


SEEKONK COUNCIL ON AGING

December 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>3</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p> <p>Knitting 12:30 - 2:30</p> <p>Arts & Crafts 1-3</p> | <p>4</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> | <p>5</p> <p>Medicine-On-Time by Tom Pasternak from Walsh Pharmacy</p> <p>Lunch: Venus de Milo Soup for \$2</p> <p>Pitch 12:30 - 2:30</p> | <p>6</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> | <p>7</p> <p>Mexican Train (Dominos) 10am - 12pm</p> |
| <p>10</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p> <p>Knitting 12:30 - 2:30</p> <p>Arts & Crafts 1-3</p> | <p>11</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> | <p>12</p> <p>Christmas Party with Vic Solo @ 10am</p> <p>Lunch: Pot Roast for \$2</p> | <p>13</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>Mens Breakfast @ 8:30am Alex's Restaurant</p> | <p>14</p> <p>Mexican Train (Dominos) 10am - 12pm</p> |
| <p>17</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p> <p>Knitting 12:30 - 2:30</p> <p>Arts & Crafts 1-3</p> | <p>18</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> | <p>19</p> <p>Cardiac Care 9:00am - 12:00pm</p> <p>Pitch 12:30 - 2:30</p> <p>Brown Bags</p> | <p>20</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> | <p>21</p> <p>Mexican Train (Dominos) 10am - 12pm</p> |
| <p>24</p> <p>Closed at 12:30</p> | <p>25</p>  | <p>26</p> | <p>27</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> | <p>28</p> <p>Mexican Train (Dominos) 10am - 12pm</p> |
| <p>31</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p> <p>Knitting 12:30 - 2:30</p> <p>Arts & Crafts 1 - 3</p> | | | | |

