

Seekonk Human Services Activities

SEEKONK TOTAL FITNESS AEROBICS

Day: Mondays & Thursdays

Time: Mondays @ 10:30 – 11:15

Time: Thursdays @ 11:30 -12:15

Location: Seekonk Total Fitness on Route 6

Seekonk Total Fitness is offering **FREE** Senior Fitness Group Exercise Classes on Mondays 11:30-12:15 and Thursdays from 10:30am – 11:15am. The 45-min fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your active lifestyle by increasing muscular strength, range of movement & balance! For more information contact **Seekonk Total Fitness @ 508-336-4545**

YMCA

\$3 fee per class for the following classes:

- Chair Yoga (Slow Flow) – Wednesdays 10:00 – 11:00am
- Balance Class – Fridays 11:45am – 12:15pm
- Aqua Aerobics – Wednesdays 8:15 – 9:00am OR 9:45 – 10:30am
- Arthritis Foundation Certified Aqua Class – Fridays 9:00 – 9:45am

WII

Day: Mondays

Time: 10am

Location: Seekonk Human Services

Come join us for some Wii exercise fun. The Wii is a great way to stay in shape without the high costs of joining a gym! It's great for people of any age! Come and try it to see how much fun keeping in shape can be!

KNITTING GROUP

Day: Mondays

Time: 12:30 to 2:30 PM

Location: Human Services community room

Knit for the needy (babies and the elderly) and get assistance with knitting by joining this group. Donations of yarn are welcome. Yarn may be dropped off at Seekonk Human Services or can be picked up if you are unable to bring it to the Center.

CHEF ON A SHOESTRING

Days: Tuesdays

Time: 2:00 – 3:30 PM

Location: Human Services community room and kitchen

What a popular class this has been! Student chefs from Johnson & Wales University demonstrate wonderful recipes and you get to take home a sample from each class. Recipes are prepared while you watch. Learn how to cook more economically and creatively for one or two. You may attend one class or all 6 in the series. Call Karen at (508) 336-8772 if you have questions.

TRIAD

Days: Usually the 4th Wednesday of the month, except July and August

Time: 10:00 to 11:30 AM

Location: Human Services community room

TRIAD is a partnership of public safety agencies (police, fire, and sheriff's department) that works for the benefit of the elderly. TRIAD's purpose is to educate and assist the elderly in order to reduce their fears and provide moral support. It provides a forum for the community to share needs and concerns and an opportunity to develop and implement community solutions to problems.

MEN'S MONTHLY BREAKFAST

Day: Second Wednesday of the month

Time: 8:30 AM

Location: Brothers Seafood Restaurant, Briarwood Plaza

Speakers, discussions, and other interesting activities. No registration is necessary. Pay when you go.

EXPLORATION WEDNESDAY

Day: Second Wednesday of every month, except July and August

Time: 10:00 AM

Location: Human Services community room

There is usually a speaker. Lunch is served. Reserve and pay for your lunch one week in advance by calling (508) 336-8772.

INTERGENERATIONAL ART CLASSES

Days: Thursdays

Time: 9:30 to 11:00 AM

Location: Human Services community room

These classes are comprised of students from area schools and Seekonk seniors who have a love of children and arts. Class size is extremely limited. Each senior chosen for this class must enjoy working with children. Each senior participant will work on his/her own painting as well as help the students with theirs. Everyone's work will be exhibited in the spring so family and friends can view them. For more information about these classes, call Phyllis at (508) 336-8772.

BRIDGE

Day: Thursdays

Time: 12:30 to 2:30 PM

Location: Human Services community room

If you enjoy playing cards and are looking for a fun afternoon, please stop by.

PITCH/HI-LO JACK

Days: Wednesdays

Time: 12:30 to 2:30 PM

Location: Human Services community room

Call (508) 336-8772 to sign up to play.