

# JULY 2016 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  <b>Sr. Center closes @ 12:30 pm</b>
4 <b>Sr. Center Closed July 4<sup>th</sup> Holiday</b> 	5 9:00 am Yoga 1:00 pm Bridge	6 9:00 am Grocery/MB 9:00 am Walking Group 12:30pm Free Movie <i>The Finest Hour</i>	7 9:00 am Yoga 1:00 pm Ice Cream Social 	8 8:30 - 10:30 am Wellness Nurse 9:00 am Arthritis Exercise <b>(New time for summer)</b> <b>Sr. Center closes @ 12:30 pm</b>
11 <b>PANERA BREAD</b> 9:00 am Walking Group 12:00 pm Lunch @ Sr. Center Chicken Salad 12:45 pm BINGO	12 9:00 am Yoga 9:00 am Walmart Trip 1:00 pm Bridge 1:00 pm Coloring Party	13 9:00 am Walking Group	14 9:00 am Yoga 11:30 am Lunch @ Hopedale Sr. Center Turkey Cape Cod	15 9:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30 pm</b>
18 <b>PANERA BREAD</b> 9:00 am Walking Group 12:45 pm BINGO	19 9:00 am Yoga 1:00 pm Bridge	20 9:00 am Grocery/MB 9:00 am Walking Group	21 9:00 am Yoga 10:00 am Knitters  NO COA BOARD MEETING	22 8:30 - 10:30 am Wellness Nurse 9:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30 pm</b>
25 <b>PANERA BREAD</b> 9:00 am Walking Group 12:45 pm BINGO	26 9:00 am Yoga 9:00 am Mall Trip Solomon Pond 1:00 pm Bridge 1:00 pm Coloring Party	27 9:00 am Walking Group 12:00 pm Meditation Class (1 <sup>st</sup> class summer session 2)  12:30 pm Free Movie <i>Lady in the Van</i>	28 9:00 am Yoga 10:30 am Trip to Winery Diamond Hill	29 9:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30 pm</b>



**Join our walking program – Mondays and Wednesdays @ 9:00 am – Meet @ Sr. Center**  
**Short easy walk – Refreshments follow**