

MAY 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 | 2 | 3 | 4 |
| | 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 |
| 7 | 8 | 9 | 10 | 11 |
| PANERA BREAD 10:00 am Safe Exercise 11:45 am BINGO LUNCH 12:45 pm BINGO | 9:00 am Walmart Trip 9:00 am Yoga 1:00 pm Bridge | Shaws 9:00 am Grocery Trip 10:00 am Safe Exercise 11:45 am Meditation | 9:00 am Yoga 1:00 pm Tai Chi | 9:00 am Arthritis Exercise 10:00 am Mothers' Day Continental Breakfast Sr. Center closes @ 12:30 pm |
| 14 | 15 | 16 | 17 | 18 |
| PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO | 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie 3 Billboards Outside Epping, Missouri | 9:00 am Market Basket Grocery Trip 10:00 am Safe Exercise 11:30 am COA Monthly Lunch 11:45am Meditation | 9:00 am Yoga 10:00 am Knitters 1:00 pm Tai Chi 1:00 pm COA Monthly Meeting | 9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm |
| 21 | 22 | 23 | 24 | 25 |
| PANERA BREAD 10:00 am Safe Exercise 12:45 pm BINGO | 9:00 am Yoga 1:00 pm Bridge 1:00 pm Free Movie Darkest Hour | Shaws 9:00 am Grocery Trip 9:30am Nurse Clinic 10:00 am Safe Exercise 11:45am Meditation | 9:00 am Volunteer Breakfast 9:00 am Yoga 1:00 pm Tai Chi | Podiatry Clinic by Appointment 9:00 am Arthritis Exercise Sr. Center closes @ 12:30 pm |
| 28 | 29 | 30 | 31 | |
| CLOSED FOR MEMORIAL DAY  | 9:00 am Yoga 1:00 pm Bridge | Market Basket 9:00 am Grocery Trip 10:00 am Safe Exercise 11:45am Meditation | 9:00 am Yoga 1:00 pm Tai Chi | |