






JULY 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 	
2 PANERA BREAD 11:45 am LUNCH at Sr. Center 12:45 pm BINGO	3 1:00 pm Bridge	4 CLOSED FOR 	5	6 Sr. Center closes @ 12:30 pm
9 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO 1:00 pm Party for Carmella Cedrone - 100 th Birthday!!!!	10 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie 1:00 pm Mah Jong	11 9:00 am Market Basket Grocery 9:00 am Mile Walk 10:30am Line Dance Party 11:30 am Sr. Center Monthly Lunch 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	12 9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Tai Chi	13 9:00 am Arthritis Exercise 9:30 am Nurse Clinic 10:00 am Reike by Appt. Sr. Center closes @ 12:30 pm
16 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO	17 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jong	18 9:00 am Market Basket Grocery Trip 9:00 am Mile Walk 10:30 am Line Dance Party 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	19 9:00 am Yoga 9:00 am Twin River Trip 10:00 am Knitters 1:00 pm Tai Chi No Council on Aging Board Meeting	20 9:00 am Arthritis Exercise 10:00 am Reike by Appt. Sr. Center closes @ 12:30 pm
23 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO	24 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie 1:00 pm Mah Jong <i>Chappaquiddick</i>	25 9:00 am Mall Trip Natick Mall 9:00 am Mile Walk 10:30 am Line Dance Party 11:45 am Meditation 1:00 pm <i>Sit and Fit with Sue</i>	26 9:00 am Yoga 1:00 pm Tai Chi	27 9:00 am Arthritis Exercise 9:30 am Nurse Clinic 10:00 am Reike by Appt. Sr. Center closes @ 12:30 pm
30 PANERA BREAD 9:00 am Mile Walk 12:45 pm BINGO	31 9:00 am Yoga 1:00 pm Bridge/ Mah Jong 1:00 pm Free  Ice Cream Social		