

January 2024

Jamestown Senior Center Activities Calendar

To register for programs online please visit [jamestown.recdesk.com](http://jamestown.recdesk.com)  
With questions regarding programs please call Molly Rose at 401-423-2658

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Happy New Year- Senior Center Closed</b></p> <p><i>Please note: Bones, Strength and Balance classes are held at the Rec Center</i></p>	<p>2</p> <p><b>10 AM-Noon:</b> South County Health, Wellness Checks: Blood pressure, heart rate, guidance for questions regarding medications, nutrition, resources Apt required <b>10 AM:</b> Zumba <b>1-3 PM:</b> Bridge <b>5-7 PM:</b> Mah Jongg</p>	<p>3</p> <p><b>9 AM:</b> Heart Wise Walking <b>10 AM-12 PM:</b> Chair Massage (upstairs senior center) * apt required <b>10:15 AM:</b> Bones, Strength &amp; Balance <b>1:30-3:30 PM:</b> A Matter of Balance (Last session)</p>	<p>4</p>	<p>5</p> <p><b>9 AM:</b> Heart Wise Walking <b>9:30 AM:</b> Mah Jongg <b>9:30-11:30 AM:</b> Hand Massage (ap.t req.) <b>10:30 AM:</b> Bones, Strength &amp; Balance <b>1-2 PM:</b> Line Dancing (at Rec Center) <b>1-3 PM:</b> Bingo with FOJS <b>1:30 PM:</b> Aging Gracefully &amp; Gratefully (downstairs Senior Center)</p>
<p>8</p> <p><b>9 AM:</b> Heart Wise Walking <b>9 AM:</b> Tai Chi for Arthritis <b>10 AM:</b> Aquatic Exercise (St Clare's) <b>10:30 AM:</b> Rusty Pens &amp; Storytelling <b>1 PM:</b> Chair Yoga (<u>new 8-week session begins</u>)</p>	<p>9</p> <p><b>10 AM:</b> Zumba <b>1-3 PM:</b> Bridge <b>5-7 PM:</b> Mah Jongg</p>	<p>10</p> <p><b>9 AM:</b> Heart Wise Walking <b>9 AM:</b> Walmart NK Super Center Bus Trip picked up &amp; drop off at home.90 minutes allotted to shop. 3 bag max. call 401-423-2658 to sign up <b>10:15 AM:</b> Bones, Strength &amp; Balance <b>12:00 -3:00 PM:</b> Tai Ji Moving for Better Balance Screenings</p>	<p>11</p> <p><b>9 AM-12 PM:</b> Tina the Foot Nurse Apt required <b>Bus Trip:</b> Shopping and Lunch at 2 Iconic RI Spots; Hack and Livery General Store and The Charlestown Rathskeller (Lunch on your own) Bus leaves JSC at 10AM *reservation required to join the trip*</p>	<p>12</p> <p><b>9 AM:</b> Heart Wise Walking <b>9:30 AM:</b> Mah Jongg <b>9:30-11:30 AM:</b> Hand Massage (apt. req.) <b>10:30 AM:</b> Bones, Strength &amp; Balance <b>1-2 PM:</b> Line Dancing (at Rec Center) <b>1-3 PM:</b> Bingo with FOJS <b>1:30 PM:</b> Aging Gracefully &amp; Gratefully (downstairs Senior Center )</p>
<p>15</p> <p><b><u>Martin Luther King Day</u></b> <b>Senior Center Closed</b></p>	<p>16</p> <p><b>1-3PM:</b> Bridge <b>5-7 PM:</b> Mah Jongg</p>	<p>17</p> <p><b>9 AM:</b> Heart Wise Walking <b>11:30 AM-12:30 PM:</b> <b><u>New Zumba Session Begins</u></b> at the Recreation Center (gymnasium) <b>10:15 AM:</b> Bones, Strength &amp; Balance</p>	<p>18</p> <p><b>2 PM:</b> BRIAN WALLIN Torpedo Station Newport <b>*Free program courtesy of the Jamestown Senior Center</b> <b>Call 401 423-9804 to reserve a spot</b></p>	<p>19</p> <p><b>9 AM:</b> Heart Wise Walking <b>9:30 AM:</b> Mah Jongg <b>9:30-11:30 AM:</b> Hand Massage (apt req.) <b>10:30 AM:</b> Bones, Strength &amp; Balance <b>1-2 PM:</b> Line Dancing (at Rec Center) <b>1-3 PM:</b> Bingo with FOJS <b>1:30 PM:</b> Aging Gracefully &amp; Gratefully (downstairs Senior Center)</p>
<p>22</p> <p><b>9 AM:</b> Heart Wise Walking <b>9 AM:</b> Tai Chi for Arthritis <b>10 AM:</b> Aquatic Exercise NEW Session) (St. Clare's) <b>10:30 AM:</b> Rusty Pens &amp; Storytelling <b>1 PM:</b> Chair Yoga <b>3-4 PM:</b> Tai Ji Quan Moving for Better Balance Begins</p>	<p>23</p> <p><b>1-3 PM:</b> Bridge <b>5-7 PM:</b> Mah Jongg</p>	<p>24</p> <p><b>9AM:</b> Heart Wise Walking <b>10:15 AM:</b> Bones, Strength &amp; Balance <b>11:30-12:30 PM:</b> Zumba @ The Rec <b>12-1 PM:</b> Tai Ji Quan Moving for Better Balance (TJQMBB) <b>1:30 PM- 3PM:</b> The Point Senior resource &amp; application On site- Apt required</p>	<p>25</p> <p><b>1-3 PM:</b> Low Income Heating Assistance (LIHEAP) (upstairs) <b>1-3 PM:</b> USDA Grants and Loans for repairs, home and safety improvements, etc. for Jamestown Homeowners who live in their home (income\$ 51,200 or less (additional criteria loan versus grant)</p>	<p>26</p> <p><b>9 AM:</b> Heart Wise Walking <b>9:30 AM:</b> Mah Jongg <b>9:30-11:30 AM:</b> Hand Massage (apt. req.) <b>10:30 AM:</b> Bones, Strength &amp; Balance <b>1-2 PM:</b> Line Dancing (at Rec Center) <b>1-3 PM:</b> Bingo with FOJS <b>1:30 PM:</b> Aging Dancing &amp; Gratefully (downstairs Senior Center )</p>
<p>29</p> <p><b>9 AM:</b> Heart Wise Walking <b>9 AM:</b> Tai Chi for Arthritis <b>10 AM:</b> Aquatic Exercise (St. Clare's) <b>10:30 AM:</b> Rusty Pens &amp; Storytelling <b>12:30-3 PM:</b> Hand &amp; Foot Reflexology At Town Hall *Apt required <b>1 PM:</b> Chair Yoga <b>3-4 PM:</b> Tai Ji Quan Moving for Better Balance</p>	<p>30</p> <p><b>1-3PM:</b> Bridge <b>5-7 PM:</b> Mah Jongg</p>	<p>31</p> <p><b>9 AM:</b> Heart Wise Walking <b>10 AM:</b> Zumba <b>10:15 AM:</b> Bones, Balance &amp; Strength <b>11:30 AM-12:30 PM:</b> Zumba at the Rec Center <b>3-4 PM:</b> Tai Ji Quan Moving for Better Balance Begins</p>	<p><b>48 hrs. advance notice for meal reservations. *The menu is listed in the Jamestown Press each week</b> <b>Call Eileen at 401-423-2658 to order your meals</b></p>	<p><b>Bus trip to Newport Farmers Market on Saturday January 13, 2024:</b> Bus will pick up at Pemberton Apartments at 9:15 AM &amp; at The Jamestown Senior Center at 9:20 AM. You will have 1-2 hrs. to shop at the market.</p>