



**Tiverton Senior Center**  
 207 Canonicus Street  
 Tiverton, RI 02878  
 Telephone 401-625-6790 Fax 401-625-6793

**FEBRUARY 2024**



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>February 2nd</b>			9:00 Balance & Mobility w/Jess 1 10:00 Tech Assist with Kristin <b>10:15 ART for Your Mind</b> <b>Early American Colonial Painting,</b> 1:00-3:00 BINGO! 1:00 Knitting for Charity	<b>2</b> 8:45 Zumba with Jess 10:00 Functional Fitness w/Deb 11-3 MahJongg 1-3 GAME Day
<b>5</b> 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30-3 PITCH 1-2 Learn UKULELE w/Otis	<b>6</b> 9:00 CHAIR YOGA w/Shirley 11-3 MahJongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	<b>7</b> 9:00 Functional Fitness w/Deb 12:30 CHORUS in Lounge 12:30-3 Cribbage	9:00 Balance & Mobilty w/Jess 8 10:00 Tech Assist with Kristin <b>10:00 URI Pharma Presents:</b> Coronary Artery Disease (CAD) 1:00-3:00 BINGO! 1:00 Knitting for Charity	<b>9</b> 8:45 Zumba with Jess 10:00 Functional Fitness w/Deb 11-3 MahJongg <b>1-3 KARAOKE</b> 1-3 GAME Day
<b>12</b> 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30-3 PITCH 1-2 Learn UKULELE w/Otis <b>2:30 Care Giver Support Group</b>	<b>13</b> 9:00 CHAIR YOGA w/Shirley 11-3 MahJongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	<b>14</b> 9:00 Functional Fitness w/Deb 12:30 CHORUS in Lounge 12:30-3 Cribbage	<b>15</b> 9:00 Balance & Mobility w/Jess <b>10:00 Blood Pressure Check</b> <b>with Nurse Hilda</b> (No Tech Assist w/Kristin Today) 1:00-3:00 BINGO! 1:00 Knitting for Charity	<b>16</b> 8:45 ZUMBA with Jess 10:00 Functional Fitness w/Deb 11-3 MahJongg 1-3 GAME DAY
<b>19</b> <b>PRESIDENT's Day</b> <b>CENTER CLOSED</b>	<b>20</b> 9:00 CHAIR YOGA w/Shirley <b>10:15 BOOK CLUB:</b> <b>"Pineapple Street"</b> 11-3 MahJongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	<b>21</b> 9:00 Functional Fitness w/Deb 12:30 CHORUS in Lounge 12:30-3 Cribbage	<b>22</b> 9:00 Balance & Mobilty w/Jess 10:00 Tech Assist with Kristin 1:00-3:00 BINGO! 1:00 Knitting for Charity	<b>23</b> 8:45 ZUMBA with Jess 10:00 Functional Fitness w/Deb 11-3 MahJongg 1-3 GAME DAY
<b>26</b> 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30-3 PITCH 1-2 Learn UKULELE w/Otis <b>2:30 Care Giver Support Group</b>	<b>27</b> 9:00 CHAIR YOGA w/Shirley 11-3 MahJongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID	<b>28</b> 9:00 Functional Fitness w/Deb 12:30 CHORUS in Lounge 12:30- 3 Cribbage	<b>29</b> 9:00 Balance & Mobilty w/Jess 10:00 Tech Assist with Kristin <b>10:15 CENTER MEETING</b> 1:00-3:00 BINGO! 1:00 Knitting for Charity	





