

SEEKONK COUNCIL ON AGING

August 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Wii Exercise 10am</p>	<p>2 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Movie Showing 1pm</p>	<p>3 Mexican Train (Dominos) 10am - 12pm</p>
<p>6 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30</p>	<p>7 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>8 Wii Exercise 10am</p>	<p>9 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Movie Showing 1pm</p>	<p>10 Mexican Train (Dominos) 10am - 12pm</p>
<p>13 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30</p>	<p>14 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>15 Cardiac Care 9am - 12pm</p>	<p>16 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Movie Showing 1pm</p>	<p>17 Mexican Train (Dominos) 10am - 12pm</p>
<p>20 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30</p>	<p>21 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>22 Wii Exercise 10am Brown Bags 12:30 - 1:30 @ Seekonk Human Services</p>	<p>23 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Movie Showing 1pm</p>	<p>24 Mexican Train (Dominos) 10am - 12pm</p>
<p>27 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30-2:30</p>	<p>28 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>29 Wii Exercise 10am</p>	<p>30 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Movie Showing 1pm</p>	<p>31 Mexican Train (Dominos) 10am - 12pm</p>

