



Black History Month

"Freedom is never given; it is won."
- A. Philip Randolph

FEBRUARY 1, 8, 15, 22 AARP TAX AID PROGRAM

CALL FOR AN APPOINTMENT

TIMES: 9AM-12:00PM

Get free help with your taxes with AARP Tax-Aide

**February 5 Black History Program
on Martin Luther King Jr.**

**February 8 Heating assistance with CAPP
Time: 10:00AM**

**February 13 Valentine's Day Party
Time: 9:00AM-2:00PM**


FEBRUARY 19 CENTER CLOSED

**FEBRUARY 20 MOVIE FOR BLACK HISTORY
TIME: 2:00PM-4:00PM**

February 27 Night meal-soul food

| Activities | | |
|--------------------------------|---------------------------|------------------|
| Bible Study | Thursday | 10:00AM |
| Bingo | Monday | 9:30AM & 12:30PM |
| | Thursday & Friday | 9:30AM |
| Blood Pressure Testing w/Sandy | Tuesday | 9:30AM |
| Cards | Tuesday & Thursday | 12:30PM |
| Computer Lab | Open daily | See Staff |
| Crafts with Dee | Thursday | 10:00AM |
| Fitness Class | Monday, Wednesday, Friday | 9:30AM |
| Line Dancing | Friday | 1:00PM |

7:00PM
160 CRANSTON



Time: 5:00PM to
STREET PROVIDENCE

February is American Heart Month, the Centers for Disease Control and Prevention (CDC) and [Million Hearts[®]](#)—a national effort to prevent 1 million heart attacks and strokes in the United States..

***See our nurse Sandy every Tuesday at 9:30AM**