

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:00 am Yoga 1:00 pm Tai Chi	9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
5	6	7	8	9
PANERA BREAD 10:00 am Safe Exercise 11:45 am BINGO LUNCH Roast Turkey Dinner 12:45 pm BINGO	9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Bridge	9:00 am Market Basket Grocery Trip 9:30 am Nurse Clinic 10:00 am Safe Exercise 11:45 am Meditation	9:00 am Yoga 1:00 pm Tai Chi	9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
12	13	14	15	16
PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	9:00 am Yoga 1:00 pm Bridge 1:00 pm Movie: <i>Wonder</i>	10:00 am Safe Exercise 11:00 am YMCA Program Introduction 11:45am Meditation	9:00 am Yoga 12:00 pm St. Patrick's Day Lunch and Entertainment by Glenshane 1:00 pm Tai Chi	9:00 am Arthritis Exercise Sr. Center closes @ 12:30pm
19	20	21	22	23
PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	9:00 am Yoga 1:00 pm Bridge 1:00 pm Movie: <i>Age of Adeline</i>	9:00 am Market Basket Grocery Trip 10:00 am Safe Exercise 11:00 am YMCA Program Introduction 11:45am Meditation	9:00 am Yoga 10:00 am Knitters 1:00 pm COA Meeting 1:00 pm Tai Chi	9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm
26	27	28	29	30
PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO	9:00 am Yoga 1:00 pm Bridge	9:30 am Nurse Clinic 10:00 am Safe Exercise 11:45am Meditation	9:00 am Yoga 1:00 pm Tai Chi	