

OCTOBER 2016 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

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