

APRIL 2018 - HOPEDALE SR. CENTER ACTIVITIES (508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>11:45 am BINGO LUNCH</p> <p>12:45 pm BINGO</p>	<p>9:00 am Yoga</p> <p>1:00 pm Bridge</p>	<p>9:00 am Market Basket Grocery Trip</p> <p>9:30 am Nurse Clinic</p> <p>10:00 am Safe Exercise</p> <p>11:45 am Meditation</p>	<p>9:00 am Yoga</p> <p>1:00 pm Tai Chi</p>	<p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
9	10	11	12	13
<p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>12:45 pm BINGO</p>	<p>9:00 am Walmart Trip</p> <p>9:00 am Yoga</p> <p>1:00 pm Bridge</p>	<p>10:00 am Dementia Live Program</p> <p>10:00 am Safe Exercise</p> <p>11:45 am Meditation</p>	<p>9:00 am Yoga</p> <p>1:00 pm Tai Chi</p> <p>1:00 pm COA Monthly Meeting</p>	<p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
16	17	18	19	20
<p style="text-align: center;">CLOSED FOR PATRIOTS' DAY HOLIDAY</p> 	<p>9:00 am Yoga</p> <p>1:00 pm Bridge</p> <p>1:00 pm Free Movie <i>I, Tonya</i></p>	<p>9:00 am Market Basket Grocery Trip</p> <p>10:00 am Safe Exercise</p> <p>11:30 am COA Monthly Lunch</p> <p>11:45am Meditation</p>	<p style="text-align: center;">COMMUNITY HOUSE AND SR. CENTER CLOSED FOR REPAIRS</p>	<p style="text-align: center;">COMMUNITY HOUSE AND SR. CENTER CLOSED FOR REPAIRS</p>
23	24	25	26	27
<p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>12:45 pm BINGO</p>	<p>9:00 am Yoga</p> <p>1:00 pm Bridge</p> <p>1:00 pm Free Movie <i>Murder on the Orient Express</i></p>	<p>9:30am Nurse Clinic</p> <p>10:00 am Safe Exercise</p> <p>11:45am Meditation</p>	<p>9:00 am Yoga</p> <p>10:00 am Knitters</p> <p>1:00 pm Tai Chi</p>	<p>10:00 am Arthritis Exercise</p> <p>Sr. Center closes @ 12:30 pm</p>
30				
<p>PANERA BREAD</p> <p>10:00 am Safe Exercise</p> <p>12:45 pm BINGO</p>				<p><i>April Showers Bring May flowers!</i></p>

