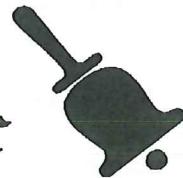




SEEKONK HUMAN SERVICES

Turner

Criper



540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772

Monday through Thursday 8:30am - 4:30pm ~ Fridays 8:30am - 12:30pm

*Evening appointments available upon request

July 2019 & August 2019



Seekonk Human Services

Closed for 4th of July

Thursday, July 4th, 2019



BRAD PITMAN - "MA IS BACK"

Wednesday, July 10, 2019 @ 11:30am

Ma Is Back! is the unique, amazing memoir of a dedicated son's care of his mother, an interesting, intelligent, and prickly lady who is diagnosed with Alzheimer's disease. It is a chronicle of the hardships and humor of their lives together while she is lost to dementia, and his determined attempt to do something, anything, to help her. Unlike many books that tell a story of Alzheimer's disease, Ma Is Back! offers hope, humor, and joy through the sincere voice of her son who not only achieves a surprising and positive outcome, but is rewarded with a life unburdened with recriminations. Ma Is Back! is a must read for anyone who has been touched by Alzheimer's - caregivers, children, spouses and patients alike. **Lunch will be available for \$2.25. Advanced sign up & payment are required for lunch. Activity is free of charge.**

BUILDING A BETTER CREDIT REPORT

Mark Higgins

Wednesday, July 17, 2019 @ 11:30am

Topic of discussion include how to read your reports, dispute errors, improve your credit score, and manage your debt. American Credit Counseling Service, Inc. is a non-profit community service organization dedicated to providing no-fee credit counseling, money management education, and debt management programs to consumers. Their services are provided without discrimination of income, debt ratio, or any other qualifications or requirements. Their goal is to assist anyone in financial distress, and return balance and dignity to their financial lives. **Lunch will be available for \$2.25. Advanced sign up & payment are required for lunch. Activity is free of charge.**

****Information for Wednesday & Thursday lunch menu will be available at the front desk and cost will be \$2.25, unless otherwise noted.**



TRIAD : "CONSUMER RIGHTS!"

By Cheryl Duclos

Wednesday, July 24, 2019 @ 11:30am

The Federal Trade Commission (FTC) Bureau of Consumer Protection stops unfair, deceptive and fraudulent businesses practices by collecting complaints and conducting investigations, suing companies and people that break the law, developing rules to maintain a fair marketplace, and educating consumers and businesses about their rights and responsibilities. **Lunch will be available for \$2.25. Activity is free of charge. Lunch must be paid for in advance.**

MUSIC, MUSIC, MUSIC

Wednesday, July 31, 2019 @ 11:30am



Come in and Sign-up to listen to a man who loves to, Sing, Sing, Sing..

Barney Mallon will be here to sing song from Movies, Broadway Shows and some of the Oldies you love to hear...

or even some new songs!

They may be old songs but, if you never heard them before, they'll be NEW to you! Don't miss it!!

Lunch will be available for \$2.25. Activity is free of charge. Lunch must be paid for in advance.

SOUTHCOAST WELLNESS VAN
Wednesday, August 7, 2019
9am to 12pm

Free Health Screenings

1. Cholesterol
2. Blood Pressure
3. Blood Sugar Testing
4. Tetanus Vaccines
5. Pneumonia Vaccines
6. Quit Smoking Education



ONE SOLUTION HOME CARE
Allison - Speaks About Services
Wednesday, August 14, 2019 @ 11:30am

One Solution Home Care provides specialized CNA and Companionship Services, working with physicians, hospitals, and family members to develop an individualized program for you or your loved one's daily needs.

CNA Services Include:

- *Dressing Assistance
- *Med Reminders
- *Personal Care
- *Companionship
- *Alzheimer's Care
- *Dementia Care
- *And So Much More!

Companionship Services

Include:

- *Companionship
- *Safety Assurance
- *Errand Assist
- *Light Housekeeping
- *Activities or Daily Outings

*Home Care services are provided in the safety and comfort of your own home or in a location of your choosing

*A highly qualified team of personal Caregivers (CNAs or Companions) are available 24 hours a day, seven days a week, or for a few hours a day

*They have a minimum requirement of 3 hour shifts, 2 days per week.

Lunch will be available for \$2.25. Advanced sign up & payment are required for lunch. Activity is free of charge.

SENIOR WHOLE HEALTH
Wednesday, August 21, 2019 @ 11:30am

Senior Whole Health is a no cost insurance for Seniors 65 and older that have Mass Health Standard. Senior Whole Health enhances Mass Health benefits with no cost transportation, dental, vision, gym memberships and much more. You may be eligible for these great benefits and not even know it! This presentation will go over all the benefits that are eligible to those who have Senior Whole Health. **Lunch will be available for \$2.25. Activity is free of charge. Lunch must be paid for in advance.**



LABOR DAY
Wednesday, August 28, 2019
@ 11:30am

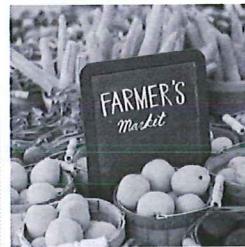
Mike Higgins will be here
Music, Guitar & Singing



A Massachusetts native, Higgins sings with a strong, expressive voice and frequently performs the piedmont blues. He's been teaching guitar for more than 35 years

Activity and Lunch is \$4. Lunch and activity must be paid for in advance.

FARMERS MARKET



Elders receiving food stamps, supplementary security income (SSI), Medicaid, fuel assistance, housing assistance or are enrolled in similar programs are eligible. Coupons are available in limited amounts and will be distributed on a first come, first served basis. Elders must obtain coupons in person, if you are unable to come in person, a proxy form must be completed prior to distribution. Please call the center 508-336-8772 for coupon availability.

**TWO SAFETY MEASURE
 ONE PRIORITY**

Are You OK?
 Telephone Reassurance Program

The Bristol County Sheriff, Thomas Hodgson is offering the "R.U.O.K?" program. Calls are placed to seniors, disabled persons, and shut-ins at the same time each day to check on the well-being of the individual. After a second call if no one answer, Emergency responders will be dispatched to check in on the person. Applications are available at Seekonk Human Services.

FREE File of Life Folders are available at Seekonk Human Services. These

folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during an emergency situation. These files could save your life or the life of a loved one. Pick up yours today!

FILE OF LIFE			
KEEP INFORMATION UP TO DATE!! Review At Least Every Six Months!			
MEDICAL DATA REVIEWED AS OF <input type="text"/> MO. <input type="text"/> YR.			
First Name	Address	Phone #	Emergency Contact
Doctor	Doctor	Phone #	EMERGENCY CONTACTS
Name	Name	Phone #	
Address	Address	Phone #	
Address	Address	Phone #	

PRESCRIPTION ADVANTAGE



Prescription Advantage

Are you having trouble affording the "donut hole" costs for your prescription drugs? Massachusetts has a state prescription assistance program called Prescription Advantage to help limited income seniors and low income disabled persons under 65 cover their prescription drugs. Membership in Prescription Advantage also entitles you to change your prescription drug plan once a year at any time of the year. To determine whether you are eligible for Prescription Advantage, call Seekonk Human Services @ 508-336-8772 to make an appointment with a SHINE counselor.

Let's Learn Together! Gmail & Email Q & A Wednesday, August 28, 2019 @ 2:00 pm



From including attachments to sending group messages, there's a lot you can do with email. Come learn the basics of Gmail on your phone and tablet or ask questions about your preferred email service. Librarian Michelle Gario will lead this 90 minute class. Bring your own phone, tablet, or laptop; Please make sure your device is fully charged or bring your cable and charger. Contact the Senior Center to register. 508-336-8772

TECH TIME

Wednesday, July 10, 2019 @ 2pm - 4pm
Wednesday, August 14, 2019 @ 2pm - 4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Wednesday of the month from 2pm to 4pm to help individuals out with their electronics. Bring your laptop, tablet, or cell phone and learn what they all have to offer or clean out the hard drive of your computer.

BASIC BEGINNERS SIGN LANGUAGE

Monday, June 24, 2019 @ 10am -12pm

This is a signed English class. You will learn words, sentences and choruses. Class will start Monday, June 24, 2019 until Monday, August 26, 2019 from 10am to 12pm. Books will be available for purchase at the first class for \$6. Please contact Nancy Smutek to sign up for class or if you have any questions, 508-336-9547.

*** NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners. The Town Crier is partially funded by the Executive Office of Elder Affairs.**

MEN'S BREAKFAST

Thursday, July 11, 2019 @ 9:30am

Thursday, August 8, 2019 @ 9:30am

Toti's Restaurant

All men 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, order what you want, pay for what you order.

WOMEN'S BRUNCH

Thursday, July 18, 2019 @ 10am

Panera Bread, Seekonk

Thursday, August 15, 2019 @ 10am

Cornerstone Restaurant, Rte. 6, Swansea

All women are invited to attend, there is no sign up necessary. Bring a friend and enjoy good food and good conversation. All meals are dutch treat.

PODIATRY CLINIC

Dr. Alan Lechan

Wednesday, July 10, 2019 at 1pm - 3pm

Wednesday, August 14, 2019 at 1pm - 3pm



Podiatry

Dr. Lechan is out of Fall River, Mass but will be coming to Seekonk Human Services to perform a Podiatry Clinic. Appointment is required for the Podiatry Clinic. Please call 508-336-8772 to schedule

your appointment. Items needed are insurance cards with your doctors names, date of last doctors visit, summary of last visit, and list of medications. *Please check with your insurance regarding co-pays.

BROWN BAGS

Wednesday, July 24, 2019

Wednesday, August 28, 2019

Brown Bag drop off will be from 9:00am—11:00am and pick up at the center will be at 11:15am.

BALANCE -- MEMORY -- WEIGHT

Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to lose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to exercise. Contact Nancy at 508-336-9547

July 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	2 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	3 *No Indoor Walking Club* *No Chair Yoga* 1:00pm - Mahjong	4  WE WILL BE CLOSED JULY 4TH ENJOY YOUR CELEBRATIONS!	5 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
8 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	9 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	10 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - Brad Pitman - MA Is Back 1:00pm - Mahjong 1:00pm - Podiatry Clinic 2:00pm - Tech Time	11 9:00am - Mens Breakfast 10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm Cribbage	12 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
15 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	16 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	17 9:00am - Indoor Walking Club 9:00am - Blood Pressure Clinic 10:00am - Chair Yoga 11:30am - Building Better Credit 1:00pm - Mahjong	18 10:00am - Silver Sneakers 10:00am - Women's Brunch 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	19 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
22 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	23 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	24 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - TRIAD: Consumer Rights 1:00pm - Mahjong Brown Bag Day	25 10:00am - Silver Sneakers 10:00am - Chair Yoga 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage	26 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
29 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	30 10:00 am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	31 Indoor Walking Club 9 - 9:45am Chair Yoga 10 - 10:50am Music, Music, Music @ 11:30am Mahjong 1 - 3pm		30 * Arts & Crafts Residents \$3/Non-Residents \$5 ** Lunch Menu Available at Seekonk Human Services

August 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Arts & Crafts Residents \$3/Non-Residents \$5				
**Lunch Menu Available at Seekonk Human Services for \$2.25				
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Guided Meditation 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	5 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	6 9:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	7 9:00am - Southcoast Van *No Indoor Walking Club* *No Chair Yoga*	1 10:00am - Silver Sneakers 11:30am - Lunch** 1:00pm - BINGO 1:00pm - Cribbage
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	12 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	13 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	14 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - One Solution Home Care 1:00pm - Podiatry Clinic 1:00pm - Mahjong 2:00pm - Tech Time	2 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	19 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	20 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	21 9:00am - Indoor Walking Club 10:00am - Chair Yoga 9:00am - Blood Pressure Clinic 11:30am - Senior Whole Health 1:00pm - Mahjong	2 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:00am - Beginner Line Dancing 12:30pm - Knitting Club 1:00pm - ZUMBA 2:00pm - Arts & Crafts*	26 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	27 10:00am - Silver Sneakers 1:00pm - Cards (Hi-Lo Jack)	28 9:00am - Indoor Walking Club 10:00am - Chair Yoga 11:30am - Labor Day Celebration 1:00pm - Mahjong Brown Bag Day	29 9:00am - Advanced Yoga, \$2 10:15am - Tai Chi
				30 9:00am - Silver Sneakers 10 - 10:45am LUNCH 11:30am** BINGO 1 - 3pm Cribbage 1 - 3pm



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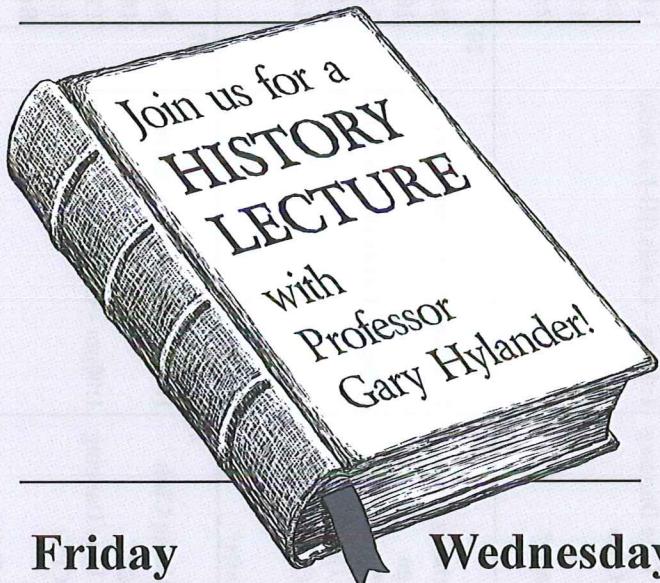
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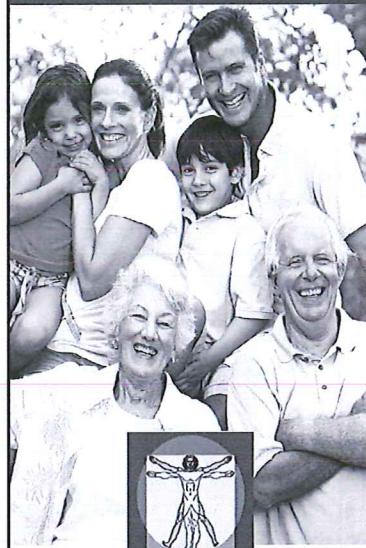


**Friday
July 19th
2:00 p.m.**

**Wednesday
Aug. 21st
2:00 p.m.**

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401-275-0682 | wingatehealthcare.com

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927B Warren Avenue
East Providence, Rhode Island 02914
Telephone: (401) 438-0905
Fax: (401) 438-0903

Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm
Saturday: 7:00 am – 12:00 pm

CUMBERLAND

2295 Diamond Hill Road
Cumberland, Rhode Island 02864
Telephone: (401) 305-3858
Fax: (401) 305-3859

Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

WARWICK

2080 Warwick Avenue
Warwick, Rhode Island 02889
Telephone: (401) 921-0160
Fax: (401) 921-0139

Monday – Thursday: 7:00 am – 7:00 pm
Friday: 7:00 am – 5:00 pm

BLOCK ISLAND

Block Island Health Services
6 Payne Road
Block Island, Rhode Island 02807
Telephone/Fax: (401) 466-3241
Tuesday: 8:30 am – 4:00 pm
Thursday & Friday: 8:30 am – 7:00 pm



**To be a sponsor in the next
Seekonk Town Crier Newsletter!**

Please contact Tom Reily

508-336-6633 x 337

Happy 4th of July

Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333
FAX: (508) 678-1698
luke@bristollegal.com

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FALL RIVER, MA 02322-3288



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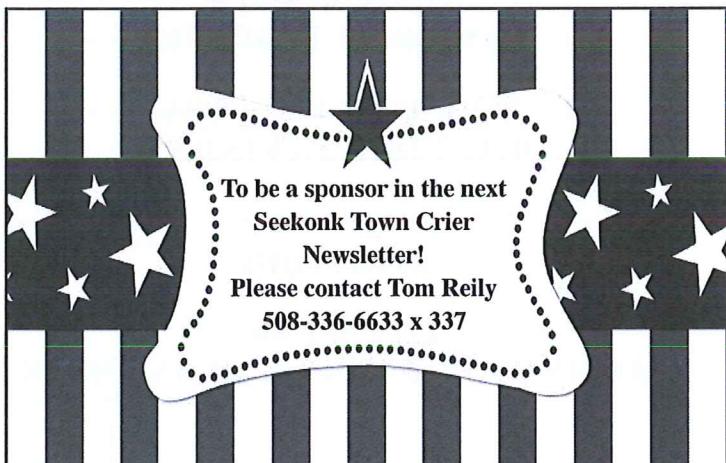
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Seekonk, MA 02771

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ASSISTANT DIRECTOR
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CLERICAL ASSISTANT
Kimberly Mallon
EDUCATIONAL & SOCIAL PRO.
Carol Poncin
OUTREACH CASE WORKER
Veronica Brickley, LPN BA SOC LSWA
OFFICE CLERK
Sharon Bettencourt
Maggie Perkins

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Christine Allen
GRAMS
Guy Boulay
EDUCATIONAL & SOCIAL PRO.
Theresa McGregor
OUTREACH CASE WORKER
Josephine Veder
OFFICE CLERK
Council Meets fourth Monday of the month
④ 3:00pm at
Seekonk Human Services
Conference Room, 109

2019 TRIPS

Glouster Schooner Tour

Wednesday, July 17, 2019

Departure 7am and Return approximately 7pm

\$107 per person (driver gratuity included)

This trip will include a 2 hour sail in the oldest seaport in America, Gloucester! Enjoy the quiet as you sail about Gloucester's beautiful protected harbor on this special vessel, *The Lannon*. The Lannon was built from scratch in 1997. It's a 65ft wooden vessel that seats 49. You will sail peacefully past lighthouses, castles, working fishing boats, and magnificent waterfront homes. Listen to Capt. Tom tell tales of Gloucester fisherman and of building The Lannon. Following our amazing cruise we head to lunch at the one & only Gloucester House. Enjoy your choice of **Baked House Scrod** or **Baked Stuffed Breast of Chicken** and then some free time in Rockport before department home.

Block Island Tour

Tuesday, August 13, 2019

Departure 8:30am and Return approximately 7:30pm

\$112 per person (driver gratuity included)

We will meet the ferry at Point Judith, Rhode Island. A representative will give a brief overview of the day's itinerary. Upon arrival in Block Island, you will be given the Island Tour. The tour lasts approximately 1 hour and fifteen minutes and includes a stop at the historical Southeast Light. After the tour you enjoy lunch at the National Hotel. Today, you will have your choice of **Pan Seared Chicken Breast, Pasta Pomodori, & Flame Grilled Salmon**. After lunch, you will have some free time to walk and shop in the Old Harbor's downtown. We will depart for home in the afternoon.

Atlantic City Boys at Danversport Yacht Club – Danvers, MA

Wednesday, September 18, 2019

Departure approximately 9:00am – 10:00am

\$92 per person (driver gratuity included)

The Atlantic City Boys are four dynamic lead singers who have wowed audiences in Las Vegas, Walt Disney World, Atlantic City, as well as cruise ships around the world. Their show is an exciting mix of world class vocals and interactive comedy – featuring the rock-n-roll harmonies of the Beach Boys, Drifters, the BeeGees, and of course, Frankie Vallie and the Four Seasons. The boys have performed with many greats, from Jay Leno to Huey Lewis, Pattie Labelle and the Temptations! Plated lunch choice or stuffed breast of chicken or baked scrod, meals include salad, potato, vegetables, bread, dessert and coffee/tea.

The Ultimate Tribute Show at Lake Pearl – Wrentham, MA

Thursday, October 17, 2019

Departure approximately 10:30am – 11:00am

\$94 per person (driver gratuity included)

Elton John and Billy Joel tribute artists Greg Ransom and Mike O'Brien have joined forces to create The Ultimate Tribute Show "Face to Face." Just like the original tour each artist performs a solo set with a five to six piece Rock N Roll band, and then culminates the show with a Face to Face set which features both of them playing together on two pianos trading off lyrics on each song they perform. Our show is a day of hit songs, energetic performance, outrageous costumes, and true Rock N Roll at its finest! Plated lunch choice or stuffed breast of chicken or baked scrod, meals include salad, potato, vegetables, bread, dessert and coffee/tea. ***Pick up location will be at the Park & Ride on Route 44 in East Providence.**

Atlantic City, NJ

November 3 – 5, 2019

Departure 11/3/19 at 730am and Return 11/5/19 at approximately 7pm

\$209 per person for double or triple occupancy OR \$295 per person for single occupancy

Day 1: Depart for Atlantic City with a stop on the way for coffee and lunch before arriving at the hotel. Receive your bonus package on arrival and enjoy the rest of the day! **Day 2:** Make sure to visit the other casinos all along the Boardwalk in Atlantic City. **Day 3:** Try your luck one more time before heading home. We will make stops as needed on the way home. **Trip Includes:** 2 nights' accommodation, \$25 slot dollars, 2 \$20 meal credits, a show (on availability), motor coach transportation, and luggage handling.

Ricky Nelson Remembered at the Venus de Milo – Swansea, MA

Thursday, November 14, 2019

Arrival time of 11:30am

\$75 per person – Drive on your own

Ricky Nelson Remembered is a unique multimedia entertainment event featuring the live music of Ricky Nelson's hit songs performed by Ricky's own identical twin sons Matthew & Gunnar Nelson and includes never before seen big screen video footage of the NELSON family with interviews from celebrities influenced by Ricky Nelson. When Matthew & Gunnar hit #1 on the Billboard with their rock band NELSON with their self-penned #1 mega hit "Can't Live Without Your Love & Affection" it put the Nelson family in the Guinness Book of Worlds as the ONLY family in entertainment with THREE generations of #1 HITMAKERS! With their rock band NELSON, Matthew & Gunnar have five Top 40 Billboard hits, four #1 MTV videos and have sold over 6.5 million albums worldwide! Plated meal choice of chicken parmesan or baked scrod which includes potato, vegetables, bread, dessert and coffee/tea.

Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Seekonk Human Services at 508-336-8772. Please utilized the Knights of Columbus parking lot first*