

# DIRECTORY OF RECREATION EVENTS

## April 2018

### **BOWLING**

*Town Hall Lanes*

**Mondays**

**April 2, 9, 23, 30**

**No Bowling April 16th**

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 April 3, 10, 17, 24

**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**



### **DANCE**

**Friday**

**April 20, 2018**

**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**

### **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**



**Special  
Olympics**  
*Rhode Island*

**April 14<sup>th</sup>**

Northern Area Individual  
Ten-Pin Bowling Qualifier  
AMF LANES, Cranston

**April 28<sup>th</sup>**

Southern Area Games  
Bishop Hendricken

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