

DAY RECREATION & SOCIAL ACTIVITY DIRECTORY

July 2018

SHRI ADAPTED YOGA

Tuesday Group

12:15pm – 1:15pm

July 3, 10, 17, 24, 31

THURSDAY GROUP

10am – 11am

July 5, 12, 19, 26

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. Yoga Nidra techniques are incorporated into the class to help relax and ground students.

Cost per person: \$5.00 per class (Sorry we are unable to provide a refund if you cancel or do not show up)



LUNCH & A MOVIE

Tuesday

July 17, 2018

10:00am – 2:45pm

Stop at the Warwick Mall with friends and have lunch. (Bring your cold lunch or money to purchase lunch) After lunch head on over to the Showcase and watch The 12:10pm showing of the Incredibles 2 Movie. We will depart from 1240 Park Ave. We will Return to 1240 Park Ave. or your day program at 2:45pm.

Cost \$10.00 per person



A & W

Tuesday

July 24, 2018

11:30am – 1:45pm

Join a few friends and stop by your old-time car hop and get a bite to eat and a Root beer Float. We will depart from 1240 Park Ave. We will Return to 1240 Park Ave. or your day program at 1:45pm.

Cost per a person: \$12.00