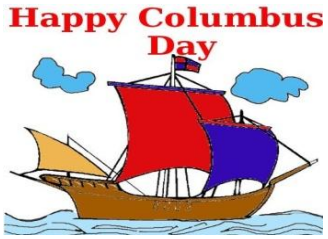
SEEKONK COUNCIL ON AGING

October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 In Search of Happiness @ 10am Lunch: American Chop Suey for $3 Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm	2 Mexican Train (Dominos) 10am - 12pm	3 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm
6 Senior Exercise at Seekonk Total Fitness $1 11:00am - 12:00pm	7 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	8 John Quintas: Diabetes Cooking Class @ 10am Lunch: Meatball Subs for $3 Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm	9 Mexican Train (Dominos) 10am - 12pm Men's Breakfast @ 8:30am Toti's in Seekonk	10 Wil Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm
13  	14 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	15 Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm	16 Mexican Train (Dominos) 10am - 12pm Women's Brunch @ 10am Toti's in Seekonk	17 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm
20 Senior Exercise at Seekonk Total Fitness $1 11:00am - 12:00pm	21 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	22 TRIAD: Fall Safety @ 10am Lunch: Chicken Dinner for $3 7th Annual Pasta Fest @ Seekonk High School - 4:30pm - 7:00pm Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm	23 Mexican Train (Dominos) 10am - 12pm	24 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm
27 Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm	28 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500	29 Halloween Party @ 10am Lunch: Meatloaf Dinner for $3 Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm	30 Mexican Train (Dominos) 10am - 12pm	31 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekonk Total Fitness, $1. 11:00am - 12:00pm