

SEEKONK COUNCIL ON AGING

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>4</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop, & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>5</p> <p>WJAR: Mark Searles Lunch: Tuna Sandwiches & Clam Chowder for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>6</p> <p>Art Class 9-11</p>	<p>7</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>10</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>11</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>12</p> <p>St. Patrick's Day Party 10:00am Lunch: Corned Beef and Cabbage for \$3.</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>13</p> <p>Art Class 9-11</p> <p>Mens Breakfast Toti's 8:30am</p>	<p>14</p> <p>Wil Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>17</p> <p> Happy St. Patrick's Day</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>18</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>19</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>20</p> <p>Art Class 9-11</p> <p>Womens Brunch Toti's 10:00am</p>	<p>21</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>24</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>25</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>26</p> <p>TRIAD: Michelle Beneski Lunch: Meatloaf, mashed potatoes, and veggies for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>27</p> <p>Art Class 9-11</p>	<p>28</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>31</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>				

