





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SR. CENTER ERRAND VAN AVAILABLE 9:00 AM – 3:00 PM 		SR. CENTER ERRAND VAN AVAILABLE 8:30 AM – 3:00 PM 	SR. CENTER ERRAND VAN AVAILABLE 9:00 AM – 1:00 PM 	
STAY COOL!!!! 		1 9:00 am Market Basket Grocery 9:00 am Mile Walk 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	2 9:00 am Yoga 11:00 am COA Van @ Griffin-Dennett Apts. 12:00 pm COA Van @ Laurelwood Condos 1:00 pm Tai Chi	3 8:30 am Nurse Clinic 9:00 am Arthritis Exercise 10:00 am Reiki by Appt. Sr. Center closes @ 12:30 pm
6 PANERA BREAD 9:00 am Mile Walk 11:30 am Lunch at Sr. Center <i>Pizza Party</i> 12:45 pm BINGO	7 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg	8 9:00 am Mile Walk 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	9 9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Tai Chi	10 9:00 am Arthritis Exercise 10:00 am Reiki by Appt. Sr. Center closes @ 12:30 pm
13 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO	14 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg	15 9:00 am Market Basket Grocery Trip 9:00 am Mile Walk 11:30 am Sr. Center Monthly Lunch 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	16 9:00 am Yoga 10:00 am Knitters 1:00 pm Boston Post Cane Ceremony for Elmer Viens	17 9:00 am Arthritis Exercise 10:00 am Reiki by Appt. Sr. Center closes @ 12:30 pm
20 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO	21 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie <i>Overboard (Comedy)</i> 1:00 pm Mah Jongg	22 9:00 am Mile Walk 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	23 9:00 am Yoga 1:00 pm Tai Chi 1:00 pm COA Board Mtg.	24 8:30 am Podiatry Clinic By Appointment 8:30 am Nurse Clinic 9:00 am Arthritis Exercise 10:00 am Reiki by Appt. Sr. Center closes @ 12:30 pm
27 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO	28 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg	29 9:00 am Market Basket Grocery Trip 9:00 am Mile Walk 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	30 9:00 am Yoga 1:00 pm Tai Chi 1:00 pm Birthday Celebration for seniors age 80 and older	31 9:00 am Arthritis Exercise 10:00 am Reiki by Appt. Sr. Center closes @ 12:30 pm