

SEEKONK COUNCIL ON AGING

March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	3 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	4 5 Things to Know about Hearing Aids @ 10am Lunch: American Chop Suey \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	5 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	6 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
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16 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	17 St. Patrick's Day Party @ 10am Entertainment: Barney O'Mallon Lunch: Corned beef dinner for \$3	18 Blood Pressure Clinic 9:00am - 10:30am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	19 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Womens Brunch @ 10:00am Toti's Resturant	20 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
23 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	24 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	25 TRIAD: How to be more resilient @ 10am Lunch: Meatloaf dinner for \$3 Brown Bags Pick Up/Delivery Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	26 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	27 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
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