

SEEKONK COUNCIL ON AGING

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Wii Exercise 10am Senior Exercise @ Seekonk Total Fitness FREE 11:30 - 12:15 Knitting 12:30 - 2:30	3 Chef on a Shoe String 2-3:30pm Art Therapy	4 Easter Party 10am Lunch \$2: Ham, scalloped potatoes & veggies Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	5 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15	6 Game Day 9:30 - 11:30
9 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness FREE 11:30-12:15 Knitting 12:30 - 2:30	10 Chef on a Shoe String 2-3:30pm Art Therapy Swansea Mall 9am - 1pm	11 Family Care Givers 10am Lunch \$2 American Chop Suey Stop & Shop 8:30 - 9:30	12 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Price Rite 9-10:30	13 Game Day 9:30 - 11:30
16  16 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness FREE 11:30-12:15 Knitting 12:30 - 2:30	17 Chef on a Shoe String 2-3:30pm Art Therapy Wal*Mart/Target 9-10:30	18 Cardiac Care 9am - 12pm Pitch 12:30 - 2:30 Stop & Shop 8:30 - 9:30	19 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15	20 Game Day 9:30 - 11:30
23 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness FREE 11:30-12:15 Knitting 12:30 - 2:30	24 Chef on a Shoe String 2-3:30pm Art Therapy	25 TRIAD: Diabetes Program 10am Lunch \$2 Meatball Subs Stop & Shop 8:30 - 9:30	26 Senior Exercise at Seekonk Total Fitness FREE 10:30 - 11:15 Veterans Agent 10am - 11am At Supreme Donuts	27 Game Day 9:30 - 11:30
30 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness FREE 11:30-12:15 Knitting 12:30 - 2:30	<p>Appointments made daily for information and referrals. Please call 508-336-8772</p>			