






NOVEMBER 2019 - 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 Fun & Functional 10:30 am Chair Aerobics Sr. Center closes @ 12:30 pm |
| 4 PANERA 10:00 am Chair Aerobics 11:30 am Lunch at Sr. Center 12:45 pm BINGO 1pm to 3pm Sr. Bowling | 5 9:00 am Trip to Vaillancourt & Sole Proprietor 9:00 am Gentle Yoga 11:00 am Watercolor Classes 1:00 pm Bridge 1:00 pm Mah Jong | 6 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 | 7 9:00 am Walmart Trip 9:00 am Gentle Yoga 10:00am Spanish Class 1:00 pm Tai Chi | 8 9:00 am Fun & Functional 10:30 am Chair Aerobics Sr. Center closes @ 12:30 pm |
| ¹¹ CLOSED FOR VETERANS' DAY  | 12 9:00 am Gentle Yoga 11:00 am Watercolor Classes 1:00 pm Bridge 1:00 pm Mah Jong | 13 10:00 am Chair Aerobics 10:30 am Mechanics' Hall Trip <i>Ball in the House</i> R&B/Soul/Pop a cappella group 11:30 am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage | 14 9:00 am Vets' Breakfast 10:00 am Medal of Liberty Ceremony 9:00 am Gentle Yoga 10:00 am Spanish Class 1:00 pm Tai Chi | ¹⁵ 9:00 am Fun & Functional 10:30 am Chair Aerobics 10:30 am Conversations Sr. Center closes @ 12:30 pm |
| 18 PANERA 10:00 am Chair Aerobics 12:45 pm BINGO 1pm to 3pm Sr. Bowling | 19 9:00am Gentle Yoga 11:00 am Watercolor Classes 1:00 pm Bridge 1:00 pm Mah Jong | 20 9:00 am Market Basket Trip 9:30 am Nurse Clinic 10:00 am Chair Aerobics 11:30 am Lunch at Sr. Center 11:30 am Meditation 1:00 pm Mah Jong Lessons 1:00 pm Cribbage | 21 9:00 am Gentle Yoga 10:00 am Spanish Class 10:00 am Knitters' Group 1:00 pm COA Board Mtg. 1:00 pm Tai Chi | 22 9:00 am Fun & Functional 10:30 am Chair Aerobics Sr. Center closes @ 12:30 pm |
| 25 PANERA 10:00 am Chair Aerobics 12:45 pm BINGO 1pm to 3pm Sr. Bowling | 26 9:00 am Gentle Yoga 1:00 pm Bridge 1:00 pm Mah Jong | 27 10:00 am Chair Aerobics CLOSED AT 12:00 pm NO CLASSES | 28 CLOSED FOR THANKSGIVING NO CLASSES | ²⁹ CLOSED FOR THANKSGIVING NO CLASSES |