

JANUARY
2019

Recreation Event Information

**Bring on
the
NEW YEAR!**

Winter Wonderland Dance

Join us for a fun time!

FRIDAY, January 18, 2019.

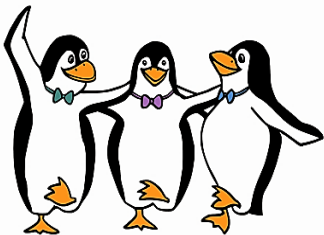
4:30pm – 6:30pm

We will be serving dinner
and snack.

Location: 665 Dyer Avenue
Cranston, RI

60-person max.

Cost: \$10.00 per person



Happy New Year!



Recreation Coordinator: John Zottola
jzottola@accesspointri.org

Phone: 401-228-3960 Ext. 112

Recreation Cell Phone: 401-368-9108

Kathy Blasi kblasi@accesspointri.org

Phone: 401-228-3960 Ext. 107

www.accesspointri.org

Exploring and Enriching Lives through Recreation.

*Bowling will not meet January 24, 2019
Martin Luther King Day*

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

Arcade Play & Lunch

Wednesday

January 16, 2019 10:00AM – 1:30PM

Enjoy yourself playing Arcade games and having lunch with friends at AMF Cranston Lanes. Bring money to play games and to purchase lunch at AMF.

Be sure to bring enough money for games and to purchase lunch. 6-person max

Bowling at Town Hall Lanes

Mondays 4:00pm – 5:00pm

Bowling at Town Hall Lanes, 1463 Atwood Ave.
Johnston, RI. Pick up at Town Hall Lanes by 5pm.

30-person max

Cost: \$10.00

WARRIOR WORKOUT ~ Karate Group

Tuesdays ~ 3:30pm -4:30pm

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



WED

HALF-PRICE ARCADE GAMES

Get **DOUBLE** the arcade play—ALL DAY, every Wednesday!

- OUR BEST ARCADE DEAL
- 50% OFF THE PRICE OF EACH GAME
- HALF-PRICE GAMES = DOUBLE THE ARCADE PLAY!



Breakfast at Newport Creamery

Wednesday

January 30, 2019

10:00AM (depart from 1240 Park Ave.)

Enjoy breakfast at Newport Creamery, Garden City, Cranston with a few friends.

Location: Garden City
Cranston,

TBD-person max

Cost: **Bring your own money to pay for your meal and tip.**



Dinner at Gregg's

Thursday January 31, 2019 Enjoy dinner with friends at Gregg's.

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

Location: 1359 Post Road, Warwick

8-person max

\$20.00 per person

Staff fee: \$5.00

Wishing everyone a very happy and healthy new year.

Thank you,

John Zottola

Recreation Coordinator

