




MARCH 2020 - HOPEDALE SR. CENTER ACTIVITIES (508)634-2208

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SR. CENTER ERRAND VAN AVAILABLE 10:15 AM – 1:15 PM</p> 		<p>SR. CENTER ERRAND VAN AVAILABLE 10:15 AM – 1:15 PM</p> 	<p>SR. CENTER ERRAND VAN AVAILABLE 10:15 AM – 1:15 PM</p> 	
<p>2</p> <p>PANERA 10:00 am Chair Aerobics 11:30 am Lunch at Sr. Center 12:45 pm BINGO 1pm to 3pm Sr. Bowling</p>	<p>3</p> <p>9:00 am Gentle Yoga 1:00 pm Bridge 1:00 pm Mah Jong</p>	<p>4</p> <p>9:00 am Market Basket Trip 10:00 am Chair Aerobics 11:30 am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage</p>	<p>5</p> <p>9:00 am Gentle Yoga 1:00 pm Tai Chi</p>	<p>6</p> <p>9:00 am Fun & Functional 10:30 am Chair Aerobics</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>9</p> <p>PANERA 10:00 am Chair Aerobics 12:45 pm BINGO 1pm to 3pm Sr. Bowling</p>	<p>10</p> <p>9:00 am Gentle Yoga 1:00 pm Bridge 1:00 pm Mah Jong</p>	<p>11</p> <p>9:30 am Nurse Clinic 10:00 am Chair Aerobics 11:30 am Meditation 11:30 am St. Patrick's Day Lunch Performance by Glenshane 1:00 pm Mah Jong Lessons 1:00 pm Cribbage</p>	<p>12</p> <p>9:00 am Walmart Trip 9:00 am Gentle Yoga 1:00 pm Tai Chi 1:00 pm Beyond the Book Readers' Group</p>	<p>13</p> <p>9:00 am Fun & Functional 10:30 am Chair Aerobics</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>16</p> <p>PANERA 10:00 am Chair Aerobics 12:45 pm BINGO (Special St. Patrick's Day Games) 1pm to 3pm Sr. Bowling</p>	<p>17</p> <p>9:00 am Gentle Yoga 1:00 pm Bridge 1:00 pm Mah Jong</p>	<p>18</p> <p>9:00 am Market Basket Trip 10:00 am Chair Aerobics 11:30 am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage</p>	<p>19</p> <p>9:00 am Gentle Yoga 10:00 am Knitters' Group 1:00 pm COA Board Mtg. 1:00 pm Tai Chi</p>	<p>20</p> <p>9:00 am Fun & Functional 10:30 am Chair Aerobics</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>23</p> <p>PANERA 10:00 am Chair Aerobics 12:45 pm BINGO 1pm to 3pm Sr. Bowling</p>	<p>24</p> <p>9:00 am Gentle Yoga 1:00 pm Bridge 1:00 pm Mah Jong</p>	<p>25</p> <p>10:00 am Chair Aerobics 11:30 am Meditation 11:30 am Lunch at the Sr. Center TRIVA follows Lunch 1:00 pm Mah Jong Lessons 1:00 pm Cribbage</p>	<p>26</p> <p>9:00 am Gentle Yoga 1:00 pm Tai Chi 2:00 pm Matinee: <i>Knives Out</i></p>	<p>27</p> <p>9:00 am Fun & Functional 10:30 am Chair Aerobics 10:15 am Conversations</p> <p>Sr. Center closes @ 12:30 pm</p>
<p>30</p> <p>PANERA 10:00 am Chair Aerobics 12:45 pm BINGO 1pm to 3pm Sr. Bowling</p>				