

SEEKONK COUNCIL ON AGING

April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Easter Party @ 10am Lunch: Ham, Au Gratin Potatoes & Veggies for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>2</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p>	<p>3</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>6</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>7</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>8</p> <p>Diabetes Bingo @ 10am Lunch: Chicken Pot Pie for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>9</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p> <p>Mens Breakfast @ 8:30am Toti's Resturant</p>	<p>10</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>13</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>14</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>15</p> <p>Blood Pressure Clinic 9:00am - 10:30am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>16</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p> <p>Womens Brunch @ 10:00am Toti's Resturant</p>	<p>17</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>20</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>21</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>22</p> <p>TRIAD: Fallon Health @ 10am Lunch: Venus de Milo Soup for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>23</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm</p>	<p>24</p> <p>Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>27</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>28</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>29</p> <p>Home Instead @ 10am Lunch: Pizza and Salad for \$3</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>30</p> <p>Game Day to fit your mood (i.e., cards, dominos, board games, puzzle) 10am - 12pm</p>	