July 2015 – Senior Activities

Richmond Community Center

1168 Main Street, Wyoming, RI 02898

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:15 am In The Middle 1:00 – 2:30 pm Cribbage	2 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg	3 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	4 Happy 4th of July NO ZUMBA
5	6 **CLOSED**	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 – Card Party	9. 8:30 – 11:00 am Coffee 9:00 am Knitting 11:00 Members Meeting 12:30 pm Mah Jongg	10 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00 pm Exercise Class	11. 9:30 Zumba
12	13 8:30 – 11:00 am Coffee 9:00 am Tai Chi	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 – Card Party	16 8:30 – 11:00 am Coffee 9:00 am Knitting 9:30 Visiting Nurse 12:30 pm Mah Jongg	17 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00 pm Exercise Class	18 9:30 - Zumba
19	20 8:30 – 11:00 am Coffee 9:00 am Tai Chi	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 – Card Party	23 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg	24 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00 pm Exercise Class	25 9:30 - Zumba
26.	27. 8:30 – 11:00 am Coffee 9:00 am Tai Chi	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 – Card Party	30 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg	31. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00 pm Exercise Class	