

## BOWLING ALLEYS & POOL ROOM

Five alleys (fee), two pool tables and ping pong are available. Must be five or older to bowl.

**Thurs 55+ (no kids) 1:00PM – 5:00PM\***

**Fridays 5:00PM – 10:00PM**

**Saturdays 1:00PM – 8:00PM**

**SUNDAYS 1:00PM – 6:00PM**

**\*LIMITED USE**

*Season: September 14 - June 2016*

Other activities check out website.

## BOWLING PRICES

**Single String - \$3.00 incl shoes w/HCH Membership**

**\$5.00 incl shoes w/o HCH Membership**

## WHITIN COMMUNITY CENTER

All **Hopedale resident Community House members only** can use the two pools at the Center in Whitinsville. Check the schedule at [www.ourgym.org](http://www.ourgym.org) Swim lessons and exercise classes in the pool are \$6 per class. Must have Community House membership card.

## EVENT/MEETING SPACE

Space is available for special activities, meetings and functions to all members. There are some guidelines and restrictions. Call for more information.

## COUNCIL ON AGING

The Town of Hopedale utilizes space on the first floor of the Community House as their Senior Center. Programs and service information is available. Open weekdays. Call 508-634-2208 for information.

## BIRTHDAY PARTIES

Reserve the All Purpose Room and 2 bowling alleys for your celebration. Call for info and to book a date! Membership, refundable cleaning deposit and room fee are required. Forms on website.

## RUG HOOKING

Weekly gatherings to practice age old craft! Share ideas, techniques and conversation  
**Wednesdays: 1:00PM – 3:00PM – Ladies Parlor**

## WOMEN'S BOWLING LEAGUE

Looking for subs. **Tuesday 6:30PM – 9:30PM**  
**Start Sept 12**

## MEN'S BOWLING LEAGUE

Looking for subs. **Monday 6:30PM - 9:30PM**

## MEN'S BASKETBALL

Pick-up games at Draper Gym.  
**Residents: FREE Non-Residents: \$15**  
**Mondays - 7:30pm – 9:30pm**  
**Begin October 2, 2018**

## COED VOLLEYBALL

Recreational pick-up games for adult members of Community House at Draper Gym  
**Tuesday: 7:00 PM – 9:00 PM**  
**Residents: FREE Non-Residents: \$10**  
**Begin October 3, 2018**

## ZUMBA (Rebecca/Pauline)

Combine high energy with Latin and Hip Hop music routines and you are dancing! Fun workout for your mind, body and soul. No dance experience required.

**Monday: 7:15PM – 8:15PM OR Thurs:**  
**7:15pm-8:15pm**  
**Res: \$30 Non-Res: \$60**

## BOOTY BARRE (Marcella/Marie)

A high energy class that fuses fitness techniques from Pilates, Dance, Yoga and Athletic intervals. You will lift, firm, tighten tone as well as stretch the whole body. Bring Yoga socks or bare feet, small rubber ball, 1 – 2lbs weight, and a mat

**Tuesday: 9:00AM - 10:00 AM OR**

**Saturday 8:00AM - 9:00AM OR**

**Wednesday 7:00PM – 8:00PM Sept 13 – Nov 29**

**Res: \$30**

**Non-Res: \$60**

## PILATES FUSION (Marcella)

Pilates is an unique form of exercise aimed to increase strength, flexibility, endurance and coordination without bulk or risking injury, by focusing on core stability, this will help maintain alignment of our spine. Pilates is for EVERYBODY! Please wear loose, comfortable clothing.

**Monday 8:00AM – 9:00AM**

**Res: \$30**

**Non-Res: \$60**

## ALL LEVEL YOGA (Lara)

You will move in flowing postures using the breath as guide. You will stretch, strengthen, and relax as you take part in these all level classes. Bring mat  
**Tuesday or Thursday: 10:15AM – 11:15AM**

**Res: \$30**

**Non-Res: \$60**

## HATHA YOGA (Deb)

Classic yoga poses to develop flexibility, strength, balance and endurance. Reduce stress with breath control. Bring yoga mat and belt.

**Wednesday: 6:00PM – 7:00PM**

**Res: \$30**

**Non-Res: \$60**

## ZUMBA STEP (Cassandra)

Take lower body workouts and calorie burning to new heights. Tone strengthen glutes and legs with blend of Zumba routines and step aerobics.

**(THIS STEP CLASS LIMITED TO 20)**

**Tuesday: 6:30pm-7:30pm**

**Res: \$30**

**Non-Res: \$60**

### ALL LEVELS YOGA (Ann)

Class will include wide range of poses and styles. Provide a safe, supportive environment for you to practice your own ability and challenge yourself and grow in your practice. Ultimate goal is to leave class feeling peaceful, powerful and full of bliss

**Tuesday: 7:00 PM – 8:00 PM**

**Res: \$30 Non-Res: \$60**

### MUSCLE SCULPTING or STEP & TONE (Robin)

Build muscle strength and increase bone density. Tone up and look great with different muscle groups and abs each week. Bring fitness mat and weights.

**Tuesday: 6:30PM – 7:15PM MUSCLE SCULPT OR**

**Thursday: 6:00PM – 7:00PM STEP & TONE**

**(THIS CLASS LIMITED TO 20)**

**Res: \$30 Non-Res: \$60**

### 30/30 CARDIO PLUS (Robin)

30 Mins combining a variety of multi-level cardio for fat burn along with 30 min class focusing on Core and More. All levels Bring mat

**Monday: 6:00PM – 7:00PM**

**Res: \$30 Non-Res: \$60**

### SAFE EXERCISE (Shirley)

Exercise and sing-along on and around chair. Improve balance, flexibility, strength, muscle tone and bone density. Bring hand weights

**Monday/Wednesday: 10:00AM - 11:00AM**

**Res: \$30 Non-Res: \$60**

### Arthritis Exercise (Sue)

Did you know that regular exercise can make your joints more limber, help you sleep better, and feel better all day? It's never too late to start! Exercise can be a powerful arthritis pain reliever - without a bottle! Fee included with Safe Exercise.

**Friday: 10:00AM - 11:00AM**

### KIDS KARATE

Children learn practical life skills while exercising. Develops self-discipline, self-confidence, focus and concentration. Children work at their own pace. Taught by 7<sup>th</sup> Degree Master Julie Guido and 4<sup>th</sup> Degree sensei Christine Howard. Class is open to children ages 5 to 11. **Space is limited. Oct 13 – Nov 17**

**Friday: 4:00PM – 4:50PM**

**Res: \$30 Non-Res: \$40**

### KIDS YOGA (Jenny)

Kids Yoga for ages (4-8) Explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking, and environmental awareness

**Thursday: 4:00pm – 5:00pm**

**Space is limited. Sept 14 - Oct 19**

**Res: \$30 Non-Res:\$40**

### BOSU (Linda)

The BOSU® Balance Trainer (which stands for “BOth Sides Utilized”) allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more

**Thursday: 6:00pm – 6:45pm**

**Limited to 10 Nov 2-Jan 25 12 weeks**

**Res: \$30 Non-Res:\$40**

### ADULT PROGRAMS

*Session 1: Sept 12 – Feb 3*

NEED MINIMUM OF 12 prior to start of session to hold any class

Drop in rate for any class is \$10.00 must have exact change **YOU CANNOT DROP IN ON A STEP CLASS!**

6 consecutive weeks with less than 5 in class will result in class being cancelled.

No Refunds and we do not prorate class fees.

Parking available in medical building across the street for all activities nights and weekends. DO NOT park there during the day.



## Hopedale Community House

43 Hope Street, Hopedale, MA 01747

508.473.0820

[www.hopedalech.org](http://www.hopedalech.org)

## Fall/Winter 2017-2018

*The Community House and Draper Gymnasium are managed by the private, non-profit Hopedale Community House, Inc. Both facilities were gifts from the Draper family to Hopedale residents, to provide a variety of recreational opportunities. Meeting and event space is available to members with reservations. Membership is required for all activities.*

### 2017-2018 MEMBERSHIP FEES

*(September 2017 – June 2018)*

<u>Resident</u>		<u>Non-Resident</u>
\$25	Family (children <18)	\$40
\$15	Adult (18 – 69)	\$25
\$5	Juniors (<18)	\$10
\$5	Seniors (70 & over)	\$5

### OFFICE HOURS

Monday – Friday 9:00AM – 2:00PM

**HCH WILL BE CLOSED SEPT 4 OCT 9 NOV 11, 24**

**DEC 22, 25, 29 JAN 1, 2, 16**

**CLOSED NOON NOV 23, DEC 23, 30**