

North Providence Mancini Center

Two Atlantic Boulevard ~ North Providence, RI 02911
401-231-0742 | www.mancinicenter.com

Weekly Program Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Strength Matters w/Sue 9:00 AM | Tai Chi w/Bob 9:00 AM | Forever Fit w/Sue 9:00 AM | Strength Matters w/Sue 9:00 AM | Mat Yoga w/Amy 10:00 AM |
| BoneBuilders w/Deb 10:00 AM | Cardio Strength Training w/Lisa 10:00 AM | Quilting w/Elaine 9:30 AM | Zumba w/Sue 10:00 AM | Now & Zen Chair Yoga w/Amy 11:30 AM |
| Mat Yoga w/Amy 10:00 AM | Chair Yin Yoga w/ Mary 10:00 AM | Arthritis Exercise w/Sue 10:00 AM | BoneBuilders w/Michele 11:00 AM | Mah Jongg Advanced/Free Play 1:00 PM |
| Zumba w/Fran 1:00 PM | Hookers Delight Crochet 10:00 AM | Meditation w/Mary 11:00 AM | Beginners Line Dancing w/Fran 12:30 PM | ROC Steady w/Lisa 1:15 PM |
| Hi Lo Jack Free Play 1:00 PM | Chair Yin Yoga w/ Mary 11:30 AM | Tai Chi w/Karl 11:00 AM | Stamp Club 1:00 PM | |
| Mah Jongg Advanced/Free Play 1:00 PM | Forever Fit w/Sue 11:30 AM | Sit Fit & Strong w/Fran 1:00 PM | | |
| Michigan Rummy 1:00 PM | Hi Lo Jack League 12:00 PM | Mah Jongg Instructional/ Advanced/Free Play 1:00 PM | | |
| Line Dancing w/Fran 2:00 PM | Scrabble 1:00 PM | Poker League 1:00 PM | | |
| | | Ballroom Swingers w/Fran 2:00 PM | | |

*Billiards Room is open for Free Play Monday through Friday from 9:00 AM to 3:00 PM.

*Fitness Center is open Monday through Friday from 9:00 AM to 3:00 PM.