


SEEKONK COUNCIL ON AGING

February 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mexican Train (Dominos) 10am - 12pm
4 Wii Bowling 10am Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15 Knitting 12:30 - 2:30	5 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	6 Bonnie Ryvicker "Maintaining a Sharper Mind" @ 10am Lunch: Beef Stew for \$2	7 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	8 Mexican Train (Dominos) 10am - 12pm
11 Wii Bowling 10am Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15 Knitting 12:30 - 2:30	12 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	13 Valentine Day Party @ 10am Lunch: French Meatpie, mashed potatoes, & veggies for \$2 Women's Brunch @ 10am Toti's Restaurant	14 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15 Mens Breakfast @ 8:30am Alex's Restaurant	15 Mexican Train (Dominos) 10am - 12pm
18  PRESIDENTS DAY	19 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	20 Cardiac Care 9am - 12pm	21 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	22 Mexican Train (Dominos) 10am - 12pm
25 Wii Bowling 10am Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15 Knitting 12:30 - 2:30	26 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	27 TRIAD @ 10am Lunch: Portuguese Soup & Pulled Pork Sandwiches for \$2	28 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	

