

SEEKONK COUNCIL ON AGING

November 2014

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	3	4	5	6	7				
	Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	Veterans Day Celebration @ 10am Lunch: Turkey Dinner for \$3	Mexican Train (Dominos) 10am - 12pm	Wil Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!					
Senior Exercise at Seekkonk Total Fitness \$1 11:00am - 12:00pm				Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm					
10		11	12	13	14				
Senior Exercise at Seekkonk Total Fitness \$1 11:00am - 12:00pm		Atria Bay Springs Cooking Class @ 10am Lunch: Pasta and Meatballs for \$3 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	Mexican Train (Dominos) 10am - 12pm Mens Breakfast @ 8:30am Toti's Resturant	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm				
17	18	19	20	21					
Senior Exercise at Seekkonk Total Fitness \$1 11:00am - 12:00pm	Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	Blood Pressure Clinic 9:00am - 10:30am Brown Bags Delivery/Pick Up Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	Mexican Train (Dominos) 10am - 12pm Womens Brunch @ 10:00am Toti's Resturant	Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!	Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm				
24	25	26	27	28					
Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm	Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm							

