

EVENING
EVENTS



DIRECTORY OF RECREATION EVENTS

November 2017

BOWLING

Mondays

November 6, 13, 20, 27
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

November 7, 14, 21, 28

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 GREGGS

THURSDAY

November 16, 2017

4:00pm – 6:00pm

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

6 person max

Cost per person: \$18.00

STAFF: \$10.00

GIVING THANKS

DANCE

Friday

November 17, 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

Fun & Games Night

Thursday

November 30, 2017

4:00PM -6:30PM Joins for a fun night of games and a movie along with a pizza party. 20 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

LAZER TAG

Thursday

October 27, 2017 10:45AM – 2:00PM

Lunch at Subway (bring money to pay for your lunch) Play 3 rounds of Lazor Tag. If you want to play games in the arcade don't forget to bring money for that.

3 person max

\$15.00 per person

