

# North Providence Mancini Center

Two Atlantic Boulevard ~ North Providence, RI 02911

401-231-0742 | [www.mancinicenter.com](http://www.mancinicenter.com)

## Weekly Program Schedule

| Monday                                         | Tuesday                                        | Wednesday                                                    | Thursday                                     | Friday                                     |
|------------------------------------------------|------------------------------------------------|--------------------------------------------------------------|----------------------------------------------|--------------------------------------------|
| Strength Matters<br>w/Sue<br>9:00 AM           | Tai Chi<br>w/Bob<br>9:00 AM                    | Forever Fit<br>w/Sue<br>9:00 AM                              | Strength Matters<br>w/Sue<br>9:00 AM         | Mat Yoga<br>w/Amy<br>10:00 AM              |
| Bone Builders<br>w/Jeanne<br>10:00 AM          | Cardio Strength<br>Training w/Lisa<br>10:00 AM | Arthritis Exercise<br>w/Sue<br>10:00 AM                      | Zumba<br>w/Sue<br>10:00 AM                   | Now & Zen Chair<br>Yoga w/Amy<br>11:30 AM  |
| Mat Yoga<br>w/Amy<br>10:00 AM                  | Chair Yin Yoga<br>w/ Mary<br>10:00 AM          | Meditation<br>w/Mary<br>11:00 AM                             | Bone Builders<br>w/Michele<br>11:00 AM       | Mah Jongg<br>Advanced/Free Play<br>1:00 PM |
| Zumba<br>w/Fran<br>1:00 PM                     | Hookers Delight<br>Crochet<br>10:00 AM         | Tai Chi<br>w/Karl<br>11:00 AM                                | Beginners Line<br>Dancing w/Fran<br>12:30 PM | ROC Steady<br>w/Lisa<br>12:30 PM           |
| Cribbage<br>Instructional/Free Play<br>1:00 PM | Chair Yin Yoga<br>w/ Mary<br>11:30 AM          | Sit Fit & Strong<br>w/Fran<br>1:00 PM                        | Chair Zumba<br>w/Linda<br>1:30 PM            |                                            |
| Mah Jongg<br>Advanced/Free Play<br>1:00 PM     | Forever Fit<br>w/Sue<br>11:30 AM               | Mah Jongg<br>Instructional/<br>Advanced/Free Play<br>1:00 PM |                                              |                                            |
| Michigan Rummy<br>1:00 PM                      | Chair Zumba<br>w/Linda<br>12:30 PM             | Poker/High Lo Jack<br>FreePlay<br>1:00 PM                    |                                              |                                            |
| Hi Lo Jack<br>FreePlay<br>1:00 PM              | Scrabble<br>1:00 PM                            | Ballroom Swingers<br>w/Fran<br>2:00 PM                       |                                              |                                            |
| Line Dancing<br>w/Fran<br>2:00 PM              |                                                | Line Dance Country<br>w/Fran<br>3:00 PM                      |                                              |                                            |
| Barre Fitness<br>w/Fran<br>3:00PM              |                                                |                                                              |                                              |                                            |

\*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.