

Salvatore Mancini Resource & Activity Center

Two Atlantic Boulevard ~ North Providence, RI 02911

401-231-0742 | www.smrac.com

Weekly Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch & Tone 9:00 AM	Tai Chi 9:00 AM	Forever Fit 9 AM Starting April 4th	Blood Pressures Provided by Cedar Home Health 10 AM - 11:30 AM	Mah Jong 9:00 AM
Painting Class 10 AM	Aqua Zumba NP Pool & Fitness Ctr 9:30 AM Sponsored by Golden Crest Nursing Center Starting March 6th	Quilting 9:30 AM	Sewing Workshop 10:00 AM	Knitting Circle 9:00 AM
Happy Notes (Chorus) 10:00 AM	Knitting Instruction 12:30	Meditation 10:30 AM	Bone Building 10:30 AM	Coloring 10 AM Starting April 6th
Bone Building 10:30 AM	Mah Jong 1:00 PM	Yoga 11:00 AM	Stamp Club 1:00 PM	Yoga For Seniors 10:45 (Starting 4/6)
Mah Jong 1:00 PM	High Lo Jack 1:00 PM	Wii Bowling 1:00 PM	Bridge Club 12:30 PM	Zumba Gold & Tone 11:00 AM
Hi Lo Jack League 1:00 PM	Scrabble 1:00 PM	Mah Jong 1:00 PM	Hi Lo Jack 4:00 PM Starting April 5th	Salsa Exercise Aerobics 1:00 PM (Starting April 20th)
Gin Rummy 1:00 PM	Arthritis Exercise 1:00 PM	Poker League 1:00 PM		
Zumba Gold w/ Fran 1:00 PM	Women's Billiards 1:00 PM	Book Club 1:00 PM Last Wednesday of the Month		

Billiards Room open for free play during normal business hours.
Gym open Monday - Friday from 9 AM - 1PM (Starting March 26th)

Updated 3/22/2018 8:47 AM