

APRIL 2024 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 am - 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	2 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	3 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	4 10:00 am Watercolor Class 1:00 pm Tai Chi	5 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
8 8:30 am - 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO 2pm - 5pm Solar Eclipse Viewing Party	9 9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Errand Van Available 	10 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	11 10:00 am Watercolor Class 12:00 pm Pizza Party 1:00 pm Tai Chi Errand Van Available 	12 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
15 Patriots' Day Holiday CLOSED 	16 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm No Dance Class	17 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	18 10:00 am Watercolor Class 1:00 pm Tai Chi	19 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
22 8:30 am - 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 10:00 am Parklands Walk 12:00 pm Lunch at Senior Center 12:45 pm BINGO	23 9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Errand Van Available 	24 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	25 10:00 am Watercolor Class 10:00 am COA Board Meeting 1:00 pm Tai Chi 1:00 pm Chiropractic Care for Older Adults Errand Van Available 	26 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
29 8:30 am - 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	30 9:00 am Yoga with Crystal 9:30 am Digital Photography 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance			