

Seekonk Human Services Activities

SEEKONK TOTAL FITNESS

1301 Fall River Avenue
Seekonk, MA 02771
508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11:00 am – 11:45 am. The 45-min fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. **The cost per class is \$1.**

YMCA*

472 Taunton Avenue
Seekonk, MA 02771
508.336.7103

\$3 fee per class for the following classes:

1. **Arthritis Foundation Aquatic Exercise:** Monday, Wednesday and Friday 9am in the pool.
2. **Aquaerobics:** Monday, Wednesday and Friday 9:45am in the pool.
3. **Silver Sneaker Classic:** Wednesday and Friday only at 11:00 in the Circle room.

***Must be a Seekonk senior and have a scan card, please call 508-336-8772 for further information**

WII Fun

Day: Fridays
Time: 10am
Location: Human Services Community Room

Come join us for some Wii bowling fun. The Wii is an excellent way to have fun and be active. Come join us on Mondays at 10am. Call 508-336-8772 for more information.

KNITTING & CROCHETING

Day: Mondays
Time: 12:30 to 2:30 PM
Location: Human Services Community Room

Ladies! You are welcome to join our group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Need help finishing a project such as knitting, crocheting or needle point, come in and we will help you tackle it.

CHEF ON A SHOESTRING

Days: Tuesdays

Time: 2:00 – 3:30 PM

Location: Human Services Community Room and Kitchen

What a popular class this has been! Student chefs from Johnson & Wales University demonstrate wonderful recipes and you get to take home a sample from each class. Recipes are prepared while you watch. Learn how to cook more economically and creatively for one or two. You may attend one class or all 6 in the series. Call Karen at (508) 336-8772 if you have questions.

TRIAD

Days: Usually the 4th Wednesday of the month, except July and August

Time: 10:00 to 11:30 AM

Location: Human Services Community Room

TRIAD is a partnership of public safety agencies (police, fire, and sheriff's department) that works for the benefit of the elderly. TRIAD's purpose is to educate and assist the elderly in order to reduce their fears and provide moral support. It provides a forum for the community to share needs and concerns and an opportunity to develop and implement community solutions to problems.

MENS BREAKFAST

When: Second Thursday of the month

Time: 8:30am

Where: **Toti's Restaurant**
373 Taunton Avenue

Men of all ages are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast—the cost is up to you.

WOMENS BRUNCH

When: Third Thursday of the month

Time: 10:00am

Where: **Toti's Restaurant**
373 Taunton Avenue

Women of all ages are welcome to attend! No sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast – the cost is up to you.

EXPLORATION WEDNESDAY

Day: Second Wednesday of every month, except July and August

Time: 10:00 AM

Location: Human Services community room

There is usually a speaker. Lunch is served. Reserve and pay for your lunch one week in advance by calling (508) 336-8772.

INTERGENERATIONAL ART CLASSES

Days: Thursdays

Time: 9:30 to 11:00 AM

Location: Human Services community room

These classes are comprised of students from area schools and Seekonk seniors who have a love of children and arts. Class size is extremely limited. Each senior chosen for this class must enjoy working with children. Each senior participant will work on his/her own painting as well as help the students with theirs. Everyone's work will be exhibited in the spring so family and friends can view them. For more information about these classes, call Phyllis at (508) 336-8772.