



Recreation Event Information

May Dance Celebration of the Cranston Cougars

Join us for a fun time!

FRIDAY, May 24, 2019.

4:30pm – 6:30pm

**Come out and dance the
night away!**

**We will be serving dinner
and snack.**

Location: 665 Dyer Avenue
Cranston, RI

60-person max.

Cost: \$10.00 per person

Bowling at Town Hall Lanes

NO BOWLING May 27, 2019

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

John Zottola

Recreation Coordinator

gzottola@accesspointri.org

Phone: 401-228-3960 Ext. 112

Fax: 401-228-3950

Cell Phone: 401-368-9108

24 Hour Recorded Recreation
Information Line:

401-584-INFO (4636)

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

State Summer Games

The Bus for URI will leave 111
Comstock Parkway Friday, May 31,
2019 at 9:00am. Arrive at 8:30am



The Cranston Cougars

Track & Field Practice 4:30pm – 6:30pm

Thursdays May 2, 9, 16 & 23

No Practice May 30, 2019

Tate Cooney Track 135 Gansett Ave.

Wednesday May 29, 2019

Cranston Cougars meet at AccessPoint RI

1240 Park Ave. 4-5:30pm

Pizza will be served

We would like to wish Kathy Blasi good luck in her Retirement!

Kathy has been a tremendous asset to AccessPoint RI. We always knew we were in good hands with Kathy around. She has always been patient, caring and sensitive to everyone's needs.

Working with you Kathy has certainly been a pleasure. Congratulations on your very well deserved and long-awaited retirement!

We will certainly miss you around here Kathy!



Don't cry,
because it's
over, smile
because it
happened.
Dr. Seuss