


SEEKONK COUNCIL ON AGING

October 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</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>2</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> <p>Chef on a Shoestring @ 2pm</p>	<p>3</p> <p>Homestead Act @ 10am</p> <p>Lunch: Chicken Salad Sandwiches for \$2</p> <p>Pitch 12:30 - 2:30</p>	<p>4</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>BINGO 1 - 3</p>	<p>5</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>8</p>  <p>COLUMBUS DAY</p>	<p>9</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> <p>Chef on a Shoe String @ 2pm</p>	<p>10</p> <p>Next Monitoring, Inc., @ 10am</p> <p>Ways to Save on Utilities</p> <p>Lunch: Sausage, Peppers, & Onions for \$2</p>	<p>11</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>BINGO 1 - 3</p> <p>Mens Breakfast @ 8:30am</p> <p>Alex's Restaurant</p>	<p>12</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>15</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>16</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> <p>Chef on a Shoe String @ 2pm</p>	<p>17</p> <p>Cardiac Care @ 9am - 12pm</p> <p>Pitch 12:30 - 2:30</p>	<p>18</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>BINGO 1 - 3</p>	<p>19</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>22</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>23</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> <p>Chef on a Shoe String @ 2pm</p>	<p>24</p> <p>TRIAD: Fall Safety @ 10am</p> <p>Lunch: Beef Stew for \$2</p> <p>Brown Bags 12:30 - 1:30 @ Seekonk Human Services</p>	<p>25</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15</p> <p>BINGO 1 - 3</p>	<p>26</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p>29</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>30</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am</p> <p>By GATRA</p> <p>Chef on a Shoe String @ 2pm</p>	<p>31</p> <p>Halloween Party @ 10:00am</p> <p>Entertainment by Barney Mallon</p> <p>Lunch: Chicken Parmesan for \$2</p>		

