

# SEEKONK COUNCIL ON AGING

## March 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 Gentiva - Ostoarthritis @ 10am Lunch: Chicken Divan 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 St. Patrick's Day Party @ 10am Entertainment by Karoke King Barney Mallon Lunch: Corned Beef, Cabbage, Potatoes & Carrots for \$2	14 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15  Mens Breakfast @ 9:30am Toti's Restaurant	15 Mexican Train (Dominos) 10am - 12pm
18 Wii Bowling 10am  Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15  Knitting 12:30 - 2:30	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  Womens Brunch @ 10am Toti's Restaurant	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 Easter Party @ 10am Lunch: Ham, Scalloped Potatoes, Veggies for \$2	28 Senior Exercise at Seekonk Total Fitness \$1 10:30 - 11:15	29 Mexican Train (Dominos) 10am - 12pm

