

# SEEKONK COUNCIL ON AGING

## November 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mexican Train (Dominos) 10am - 12pm  Wii Fun 10am
4 Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15	5 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	6 Veteran's Day Celebration 10am Lunch: Turkey Dinner for \$2  Pitch 12:30pm - 2:30pm	7 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15  Men's Breakfast @ 8:30 am Toti's Restaurant	8 Mexican Train (Dominos) 10am - 12pm  Wil Fun 10am
11  VETERANS DAY	12 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	13 Bristol County District Attorney's Office at 10am Lunch: Chicken Salad, Macaroni, Salad, Pickles and Chips for \$2	14 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15  Women's Brunch @ 10:00am Toti's Restaurant	15 Mexican Train (Dominos) 10am - 12pm  Wii Fun 10am
18 Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15	19 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	20 Cardiac Care 9:00am - 12:00pm  Pitch 12:30pm - 2:30pm	21 Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15	22 Mexican Train (Dominos) 10am - 12pm  Wii Fun 10am
25 Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15	26 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	27 We will be closing at 12:30pm for the Holiday.  Brown Bags Drop Off 9:30am - 11:00am Pick Up 11:00am - 12:30pm	28   Happy Thanksgiving	29

