


MAY 2016 - HOPEDALE SR. CENTER ACTIVITIES

(508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PANERA BREAD 10:00 am Safe Exercise 12:00 pm Lunch @ Sr. Center (Ham) 1:00 pm BINGO	3 9:00 am Yoga 1:00 pm Bridge	4 9:00 am Grocery Market Basket 10:00 am Safe Exercise 12:00 pm Meditation Class	5 9:00 am Yoga 1:00 pm Documentary and Discussion <i>A Piece of Work</i> Joan Rivers Bio.	6 10:00 am Arthritis Exercise Sr. Center closes at 12:30 pm
9 PANERA BREAD 10:00 am Safe Exercise 1:00 pm BINGO	10 9:00 am Yoga 1:00 pm Bridge 1:00 pm Computer Assistance TOWN ELECTION DAY	11 9:30 am Wellness Nurse Clinic 10:00 am Safe Exercise 1:00 pm Free Movie <i>Black Mass</i>	12 9:00 am Yoga 11:30 am COA Lunch @ Sacred Heart Meal: Salmon Boats	13 10:00 am Arthritis Exercise Sr. Center closes at 12:30 pm
16 PANERA BREAD 10:00 am Safe Exercise 1:00 pm BINGO	17 9:00 am Yoga 9:00 am Walmart Trip 1:00 pm Bridge	18 10:00 am Safe Exercise Lunch @ Sr. Center 11:30 am Pasta Bar 12:00 pm Meditation Class 12:30 pm Police K-9 Unit Presentation	9:00 am Yoga 10:00 am Knitters 1:00 pm COA Monthly Meeting	20 10:00 am Arthritis Exercise Sr. Center closes at 12:30 pm
23 PANERA BREAD 10:00 am Safe Exercise 1:00 pm BINGO	24 9:00 am Yoga 9:30 am Garden in the Woods Trip 1:00 pm Bridge	25 9:00 am Grocery Market Basket 9:30 am Wellness Nurse Clinic 10:00 am Safe Exercise 11:30 am Ask a Pharmacist 12:00 pm Meditation Class	26 9:00 am Yoga 9:00 am Volunteer Appreciation Breakfast	27 10:00 am Arthritis Exercise Sr. Center closes at 12:30 pm
30 Sr. Center Closed MEMORIAL DAY	31 9:00 am Yoga 1:00 pm Bridge			

*******PODIATRY CLINIC FRIDAY JUNE 3, 2016. CALL FOR AN APPOINTMENT*******