

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:00 am Yoga 10:00 am Spanish Class 1:00 pm Tai Chi	10:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30 pm</b>
5	6	7	8	9
<b>PANERA BREAD</b> 10:00 am Safe Exercise 11:45 am <b>BINGO LUNCH</b>  12:45 pm BINGO	9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Bridge	9:00 am Market Basket Grocery Trip <b>9:30 am Nurse Clinic</b> 10:00 am Safe Exercise 11:45 am Meditation	9:00 am Yoga 10:00 am Spanish Class 1:00 pm Tai Chi	10:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30 pm</b>
12	13	14	15	16
<b>PANERA BREAD</b> 10:00 am Safe Exercise  12:45 pm BINGO	9:00 am Yoga 1:00 pm Bridge	10:00 am Safe Exercise 11:30 am Monthly Lunch & Valentines' Day Party   11:45 am Meditation	9:00 am Yoga 10:00 am Knitters' Group 10:00 am Spanish Class 1:00 pm Tai Chi 1:00 pm COA Monthly Mtg.	10:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30pm</b>
19	20	21	22	23
<b>CLOSED FOR PRESIDENTS' DAY</b>  	9:00 am Regional Alzheimer's Mtg. 9:00 am Yoga 1:00 pm Bridge	9:00 am Market Basket Grocery Trip 10:00 am Safe Exercise 11:45am Meditation	9:00 am Yoga 10:00 am Spanish Class 11:30 pm Lunch and Learn <b>Memory Oh Memory</b> <b>Where Art Thou??</b>  1:00 pm Tai Chi	10:00 am Arthritis Exercise <b>Sr. Center closes @ 12:30 pm</b>
26	27	28		
<b>PANERA BREAD</b> 10:00 am Safe Exercise  12:45 pm BINGO	9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie <i>Battle of the Sexes</i>	<b>9:30 am Nurse Clinic</b> 10:00 am Safe Exercise 11:45am Meditation		