January 2014 – Senior Activities

Richmond Community Center

1168 Main Street, Wyoming, RI 02898

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. **HAPPY NEW YEAR**	2. 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	3. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	4. 9:30 Zumba
5.	6. 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	7. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	8. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 – 2:30 pm Cribbage	9. 8:30 – 11:00 am Coffee 9:00 am Knitting 11:00 Members Meeting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	10 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	11. 9:30 Zumba
12	13. 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	14. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	15. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 – 2:30 pm Cribbage	16. 8:30 – 11:00 am Coffee 9:00 am Knitting 9:30 Visiting Nurse 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	17. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	18. 9:30 - Zumba
19	20. **CLOSED MLK DAY**	21. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm Bingo	22. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 – 2:30 pm Cribbage	23. 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	24. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	25. 9:30 - Zumba
26.	27. 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	28. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm Bingo	29. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 – 2:30 pm Cribbage	30. 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	31. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	

E-Mail – CommunityCenter@richmondri.com Phone 401-491-9404

NEW – Mah Jongg every Thursday 12:30 pm with Instructor – Free Classes

Zumba every Saturday 9:30:00 am