

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 12:00PM – 8:00PM

SUNDAYS 1:00PM – 6:00PM

***LIMITED USE**

Season: September 14 - June 2017

Other activities check out website.

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 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. Check in at COA for Chair Yoga classes.

BIRTHDAY PARTIES

Reserve the All Purpose Room and 2 bowling alleys for your celebration. Call for info and to book a date! Forms on website.

BOWLING PRICES

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

\$5.00 incl shoes no HCH Membership

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**

MEN'S BOWLING LEAGUE

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



Hopedale

Community House

43 Hope Street, Hopedale, MA 01747

508.473.0820

www.hopedalech.org

Spring 2017

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.

2016-2017 MEMBERSHIP FEES

(September 2016 – August 2017)

<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 JAN 16, FEB 20,
APR 17,
MAY 29 AND JULY 4

ADULT PROGRAMS

Session 1: Feb 6 – June 23

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**

BOOTY BARRE (Marcella)

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**

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

PILATES FUSION (Marcella)

Pilates is an unique form of exercise aimed to increase strength, flexibility, endurance and coordination focusing on core stability. Pilates is for EVERYBODY! Please wear loose, comfortable clothing.

Mon: 8:00AM – 9:00AM Pilates

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

GENTLE YOGA (Lara and Kathleen)

Transform your body as you strengthen your core muscles. Improve posture, balance and overall strength. Bring sticky 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

ALL LEVELS YOGA (Ann)

Class will include wide range of poses and styles. Ultimate goal is to leave class feeling peaceful, powerful and full of bliss. Bring mat, strap and block

Tuesday: 7:00 PM – 8:00 PM

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

MUSCLE SCULPTING or STEP & TONE (Robin) (THIS CLASS LIMITED TO 20)

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

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: \$10 Non-Res: \$30

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! included with Safe Exercise.

Friday: 10:00AM - 11:00AM

CARDIO MIX AEROBICS (Robin)

A variety of cardio activities let you work to your maximum potential. toning & strength endurance. All levels. Bring fitness mat.

Monday: 6:00PM – 7:00PM

Res: \$15 Non-Res: \$60

ZUMBA (Rebecca and 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 OR Thursday: 7:15PM – 8:15PM

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 CLASS LIMITED TO 20)

Tuesday: 6:30pm-7:30pm

Residents: \$30 Non-Residents: \$60

GOLF LESSONS (Chris Murphy)

Jr Golf (8 – 17)

Learn the basics and refine your skills for the spring Four - 45 minute lessons

Bring 7 iron and pitching wedge

Weds - 3/1, 3/8, 3/15, 3/22 @ 3:15 & 4:00 or

Weds – 3/29,4/5,4/12,4/26 @ 3:15 or 4:00 -

Residents: \$45 (Sign up starts Feb 6)

Non-residents: \$60 (Sign up starts Feb 13)

Adult Golf

Weds - 3/1,3/8,3/15,3/22 @4:45,5:30;6:15 or

Weds - 3/29,4/5,4/12,4/26 @4:45,5:30,6:15

Residents : \$45 (Sign up starts Feb 6)

Non-residents: \$60 (Sign up starts Feb 13)

WOMENS SELF DEFENSE (Christine)

Learn practical application of techniques designed for women Ages 16 – Adult

4 weeks Jan 27 – Feb 17

Friday: 5:00PM – 6:00PM

Residents: \$30 Non-Residents: \$50

KIDS YOGA (Kathleen)

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

Residents: \$30 Non-Residents:\$40

KIDS KARATE (Christine)

Children learn practical life skills while exercising. Develops self-discipline, self-confidence, focus and concentration.

Children work at their own pace. Taught by 7th Degree Master Julie Guido and 4th Degree

sensei Christine Howard. Class is open to children ages 5 to 11. ***Space is limited.***

Jan 27 – Mar 10 (No class Feb 24)

Friday: 4:00PM – 4:50PM

Residents: \$30 Non-Residents: \$40

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

MEN'S BASKETBALL

Pick-up games at Draper Gym. Sign up for one night and you can also play Saturday.

Residents: FREE Non-Residents: \$25

Mondays - 7:30pm – 9:30pm