

DAY RECREATION & SOCIAL ACTIVITY DIRECTORY

JUNE 2018

SHRI ADAPTED YOGA

Tuesday Group

12:15pm – 1:15pm

June 5, 12, 19, 26

THURSDAY GROUP

10am – 11am

June 6, 14, 21, 28

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)

MULLIGAN'S ISLAND

Wednesday

June 13, 2018

10:30am

Golf 18 Holes of Mini-Golf at Mulligan's. **Pack a cold lunch and have a picnic lunch while out.**

Cost per person: \$14.00



Tuesday

June 19th

11:30am – 1:30pm

Join a few friends and stop by your old time car how and get a bite to eat and a Root beer Float.

Cost per a person: \$12.00

TWIN RIVER

Tuesday

June 26, 2018

10:30am – 2:00pm

Head out to the river and play some slots and then enjoy a bite to eat. Bring spending money to play the slots and to pay for your lunch.



*Let me know what other things
you would like to take part in!
Let's work together and make big
things happen this summer!*

Thanks, John Zottola

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