




SEEKONK COUNCIL ON AGING

November 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	2 Mexican Train (Dominos) 10am - 12pm
5 Wii Bowling 10am Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15 Knitting 12:30 - 2:30 Arts & Crafts 1-3	6 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	7 Veterans' Day Celebration @ 10am Lunch will be a turkey dinner with all the trimmings for \$2 Pitch 12:30 - 2:30	8 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Mens Breakfast @ 8:30am Alex's Restaurant	9 Mexican Train (Dominos) 10am - 12pm
12  Veterans Day	13 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	14 Seasonal Decorating Ideas for the Home @ 10am Lunch will be sheppards pie for \$2	15 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	16 Mexican Train (Dominos) 10am - 12pm
19 Wii Bowling 10am Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15 Knitting 12:30 - 2:30 Arts & Crafts 1 - 3	20 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	21	22 	23 
26 Wii Bowling 10am Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15 Knitting 12:30 - 2:30 Arts & Crafts 1 - 3	27 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	28 TRIAD: Holiday Scams @ 10am Lunch will be meatloaf for \$2	29 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	30 Mexican Train (Dominos) 10am - 12pm

