

# SEEKONK COUNCIL ON AGING

## September 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <p>Seekkonk Senior Shopping Day Wal-Mart, Stop &amp; Shop, &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>4</p>	<p>5</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 10:45 - 11:15</p>	<p>6</p> <p>Mexican Train (Dominos) 10am - 12pm</p> <p>Wii Bowling 10am</p>
<p>9</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15</p>	<p>10</p> <p>Seekkonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>11</p> <p>Osteoarthritis of Knees and Hips By Genetiva @ 10am Lunch: French Meat Pie for \$2</p>	<p>12</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 10:45 - 11:15</p> <p>Men's Breakfast @ 8:30 am Toti's Restaurant</p>	<p>13</p> <p>Mexican Train (Dominos) 10am - 12pm</p> <p>Wil Bowling 10am</p>
<p>16</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15</p>	<p>17</p> <p>Seekkonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>18</p> <p>*Cardiac Care Cancelled*</p>	<p>19</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 10:45 - 11:15</p>	<p>20</p> <p>Mexican Train (Dominos) 10am - 12pm</p> <p>Wii Bowling 10am</p>
<p>23</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15</p>	<p>24</p> <p>Seekkonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>25</p> <p>Brown Bags Drop-Off 09:30am - 11:00am Pick-Up 11:00am - 12:30pm</p> <p>TRIAD: Police Chief Mace @ 10am Lunch: Pizza and Salad for \$2</p>	<p>26</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 10:45 - 11:15</p>	<p>27</p> <p>Mexican Train (Dominos) 10am - 12pm</p> <p>Wii Bowling 10am</p>
<p>30</p> <p>Senior Exercise at Seekkonk Total Fitness \$1 11:30 - 12:15</p>				

