

SEEKONK COUNCIL ON AGING

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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
4 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	5 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	6 The Power of Resilience in the Promotion of Healthy Aging @ 10am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	7 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	8 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
11 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	12 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	13 5 Things to Know About Hearing Aids @ 10am Lunch: American Chop Suey for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	14 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Mens Breakfast @ 8:30am Toti's Resturant	15 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
18 Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	19 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	20 FREE Blood Pressure & Glucose Clinic 9am - 10:30am Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	21 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm Womens Brunch @ 10:00am Toti's Resturant	22 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
 25	26 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	27 TRIAD: Rite Aid @ 10am Lunch: Shepherd's Pie for \$3 Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	28 Game Day to fit your mood (i.e., cards, dominos, board games, puzzle) 10am - 12pm	29 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