


SEEKONK COUNCIL ON AGING

MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chef on a Shoe String 2-3:30pm Art Therapy Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	2 Diabetes Cooking & Dining Out Lunch: Pot roast, mashed potatoes, and veggies for \$2 Pitch 12:30 - 2:30	3 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	4 Game Day 9:30 - 11:30
7 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30	8 Chef on a Shoe String 2-3:30pm Art Therapy Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	9 Silver Tea 12:00 noon at Johnson & Wales Inn	10 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	11 Game Day 9:30 - 11:30
14 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30	15 Art Therapy Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	16 Rebello Funeral Home Lunch: TBD for \$2 Pitch 12:30 -2:30	17 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	18 Game Day 9:30 - 11:30
21 Wii Exercise 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30	22 Art Therapy Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	23 TRIAD: David Downs Clutter Control II Lunch: Chicken stir fry with brown rice for \$2	24 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	25 Game Day 9:30 - 11:30
28 	29 Art Therapy Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	30 Shopping for One Lunch: Barbaque chicken, potatoe salad and coleslaw for \$2	31 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Veterans Agent 10am - 11am At Supreme Donuts	

