






Tiverton Senior Center
 207 Canonicus Street
 Tiverton, RI 02878
 (401) 625-6790
July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 TOPS 1 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30-3 PITCH	9:00 CHAIR YOGA w/Shirley 2 11-3 MahJongg 12:45 DRUMS ALIVE! w/Jess 2-3:30 Art w/Shawndavid	9:00 Functional Fitness w/Deb 3 12:30 CHORUS in Lounge 12:30-3 Cribbage 12:30-3 Music of Sandy Cook	CENTER CLOSED 4 	8:45 Zumba with Jess 5 10:00 Functional Fitness w/Deb 11-3 MahJongg 12:45 LINE DANCING w/JOANN
9:00 TOPS 8 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30-3 PITCH 1:00 PAINT with Kristen  2:30 Care Giver Support Group	9:00 CHAIR YOGA w/Shirley 9 11-3 MahJongg 12:45 DRUMS ALIVE! w/Jess 2-3:30 Art w/Shawndavid	9:00 Functional Fitness w/Deb 10 12:30 CHORUS in Lounge 12:30-3 Cribbage 12:30-3 Music of Sandy Cook	9:00 Balance & Mobility w/Jess 11 10:00 TECH TIME w/Kristin 10:15 CENTER MEETING 1:00-3:00 BINGO! 1:00 Knitting for Charity	8:45 Zumba with Jess 12 10:00 Functional Fitness w/Deb 11-3 MahJongg 12:45 LINE DANCING w/JOANN
9:00 TOPS 15 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity BEA SMITH's TRAVELING STORE 11 a.m. - 2 p.m. 12:30-3 PITCH	9:00 CHAIR YOGA w/Shirley 16 10:15 BOOK GROUP: "Lessons in Chemistry" 11-3 MahJongg 12:45 DRUMS ALIVE! w/Jess	9:00 Functional Fitness w/Deb 17 12:30 CHORUS in Lounge 12:30-3 Cribbage 12:30-3 Music of Sandy Cook	9:00 Balance & Mobility w/Jess 18 10:00-11:30 Blood Pressure ✓ 1:00-3:00 BINGO! 1:00 Knitting for Charity	8:45 Zumba with Jess 19 10:00 Functional Fitness w/Deb 11-3 MahJongg 12:45 LINE DANCING w/JOANN
9:00 TOPS 22 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30-3 PITCH 2:30 Care Giver Support Group	9:00 CHAIR YOGA w/Shirley 23 11-3 MahJongg 12:45 DRUMS ALIVE! w/Jess	9:00 Functional Fitness w/Deb 24 12:30 Chorus in Lounge 12:30-3 Cribbage 12:30-3 Music of Sandy Cook	9:00 Balance & Mobility w/Jess 25 1:00-3:00 BINGO! 1:00 Knitting for Charity	8:45 Zumba with Jess 26 10:00 Functional Fitness w/Deb 11-3 MahJongg 12:45 LINE DANCING w/JOANN
9:00 TOPS 29 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30-3 PITCH	9:00 CHAIR YOGA w/Shirley 30 11-3 MahJongg 12:45 DRUMS ALIVE! w/Jess	9:00 Functional Fitness w/Deb 31 12:30 Chorus in Lounge 12:30-3 Cribbage 12:30-3 Music of Sandy Cook		





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