

SEEKONK COUNCIL ON AGING

SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3</p>	<p>4</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>5</p> <p>10am: Atria Cooking Demonstration Lunch: Chicken Alfredo for \$2</p> <p>Pitch 12:30 - 2:30</p>	<p>6</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>Movie Showing 1pm</p>	<p>7</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>10</p> <p>Wii Exercise 10am</p> <p>Seniors Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p> <p>Knitting 12:30 - 2:30</p>	<p>11</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>12</p> <p>10am: 10 Warning Signs of Alzheimer's Lunch: Spaghetti and Meatballs for \$2</p>	<p>13</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>Movie Showing 1pm</p>	<p>14</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>17</p> <p>Wii Exercise 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15</p> <p>Knitting 12:30 - 2:30</p>	<p>18</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>19</p> <p>Cardiac Care 9:00 AM - 12:00 PM</p> <p>Pitch 12:30 - 2:30</p>	<p>20</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>Movie Showing 1pm</p>	<p>21</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>24</p> <p>Wii Exercise 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15</p> <p>Knitting 12:30 - 2:30</p>	<p>25</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p>	<p>26</p> <p>10am: TRIAD: Stop & Shop Lunch: Chicken Stir Fry for \$2</p> <p>Brown Bags 12:30 - 1:30 @ Seekonk Human Services</p>	<p>27</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>Movie Showing 1pm</p>	<p>28</p> <p>Mexican Train (Dominos) 10am - 12pm</p>

Trash day will moved ahead a day the first week of September for Labor Day

Have a Safe and Happy Labor Day!

