

North Providence Mancini 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 9:00 AM | Play Bocce 9:00 AM | Bone Building 9:00 AM |
| Bone Building 10:00 AM | Aqua Zumba *NP Pool & Fitness Ctr 9:30 AM | Quilting 101 9:30 AM | Blood Pressures 10 AM - 11:30 AM | Knitting Circle 9:00 AM |
| Happy Notes Chorus 10:00 AM | Knitting Instruction 12:30 | Chair Yoga 9:30 AM | Learn To Sew 10:00 AM | Mat Yoga 10:00 |
| Painting With Mickey 10:00 AM | Mah Jongg 1:00 PM | Arthritis Exercise 10:00 AM | Arts, Crafts, Painting & More 10:00 AM | Zumba Gold & Tone 11:00 AM |
| Mah Jongg 1:00 PM | High Lo Jack League 1:00 PM | Meditation 10:30 AM | Play Bridge 12:30 PM | Mah Jongg 12:30 PM |
| Hi Lo Jack League 1:00 PM | Scrabble 1:00 PM | Chair Yoga 11:00 AM | Stamp Collecting Club 1:00 PM | Salsa Line Dance 1:00 PM |
| Michigan Rummy 1:00 PM | Arthritis Exercise 1:00 PM | Brains & Balance 1:00 PM | Hi Lo Jack 1:00 PM | |
| Zumba Gold w/ Fran 1:00 PM | Women's Billiards 1:00 PM | Mah Jongg 1:00 PM | Zumba 5:30 PM | |
| | | Poker League 1:00 PM | | |
| | | Wii Bowling 1:00 PM | | |

Billiards Room open for free play during normal business hours.

Gym open Monday - Friday from 9 AM - 4PM