zumba Starts Back Up! 1PM Chair Yoga 3:30 PM Line Dancing	18 1:30 PM: Fluid Art (downstairs) 1-3:30 PM: Bridge 4:00 PM: Mah Jongg	19 <u>NO BONE STRENGTH CLASS</u> 1:30 -3:00 PM: The POINT- on-site assistance *by apt 4PM: Friends of Jamestown Seniors Meeting 6PM: Jam Session	20 9 -1 PM: AARP Tax Aide- by apt 9 -11:30 AM: Free Hearing Screenings w/ Atlantic Audiology (appointment required) 1:00 PM: Games!! w/ Matt Totten (downstairs)	21 9 AM: Heart Wise Walking 9-11 AM: Cyber Seniors *by apt 9:30- 11:30 AM: Hand Massage 9:30 AM: Mah Jongg <u>NO BONE STRENGTH CLASS</u> 1PM Bingo FOJS
24 9AM Heart Wise Walk 9AM Tai Chi for Arthritis 10:30 AM: Rusty Pens 10:30 AM: Zumba 12:30-3:30 PM Reflexology by apt 1PM: Chair Yoga 3:30 PM: Line Dancing	25 1-3:30 PM: Bridge 4:00 PM: Mah Jongg	26 9 AM: Heart Wise Walking 10:15 AM: Bone Strength & Balance 5-7 PM: Jamestown Village, of the Village Common of RI, Volunteer Open House! (upstairs at senior center)	27 9-1 PM: AARP Tax Aide- by apt 1:00 PM: Game Play with Matthew Totten (downstairs) 4:00 PM: Ask A Lawyer w/ Daphe Hamilton from RI BAR and Elder Care Coordinator Presentation	28 <u>NO CYBER SENIORS</u> 9 AM: Heart Wise Walking 10:30 AM: Bone Strength & Balance 10AM: Vietnam Veterans' Day Ceremony (upstairs @ senior center)
31 9AM: Heart Wise Walk 9AM: Tai Chi for Arthritis 10:30 AM: Rusty Pens 10:30 AM: Zumba 1 PM: Chair Yoga 3:30 PM Line Dancing	Please note: <ul style="list-style-type: none"> • Bone Strength & Balance is held at the Rec center* • Rusty Pens is held at the Jamestown Library • Reflexology is held at the Town Hall (conference room) 		With program questions, or to make an appointment: Contact, Program Assistant, Eileen Donnelly, at 401-423-9806 or edonnelly@jamestownri.net	