SEEKONK COUNCIL ON AGING November 2014

MOVEHIDEL ZULT								
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY		
3	4	4	5		6	7		
	Seekonk Senior Shopping Day	1	Veterans Day Celebration @ 10am	Mexican Train (Dominos)		Wil Fun Time 10am		
	Wal-Mart, Stop & Shop &]	Lunch: Turkey Dinner for \$3	10am - 12pm		*Bowling, Tennis, Baseball, Golf		
	Price Rite - 10:15am - 11:30am					Come join the fun and exercise!		
	By GATRA							
Senior Exercise at Seekonk Total	GATRA: 1-800-483-2500					Senior Exercise at Seekonk Total		
Fitness \$1 11:00am - 12:00pm						Fitness, \$1. 11:00am - 12:00pm		
10	HONORING ALL WHO SERVED 11	1	12		13	14		
		1	Atria Bay Springs Cooking	Mexican Train (Dominos)		Wii Fun Time 10am		
		-	Class @ 10am	10am - 12pm		*Bowling, Tennis, Baseball, Golf		
]	Lunch: Pasta and Meatballs for \$3			Come join the fun and exercise!		
	1			Mens Breakfast @ 8:30am				
Senior Exercise at Seekonk Total	VETERANS	- 1	Senior Exercise at Seekonk Total	Toti's Resturant		Senior Exercise at Seekonk Total		
Fitness \$1 11:00am - 12:00pm		_	Fitness, \$1. 11:00am - 12:00pm			Fitness, \$1. 11:00am - 12:00pm		
17			19		20			
	Seekonk Senior Shopping Day		Blood Pressure Clinic	Mexican Train (Dominos)		Wii Fun Time 10am		
	Wal-Mart, Stop & Shop &	9	9:00am - 10:30am	10am - 12pm		*Bowling, Tennis, Baseball, Golf		
	Price Rite - 10:15am - 11:30am					Come join the fun and exercise!		
	By GATRA		Brown Bags Delivery/Pick Up	Womens Brunch @ 10:00am				
Senior Exercise at Seekonk Total	GATRA: 1-800-483-2500		Senior Exercise at Seekonk Total	Toti's Resturant		Senior Exercise at Seekonk Total		
Fitness \$1 11:00am - 12:00pm		_	Fitness, \$1. 11:00am - 12:00pm			Fitness, \$1. 11:00am - 12:00pm		
24		5	26		27	28		
	Seekonk Senior Shopping Day			The state of the s				
	Wal-Mart, Stop & Shop &					THE STATE OF THE S		
	Price Rite - 10:15am - 11:30am			- Iba	~	ksainina		
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Senior Exercise at Seekonk Total	GATRA: 1-800-483-2500		Senior Exercise at Seekonk Total	Cu to a series		Total Total		
Fitness, \$1. 11:00am - 12:00pm		ال	Fitness, \$1. 11:00am - 12:00pm	4	<u>_</u> =			