








# MAY 2024 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	2 10:00 am Watercolor Class 1:00 pm Tai Chi	3 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
6 8:30 am – 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	7 9:00 am Yoga with Crystal 9:00 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance <b>Errand Van Available</b> 	8 10:00 am Low Impact Exercise 11:00 am <b>No Meditation</b> 12:30 pm <b>No Literature</b> 1:00 pm Cribbage	9 10:00 am Watercolor Class 1:00 pm Tai Chi <b>Errand Van Available</b> 	10 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
13 8:30 am – 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Lunch at Senior Center 12:00 pm Mah-Jongg 12:30 pm BINGO	14 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	15 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	16 9:00 am Volunteer Breakfast By Invitation 10:00 am Knitters' Group 10:00 am Watercolor Class 1:00 pm Tai Chi 1:00 pm COA Meeting	17 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
20 8:30 am – 9:30 am Daily Grind 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	21 9:00 am Yoga with Crystal 9:00 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance <b>Errand Van Available</b> 	22 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	23 10:00 am Watercolor Class 11:00 am Attorney Paula Nedder Important Legal Issues for Seniors 12:00 pm Lunch 1:00 pm Tai Chi <b>Errand Van Available</b> 	24 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
27 <b>CLOSED</b> 	28 9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	29 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	30 10:00 am Watercolor Class 1:00 pm Tai Chi	31 10:00 am Low Impact Exercise 12:00 pm Senior Center closes