

**The Jamestown
Senior Center
Activities Calendar**

October 2023

**Call Molly at 401-423-9804
or go to
Jamestown.recdesk.com to
register for programs!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 AM: Heart Wise Walking 9AM: Tai Chi for Arthritis 10:30 AM Rusty Pens 1:00 PM Chair Yoga	3 SCHH Nurse Visits with Lisa 10-12 AM "Apt. required "	4 9 AM: Heart Wise Walking 10:15: Bones5, Strength ,Balance <u>Lunch Trip to Greg ' s Restaurant Depart Senior Center at 11:30AM Cost: Transportation \$2. cost of lunch is on your own.</u> 1-3:30 PM Chronic Pain Self Management	5 9:30 AM Part 3 Live to 100:The Secrets of the Blue Zones <u>11:45 Lunch w/special dessert and presentation by The village of RI</u> 1:30 PM Movie offered in conjunction with The Jamestown Library Asteroid City <u>12:30-4:30 Cyber Seniors by apt</u>	6 9 AM: Heart Wise Walking 9:30 AM: Mah Jongg 9:30-11:30 AM: Hand Massages by apt. 10:15-11:15 AM: Bones, Strength &Balance 1-3 PM: Bingo 1-2PM: East Coast Swing Dance :Rec Center
9 CLOSED	10 9 AM-11:30 AM: NK Walmart Super center Shopping Bus Trip *bus will pick up residents at their home and drop them back off *3 shopping bags per person 10 AM Zumba (senior center) 1PM: Bridge	11 9 AM: Heart Wise Walking 10:15: Bones, Strength, Balance 1-3:30 PM Chronic Pain Self Management	12 9:30 AM Part 4 Live to 100: The Secrets of the Blue Zones <u>1:00 PM Autumn Woods:Floral Arrangement Class with Sally Gruber</u>	13 9 AM Heart Wise Walking 9:30 AM: Mah Jongg 9:30-11:30 AM: Hand Massages by apt. 10:15-11:15 Bones,Strength & Balance 1-3PM: Bingo
16 9 AM: Heart Wise Walking 9AM: Tai Chi for Arthritis 10:30 AM Rusty Pens 1:00 PM Chair Yoga	17 10 AM: Zumba (1PM: Bridge	18 9 AM: Heart Wise Walking 10:15 Bones, Strength, Balance 1-3:30 PM Chronic Pain Self Management 1:30 -3:30 PM : The Point: Medicare Counseling: SHIP services by apt only call Katie Jones at 401-846 -7246 ext 4	19 <u>Flu Vaccination Clinic 9-11 by appt</u> 1 PM: United Health Open <u>Enrollment</u> 1:30-3:30 PM: Mah Jongg for experienced players (upstairs)	20 9 AM Heart Wise Walking 9:30 AM: Mah Jongg 9:30-11:30 AM: Hand Massages by apt. 10:15-11:15 Bones,Strength & Balance 1-3PM: Bingo
23 9 AM: Heart Wise Walking 9AM: Tai Chi for Arthritis 10:30 AM Rusty Pens 1:00 PM Chair Yoga	24 10 AM Zumba (senior center) 1 PM: Bridge	25 9 AM: Heart Wise Walking 10:15 AM: Bones, Strength & Balance 1-3:30 PM: Chronic Pain Management Workshop	26 10AM Medicare Scams and Frauds 9-12PM Tina The RI Foot Nurse by apt.t <u>1-3 PM: Home Energy Assistance Program(LIHEAP) by apt call</u> <u>Molly for appointment</u>	27 9 AM Heart Wise Walking 9:30 AM: Mah Jongg 9:30-11:30 HAnd Massages \$12 *by appt 10:15-11:15 Bones,Strength & Balance 1-3 PM: Bingo
30 9 AM: Heart Wise Walking 9AM: Tai Chi for Arthritis 10:30 AM Rusty Pens 1:00 PM Chair Yoga	31 10 AM Zumba 1 PM: Bridge			Call Eileen at 401-423-265848 hrs. advance notice for meals

