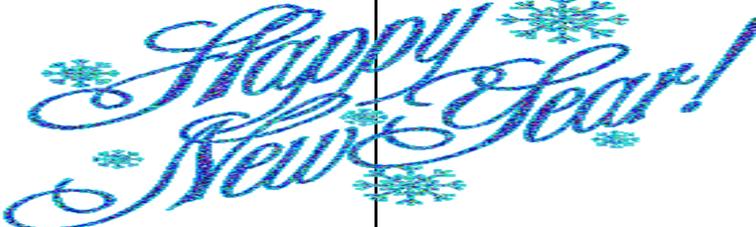
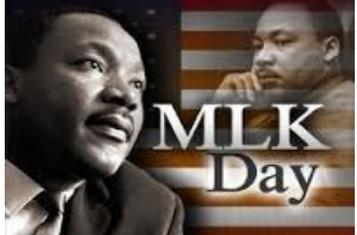


# SEEKONK COUNCIL ON AGING

## January 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Closed for the Holiday</p>	<p>2</p>	<p>3</p> <p>Wii Fun 10:00am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>6</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>
<p>7</p>	<p>8</p> <p>Mass Medical Orders for Life Sustaining Treatment @ 10am Lunch: Beef Stew for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>9</p> <p>Men's Breakfast @ 8:30 am Toti's Restaurant</p>	<p>10</p> <p>Wil Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>13</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>
<p>14</p>	<p>15</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>16</p> <p>Women's Brunch @ 10:00am Toti's Restaurant</p>	<p>17</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>20</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>
	<p>21</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>22</p> <p>Senior Whole Health @ 10am Lunch: Pizza &amp; Salad for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>23</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>27</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop &amp; Shop &amp; Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>
<p>28</p>	<p>29</p> <p>TRIAD: What to do in an Emergency @ 10am Lunch: Shepherd's Pie for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>30</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>31</p>	<p>31</p>

