

OCTOBER 2016 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PANERA BREAD 10:00 am Safe Exercise 11:30 pm Lunch @ Sr. Center Meal: Roast Pork 12:45 pm BINGO	4 9:00 am Yoga 1:00 pm Bridge	5 10:00 am Safe Exercise 12:00 pm Meditation 1:30 pm Y-CBT Workshop	6 8:00 am Clay Hill Farm Trip 9:00 am Yoga 1:00 pm Technology Assistance	7 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
10 CLOSED FOR COLUMBUS DAY	11 9:00 am Walmart Trip 1:00 pm Bridge 1:00 pm Movie: <i>Joy</i> w/ Jennifer Lawrence 4:00 - 6:00 pm FLU CLINIC Hopedale High School	12 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 1 10:00 am Safe Exercise 12:00 pm Meditation 1:30 pm Y-CBT Workshop	13 9:00 am Yoga 11:30 am COA Monthly Lunch at Sacred Heart Church Meal: Meatloaf	14 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
17 PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	18 9:00 am Yoga 1:00 pm Bridge 1:00 pm Movie: <i>Grandma</i> w/ Lily Tomlin	19 10:00 am Safe Exercise 12:00 pm Meditation 1:30 pm Y-CBT Workshop	20 9:00 am Yoga 10:00 am Knitters 1:00 pm COA Board Meeting	21 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
24 PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO 4:00 - 6:00 pm FLU CLINIC Hopedale High School	25 9:00 am Yoga 1:00 pm Bridge 1:00 pm Open Enrollment SHINE Presentation Medicare Plans 2017	26 9:00 am Grocery Trip Market Basket 9:30 am Health Nurse 10:00 am Safe Exercise 12:00 pm Meditation 1:30 pm Y-CBT Workshop	27 9:00 am Yoga 11:30 am Lunch Bunch @ Hopedale Sr. Center Call for Menu	28 Podiatry Clinic by Appointment Only 10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
31 PANERA BREAD 10:00 am Safe Exercise 12:45 pm Halloween BINGO Party				