

**DECEMBER
2018**

Recreation Event Information



End of the Year Holiday Dance

Join us for a fun time!
FRIDAY, December 28, 2018.
4:30pm – 6:30pm
We will be serving dinner
and snack.

Location: 665 Dyer Avenue
Cranston, RI
60-person max.
Cost: \$10.00 per person



Happy Holidays!



Recreation Coordinator: John Zottola
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Exploring and Enriching Lives through Recreation.

Bowling will not meet during December

Holiday Arts & Crafts

Monday 12/10/2018 4:00pm – 5:30pm

Create your own holiday arts and crafts project
while you socialize with your friends. Location:
1240 Park Ave. Cranston RI
10-person max
Cost: \$10.00

WARRIOR WORKOUT ~ Karate Group

Tuesdays ~ 3:30pm -4:30pm

December 4th, 11th & 18th

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!

Location: 111 Comstock Parkway, Cranston
12-person max
Cost Per Person each session: \$10.00

SHRI ADAPTED YOGA

Tuesdays 12:15PM – 1:15PM

Thursdays 10:00AM – 11:00AM

NO YOGA on Christmas

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

Holiday Movie & Pizza

Monday

December 17th 4:00pm-5:30pm

Watch a Holiday classic movie, socialize
with your friends and have some pizza.

Location: 1240 Park Ave. Cranston RI
10-person max
Cost: \$10.00



This year we will not be having our Tree Lighting Celebration. I am sorry that we could not make this happen this year. If you would like to have our Tree Lighting Celebration next year please contact me with your ideas, thoughts, suggestions and when you are available to volunteer.

Thank you,

John Zottola
Recreation Coordinator



Breakfast at Characters Café

Wednesday
December 19, 2018
9:45am (depart from 1240
Park Ave.)

Enjoy breakfast at Characters
with a few friends.

Location: 82 Rolfe Square
Cranston, RI 02920

TBD-person max
Cost: **Bring your own money
to pay for your meal and tip.**



Dinner at Gregg's

Thursday December 20, 2018
Enjoy dinner with friends at
Gregg's.

[Pick up at 6pm at the restaurant](#)

Location: 1359 Post
Road, Warwick

10-person max

\$20.00 per person

Staff fee: \$5.00

