

JANUARY 2017 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED FOR NEW YEARS' HOLIDAY</p> 	<p>3</p> <p>9:00 am Yoga</p> <p>1:00 pm Bridge</p>	<p>4</p> <p>10:00 am Safe Exercise</p> <p>11:45 am Meditation</p> <p>1:15 pm YCBT Evaluation Class</p>	<p>5</p> <p>9:00 am Yoga</p> <p>9:00 am New Years' Breakfast (Reservations Required)</p>	<p>6</p> <p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>9</p> <p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>11:30 am Lunch @ Sr. Center Pizza & Salad</p> <p>12:45 pm BINGO</p>	<p>10</p> <p>9:00 am Walmart Trip</p> <p>9:00 am Yoga</p> <p>1:00 pm Bridge</p>	<p>11</p> <p>9:00 am Grocery Trip Market Basket</p> <p>9:30am Health Nurse</p> <p>10:00am Safe Exercise</p> <p>11:45 am Meditation</p>	<p>12</p> <p>9:00 am Yoga</p> <p>11:30 am COA Monthly Lunch at Sr. Center Meal is: Chicken w/Asparagus</p>	<p>13</p> <p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>16</p> <p>CLOSED FOR MLK HOLIDAY</p> 	<p>17</p> <p>9:00 am Yoga</p> <p>1:00 pm Bridge</p>	<p>18</p> <p>10:00 am Safe Exercise</p> <p>11:45 am Meditation</p>	<p>19</p> <p>9:00 am Yoga</p> <p>10:00 am Knitters</p> <p>1:00 am COA Board Mtg.</p>	<p>20</p> <p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>23</p> <p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>12:45 pm BINGO</p>	<p>24</p> <p>9:00 am Yoga</p> <p>1:00 pm Bridge</p>	<p>25</p> <p>9:00 am Grocery Trip Market Basket</p> <p>9:30 am Health Nurse</p> <p>10:0 am Safe Exercise</p> <p>11:45 am Meditation</p> <p>1:15 pm YCBT Workshop</p>	<p>26</p> <p>9:00 am Yoga</p> <p>11:30 am Lunchtime Chat</p> <p>12:15 pm Speaker from MA Consumer Affairs</p>	<p>27</p> <p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>30</p> <p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>12:45 pm BINGO</p>	<p>31</p> <p>9:00 am Yoga</p> <p>1:00 pm Bridge</p> <p>1:00 pm FREE MOVIE Shown in: Ladies Parlor Sully</p>			

*****DON'T MISS THE ANNUAL SR. CENTER NEW YEARS' BREAKFAST ON THURSDAY JAN. 5, 2017*****