

EVENING
EVENTS



DIRECTORY OF RECREATION EVENTS

October 2017

BOWLING

Mondays

October 2, 16, 23, 30
4:00pm-5:00pm

Meet at Town Hall Lanes from 4PM-5PM. Limited transportation may be available from Comstock to Town Hall Lanes.

Town Hall Lanes
1463 Atwood Ave # 7, Johnston, RI 02919

Cost per person: \$10.00

WARRIOR WORKOUT

Karate Group

Tuesdays

October 3, 10, 17, 24, 31

3:30pm – 4:30pm Location: Comstock

Sensei Mike from Shotokan Legacy Dojo Karate-do Club will help with emotional regulation, communication, following game rules, and team cooperation. Participants will also work on coordination, core strength, balance, and endurance using Karate. Most of all they will have fun!

12person max

Cost per person: \$10.00 per session

Kathy Blasi:

kblasi@accesspointri.org

401-942-3445 Ext.101

John Zottola:

jzottola@accesspointri.org

401-942-3445 Ext.107

Cell 401-368-9108

DINNER AT ATWOOD GRILL

THURSDAY

October 12, 2017

4:00pm – 6:00pm

Pick up at Atwood Grill, 1413 Atwood Ave, Johnston, RI 02919

10 person max

Cost per person: \$18.00

STAFF: \$10.00

DINNER AT UNCLE TONY'S

Wednesday

October 18, 2017

4:00pm – 6:00pm

Pick up at Uncle Tony's 1455 Oaklawn Ave. Cranston

10 person max

Cost per person: \$15.00

STAFF: \$10.00



Friday

October 20, 2017

4:00pm–6:00pm

Join us for a night a dancing and a light dinner at Comstock, 60 Stamp Farm Rd. **don't forget to dress up in your Halloween costume!**

65 person max

Cost per person: \$10.00

Arts & Crafts Night

Thursday

October 26, 2017

4:00PM -5:30PM Joins for a fun Arts & Crafts activity.

12 person max

Cost per person: \$10.00

COMSTOCK DAY EVENTS

SHRI ADAPTED YOGA

Tuesdays

12:15PM – 1:15PM

Thursdays

10:00AM – 11:00AM

Adaptive Yoga is at the Shri Studio, Pawtucket. This is a gentle yoga class designed by Shri's owner to work directly with adults living with developmental disabilities. Students in this class learn basic yoga postures to increase strength and flexibility within a nurturing and therapeutic community. Meditation and Yoga Nidra techniques are also incorporated into the class to help relax and ground students.

Cost per person per a class: \$5.00

FRERICHS FARM

Thursday

October 27, 2017 9:45AM – 2:00PM

Build a scarecrow, hayride, paint a pumpkin. Bring a cold lunch to eat while we are at the farm. Warren RI

6 person max

\$10.00 per person