



# SEEKONK COUNCIL ON AGING

## January 3013

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			1	No Activities	2	Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	3	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	7	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	8	Martin Luther King Jr. 50th Anniversary of 'I Had a Dream' Lunch: Chicken Parm for \$2  Women's Brunch @ 10am Toti's Restaurant	9	Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15  Mens Breakfast @ 8:30am Alex's Restaurant	10	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	14	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	15	Cardiac Care 9:00am - 12:00pm  Pitch 12:30 - 2:30	16	Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	17	Mexican Train (Dominos) 10am - 12pm	18
 I HAVE A DREAM - THE... THIS NATION WILL... WE... THESE TENTH... I HA... THE... THE... WILL... IT... WHEN THE... INTO...	21	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	22	TRIAD: Shifting Gears from the DMV Lunch: Stuffed Peppers for \$2  Brown Bags	23	Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	24	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	28	Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	29	Lawyer, Lori O'Brien Medicaid and Estate Planning Lunch: American Chop Suey for \$2	30	Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	31		



