

# MAY 2017- HOPEDALE SR. ACTIVITIES (508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>PANERA BREAD</b> 10:00 am Safe Exercise 11:30 am Lunch @ Sr. Center 12 :45 pm BINGO	9:00 am Yoga 1:00 pm Bridge	9:00 am Grocery Trip Market Basket 10:00 am Safe Exercise 11:45 am Meditation	9:00 am Yoga 1:00 pm Free Movie: <b>La La Land</b>	10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>PANERA BREAD</b> 10:00 am Safe Exercise 12:45 pm BINGO	9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Bridge	9:30 am Health Nurse 10:00 am Safe Exercise 11:30 am COA Monthly Lunch at Sr. Center	9:00 am Yoga 9:00 am <b>Breakfast for Volunteers</b>	10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>PANERA BREAD</b> 10:00 am Safe Exercise 12:45 pm BINGO	9:00 am Yoga 1:00 pm Bridge 11:30 am <b>Our Place Café Lunch</b> 12:15 pm <b>Our Place Cafe Entertainment : Larry Parker Magician</b>	9:00 am Grocery Trip Market Basket 10:00 am Safe Exercise 11:45 am Meditation 1:00 am COA Board Mtg.	9:00 am Yoga 9:30 am Patriot Place Lunch at Skipjacks 10:00 am Knitters	10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>PANERA BREAD</b> 10:00 am Safe Exercise 12:45 pm BINGO	8:00 am King Arthur Flour Co./Vermont Trip 9:00 am Yoga 12:30 pm Brown Bag Lunch 1:00 pm Free Movie: <b>Lion</b> 1:00 pm Bridge	9:30 am Health Nurse 10:00 am Safe Exercise 11:45 am Meditation	9:00 am Yoga	10:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
<b>29</b>	<b>30</b>	<b>31</b>		
<b>CLOSED FOR MEMORIAL DAY</b>	9:00 am Yoga 1:00 pm Bridge	9 :00 am Grocery Trip Market Basket 10:00 am Safe Exercise 11:45 am Meditation	<b>SPRING IS HERE!</b> 	 <b>PODIATRY CLINIC</b> 6/2/17