

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 1:30PM – 5:30PM

*LIMITED USE

Season: September 14 - June 2018

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
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 not for profit 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**

MEN'S BOWLING LEAGUE

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

MEN'S BASKETBALL

Pick-up games at Draper Gym.

Mondays - 7:30pm – 9:30pm

Contact CH office to play

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



Hopedale Community House

43 Hope Street, Hopedale, MA 01747

508.473.0820

www.hopedalech.org

Spring/Summer 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 FEB 19, APR 16, MAY 28

ADULT PROGRAMS

Session 1: Feb 5 – Jun 22

- ❖ 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/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

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

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

(STEP 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: \$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!

Fee included with Safe Exercise.

Friday: 10:00AM - 11:00AM

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

Residents: \$30

Non-Residents: \$60

ZUMBA STEP/TONING (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

Residents: \$30

Non-Residents: \$60

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 7th Degree Master Julie Guido and 4th Degree Sensei Christine Howard. Class is open to children ages 5 to 11. **Space is limited. Jan 26 – Mar 9**

no class Feb Vacation week

Friday: 4:00PM – 4:50PM

Residents: \$30

Non-Residents: \$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 9 Feb 15 – Apr 26 10 weeks

Residents: \$30

Non-Residents: \$40

FOAM ROLLING (Marcella)

Foam rolling class will teach you Self-myofascial release (release muscle tightness). By applying pressure to specific points on your body you are able to aid in the recovery of muscles and assist in returning them to normal function. Your muscles are elastic, healthy and ready to perform at a moments notice. This class is intended for all fitness levels from the novice to the elite athlete, and if you incorporate this practice into your daily routine you will increase your range of motion and flexibility. **Bring your own 36” foam roller and mat**

Tuesday: 10:30am – 11:15am or Saturday:

9:30am – 10:15am

Residents: \$30

Non-Residents: \$60