SEEKONK COUNCIL ON AGING SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	5 10am: Atria Cooking Demostration Lunch: Chicken Alredo for \$2	6 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	7 Mexican Train (Dominos) 10am - 12pm
Tabor Day meamismean		Pitch 12:30 - 2:30	Movie Showing 1pm	
10	11	12	13	14
Wii Exercise 10am	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop &	10am: 10 Warning Signs of Alzheimer's	Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	Mexican Train (Dominos) 10am - 12pm
Seniors Exercise at Seekonk Total	Price Rite - 10:15am - 11:30am	Lunch: Spaghetti and Meatballs		
Fitness \$1 11:30 - 12:15		for \$2	Movie Showing 1pm	
Knitting 12:30 - 2:30				
17	18	19	20	21
Wii Exercise 10am	Seekonk Senior Shopping Day	Cardiac Care 9:00 AM - 12:00 PM	Senior Exercise at Seekonk Total	Mexican Train (Dominos)
	Wal-Mart, Stop & Shop &		Fitness \$1 10:30 - 11:15	10am - 12pm
Senior Exercise at Seekonk Total	Price Rite - 10:15am - 11:30am			
Fitness \$1 11:30-12:15			Movie Showing 1pm	
		Pitch 12:30 - 2:30		
Knitting 12:30 - 2:30				
24	25		27	28
Wii Exercise 10am	Seekonk Senior Shopping Day	10am: TRIAD: Stop & Shop	Senior Exercise at Seekonk Total	Mexican Train (Dominos)
Souries Evenerics of Sections Total	Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am	Lunch: Chicken Stir Fry for \$2	Fitness \$1 10:30 - 11:15	10am - 12pm
Senior Exercise at Seekonk Total Fitness \$1 11:30-12:15	r nee Kile - 10;15am - 11;50am		Movie Showing 1pm	
F 101055 \$1 11:30-12:15		Brown Bags 12:30 - 1:30 @		
Knitting 12:30 - 2:30		Seekonk Human Services		
1Xintung 12.30 - 2.30		BURNIK Human Bervices		

Trash day will moved ahead a day the first week of September for Labor Day

Have a Safe and Happy Labor Day!