

June

2025

Senior Center Programs

For questions regarding programs,
please contact 401-423-9806 or
edonnelly@jamestownri.net.

TO REGISTER FOR PROGRAMS ONLINE:
www.myactivecenter.com

Monday	Tuesday	Wednesday	Thursday	Friday
9 AM: Heart Wise Walking 9 AM: Tai Chi for Arthritis 10:30 AM: Rusty Pens 1 PM: Chair Yoga 3:30 PM: Line Dancing	10 AM: RN Wellness Checks 10:00 AM: Zumba 1:00 PM: Bridge 4:00 PM: Mah Jong	9 AM: Heart Wise Walking Group 9 AM: Botanical Garden Trip at Roger Williams 10 AM: Bone Strength & Balance @ Ft. Getty Pavilion *please note the start time & location 3-5 PM: Taking The Inward Journey	9 AM: Everybody Yoga 1 PM: A Matter of Balance 1 PM: Uno Games with Matt Totten	9 AM: Heart Wise Walking Group 9:30 AM: Mah Jong 9:30 AM: Hand Massages- apt. required 10:30 AM: Bone Strength & Balance @ Rec Center 1 PM: Bingo (FOJS)
9 AM: Heart Wise Walking 9 AM: Tai Chi 10:30-12:45 PM: SIGN UP for \$50 Farmers Market Cards @ senior center 10:30 AM: Rusty Pens 1 PM: Chair Yoga 1-2 PM: Farmers market signups @ Pemberton 3:30-4:30 PM: Line Dancing	10:00 AM: Zumba 1:00 PM: Bridge 4:00 PM: Mah Jong	9 AM: Heart Wise Walking Group 9 AM: Wal-Mart Shopping Bus Trip 10 AM: Bone Strength & Balance @ Ft. Getty Pavilion *please note the start time & location	1 PM: A Matter of Balance 1 PM: Uno Games with Matt Totten 1 PM: Senior Services Advisory Committee Meeting @ Jamestown Police Station	9 AM: Heart Wise Walking Group 9:30 AM: Mah Jong 9:30 AM: Hand Massages- apt. required 10:30 AM: Bone Strength & Balance @ Rec Center 1 PM: Bingo (FOJS)
9 AM: Heart Wise Walking 9 AM: Tai Chi 10:30 AM: Rusty Pens 12:30 PM: Reflexology (@ town hall conference room) 1 PM: Chair Yoga 1:30 PM: VET'S Assistance w/ Dan Evangelista 3:30 PM: Line Dancing	10:00 AM: Zumba 1:00 PM: Bridge 4:00 PM: Mah Jong	9 AM: Heart Wise Walking Group 9 AM: Village Common Meeting at Senior Center 10 AM: Briggs Nursery in Attleboro Trip 10 AM: Bone Strength @ Getty Pavilion 1-3:30 PM: The POINT *apt. required 4 PM: FOJS Monthly Meeting	Closed Juneteenth Day	9 AM: Heart Wise Walking Group 9:30 AM: Mah Jong 9:30 AM: Hand Massages- apt. required 10:30 AM: Bone Strength @ Rec Center 1 PM: Bingo (FOJS)
9 AM: Heart Wise Walking 9 AM: Tai Chi 10:30 AM: Rusty Pens 10 AM: Haircuts with Anita Dalton 1:00 PM: Chair Yoga 3:30 PM- Line Dancing	10:00 AM: Zumba 1:00 PM: Bridge 4:00 PM: Mah Jong	9 AM: Heart Wise Walking Group 10 AM: Bone Strength & Balance @ Ft. Getty Pavilion 1-3:30 PM: The POINT *apt. required	1 PM: A Matter of Balance *make up date* 1 PM: Uno games with Matt Totten	9 AM: Heart Wise Walking Group 9:30 AM: Mah Jong 9:30 AM: Hand Massages- apt. required 10:30 AM: Bone Strength & Balance @ Rec Center 1 PM: Bingo (FOJS)
9 AM: Heart Wise Walking 9 AM: Tai Chi 10:30 AM: Rusty Pens 1:00 PM: Chair Yoga 3:30 PM: Line Dancing				