

BUTTONWOOD SENIOR CENTER ACTIVITIES SCHEDULE

1 Oneida Street, New Bedford, Ma. 02740



**Breakfast
Available Daily
7:30am-10am
\$1 Donation**



**Lunch Served
Daily
11:30am-12pm
\$2 Donation**

BINGO

Monday
1:00-3:00pm

Tuesday
1:00pm-3:00pm

Thursday
9:30am-10:45am & 1-3pm

Monday

Yoga with Joey Machado \$3 8:00am-9:00am
Begins May 12th
Aerobics, Instructor / Tammi Perry \$3 10:00am-11:00am

Tuesday

Zumba Gold with Pati Cautillo 8:30am-9:30am
Walking Group 9:00am-10:00am
Gentle Yoga (use chairs) Instructor / Joan Davignon\$3 10:00am-11:00am
Tifereth Israel Congregation, 145 Brownell Ave, N.B.

Wednesday

Breakfast and a Movie \$1 9:00am-11:00am
Knitting 10:30am-11:30am
Cribbage / Cards 10:30am-12:30pm
Painting with Friends, Instructor / Kathy Arruda \$6 12:30pm-2:00pm
Tai Chi, Instructor / Karen Corcoran 2:00pm – 3:00pm

Thursday

Walking Group 9:00am-10:00am

Friday

African Dancing & Culture 10:00am – 11:00am
Dancercise Class W/Victor Fonseca \$3 1:00pm – 2:00pm
Strength & Conditioning with Larry Bigos 2:00pm - 3:00pm

*The Buttonwood Senior Center has parties, events, and guest speakers on various topics of interest to benefit our seniors. These specials are posted separately.
All Meals Provided by Coastline Elderly Services*

For more information, please call 508.991.6170