

SEEKONK COUNCIL ON AGING

August 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p style="text-align: right;">1</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15</p>	<p style="text-align: right;">2</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p style="text-align: right;">5</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p style="text-align: right;">6</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15</p> <p>Men's Breakfast @ 8:30 am Toti's Restaurant</p>	<p style="text-align: right;">9</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p style="text-align: right;">12</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p style="text-align: right;">13</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15</p>	<p style="text-align: right;">16</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p style="text-align: right;">19</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p style="text-align: right;">20</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p style="text-align: right;">21</p> <p>Cardiac Care 9:00am - 12:00pm</p>	<p style="text-align: right;">22</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15</p>	<p style="text-align: right;">23</p> <p>Mexican Train (Dominos) 10am - 12pm</p>
<p style="text-align: right;">26</p> <p>Wii Bowling 10am</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p style="text-align: right;">27</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p style="text-align: right;">28</p> <p>Brown Bags Drop-Off 9:30am - 11:00 am Pick-Up 11:00am - 12:30 pm</p>	<p style="text-align: right;">29</p> <p>Senior Exercise at Seekonk Total Fitness \$1 10:45 - 11:15</p>	<p style="text-align: right;">30</p> <p>Mexican Train (Dominos) 10am - 12pm</p>

