

EVENING

EVENTS



## DIRECTORY OF RECREATION EVENTS

### September 2017

#### BOWLING

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**Mondays**

September 11, 18, 25  
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

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##### Karate Group

Tuesdays

September 5, 12, 19, 26  
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](mailto:kblasi@accesspointri.org)

401-942-3445 Ext.101

**John Zottola:**

[jzottola@accesspointri.org](mailto:jzottola@accesspointri.org)

401-942-3445 Ext.107

Cell 401-368-9108

#### MAKE YOUR OWN SUNDAE & MOVIE NIGHT

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Wednesday

**September 6, 2017**

Make your own Sundae and watch a movie with your friends.

Comstock, 60 Stamp Farm Road.

**4:00pm – 6:00pm**

**20 person max**

**Cost per person: \$10.00**

#### DINNER AT ATWOOD GRILL

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Wednesday

September 20, 2017

**4:00pm – 6:00pm**

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

10 person max

Cost per person: \$18.00

#### DINNER AT GREGGS

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Friday

August 25, 2017

**4:00pm-6:30pm**

Pick up at Gregg's Restaurant, 1359 Post Rd, Warwick, RI 02888

**12 person max**

**Cost per person: \$10.00**

#### DANCE

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Friday

September 29, 2017

**4:00pm—6:30pm**

Join us for a night a dancing and a light dinner at Comstock, 60 Stamp Farm Rd.

**65 person max**

**Cost per person: \$10.00**



# COMSTOCK DAY EVENTS

## SHRI ADAPTED YOGA

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**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**

## LUNCH AT BOSTON MARKET

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Friday

September 8, 2017

11:00AM

Enjoy lunch out with a few friends at Boston Market, 185 Sockanoset Cross Rd Cranston, RI

6-person max

**Please bring money to purchase your lunch and drink. See menu that is attached.**

## APPLE PICKING

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Thursday

September 14, 2017

10:30AM

Spend time on the farm picking apples with your friends.

**6 person max**

**\$10.00 per person**

## THE HALL AT PATRIOT PLACE

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Friday

September 22, 2017

9:30AM – 2:30PM

Head to Foxboro, the home of the New England Patriots for the day and explore The Hall at Patriot Place.

dedicated to serving the public through education and entertainment in an inclusive, user-friendly setting; to honoring and promoting individuals that have made exceptional contributions to the New England Patriots organization; to collecting, preserving, interpreting, researching and exhibiting Patriots and New England football historical information and artifacts and sharing their cultural impact with the public.

**6 person max**

**\$14.00 per person**

## 18 – HOLE MINI GOLF AT MULLIGAN'S ISLAND

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Thursday

September 28, 2017

10:30AM – 2:00PM

Play 18 holes of mini golf with friends. Pack a cold lunch and we will have lunch while we are out.

**6 person max**

**\$14.00 per person**