



JUNE 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 	
				1 9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
4 <i>PANERA BREAD</i> 10:00 am Safe Exercise 11:45 am LUNCH at Sr. Center 12:45 pm BINGO	5 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie <i>The Greatest Showman</i>	6 9:00 am Grocery Trip 9:30 am Nurse Clinic 10:00 am Safe Exercise 11:45 am Meditation	7 9:00 am Walmart 9:00 am Yoga 1:00 pm Tai Chi	8 9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
11 <i>PANERA BREAD</i> 10:00 am Safe Exercise 12:45 pm BINGO	12 9:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg Players Start-up Meeting	13 9:00 am Market Basket Grocery Trip 10:00 am Safe Exercise 11:30 am Sr. Center Monthly Lunch 11:45am Meditation	14 9:00 am Yoga 9:00 am Christmas Tree Shops 1:00 pm Tai Chi	15 9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
18 <i>PANERA BREAD</i> 10:00 am Safe Exercise 12:45 pm BINGO	19 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie <i>All the Money in the World</i>	20 9:00 am Grocery Trip 9:30 am Nurse Clinic 10:00 am Safe Exercise 11:45 am Meditation	21 9:00 am Yoga 10:00 am Knitters 1:00 pm Tai Chi 1:00 pm COA Monthly Meeting	22 9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
25 <i>PANERA BREAD</i> 12:45 pm BINGO	26 9:00 am Yoga 12:00 pm  Sr. Center BBQ 1:00 pm Bridge	27 Market Basket 9:00 am Grocery Trip 11:45 am Meditation	28 9:00 am Trip to Lyman Estate 9:00 am No Yoga Class 1:00 pm Tai Chi	29 Sr. Center closes @ 12:30 pm