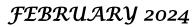


Tiverton Senior Center

207 Canonicus Street
Tiverton, RI 02878

Telephone 401·625·6790 Fax 401·625·6793





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

•			