

BOWLING ALLEYS & POOL ROOM

Five alleys (fee), two pool tables.

Must be five or older to bowl.

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

Friday 5:00PM – 9:00PM

Saturday 1:00PM – 9:00PM

SUNDAY 1:00PM – 6:00PM

***LIMITED USE**

Season: September 11 - June 14

ADULT BASKETBALL

Pick-up games at Draper Gym.

Residents: \$25* Non-Residents: \$50*

Mondays - 7:00pm – 9:00pm

Saturdays – 8:00am – 10:00am

***FEE IS FOR EACH DAY**

ADULT VOLLEYBALL

Recreational pick-up games for adult members of the Community House at Draper Gym

Tuesday: 7:00 PM – 9:00 PM

Residents: \$25 Non-Residents: \$50

ADULT PICKLEBALL

Recreational games for adult members

Wednesday 6:30PM – 8:30PM (intermediate)

Thursday 7:30PM – 9:00PM (previous play and intermediate) (starts Oct 12)

Learn Pickleball -Thursday 6:00PM – 7:30PM

(Sept 14 – Oct 5) 4-weeks \$50.00 plus CH membership limited to 12

Residents: \$25 Non-Residents: \$50

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. Call weekdays. Call 508-634-2208 for information or check the towns' website.

WHITIN COMMUNITY CENTER

Only Hopedale resident, Community House members can use the two pools at the Center in Whitinsville. Check the schedule at <https://www.whitincommunitycenter.com>. Must have Community House membership card.

WOMEN'S BOWLING LEAGUE

Looking for subs. Tuesday 6:30PM – 9:30PM

MENS BOWLING LEAGUE

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

CO-ED BOWLING LEAGUE

Wednesday 7:00PM -9:30PM

All gym activities in the fall/winter work around school athletic schedule.

Some classes are limited in size sign up early so you don't miss out.



**Hopedale
Community House**
43 Hope Street, Hopedale, MA 01747
508.473.0820

Fall/Winter 2023-2024

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.

2023-2024 MEMBERSHIP FEES
(September 2023 – June 2024)

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

OFFICE HOURS

Monday - Thursday 10:00AM – 1:00PM

ADULT PROGRAMS

Session 1 (Sept 11-Jan 26) 20 WEEKS

All information is subject to change.

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. Yoga socks or bare feet recommended.

Friday: 8:30AM - 9:30AM

Res: \$35 Non-Res: \$65

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.

Tuesday 10:00AM – 11:00AM

Res: \$35 Non-Res: \$65

ALL LEVEL YOGA (Crystal)

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: 10:15AM – 11:15AM OR

Thursday: 10:15AM – 11:15AM

Res: \$35 Non-Res: \$65

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: \$35 Non-Res: \$65

ALL LEVELS YOGA (Ann)

Do you have an open mind and want to connect deeply to yourself? If so, this class is for you. Experience a blend of breathing, movement, and meditation. This class offers Meditation, Yoga, Qigong, and of course a long Savasana. You will leave feeling "I got exactly what I needed".

Tuesday: 7:00 PM – 8:00 PM OR

WEDNESDAY: 10:00AM – 11:00 AM

Res: \$35 Non-Res: \$65

MUSCLE SCULPTING (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.

Monday: 6:00PM – 6:45PM

Res: \$35 Non-Res: \$65

CARDIO (Robin)

Cardio class consisting of hi and low impact aerobics, plyometric exercises, and strengthening waist, core and AB's for total conditioning class - Bring mat

Tuesday: 6:00PM – 6:45PM

Res: \$35 Non-Res: \$65

MEDITATION FOR STRESS (Yvonne)

This practice will help you feel more relaxed and less stressed, You will feel a sense of peace, calm and balance along with experiencing more clarity, patience, emotional well-being and an improvement in overall health. Meditating at the end of a long day is a great way to calm the nervous system and prepare you for a restful night's sleep

Using breathwork, visualization and moments of quiet, Yvonne will guide you into a deeply relaxed state in which you will feel the stress of the day melt away.

Thursday: 7:30PM – 8:30PM

Res: \$35 Non-Res: \$65

LOW IMPACT with Shirley Mae

Total body workout for 50 + with chair based exercises, standing aerobic conditioning, and light weights. Workout to upbeat music from several decades to improve flexibility, core, posture, muscle tone and bone density

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

***See note below for fee**

REBOOT, STRENGTH AND BALANCE (Christine)

Reboot and ease back into more balanced lifestyle with an exercise program that will allow for social interaction as well as functional movements, focused on building a body capable of doing real-life activities in real-life positions. Every day movements such as balancing, walking, lifting, pushing, pulling, bending, twisting, turning, standing, starting, stopping, climbing, and lunging will be made easier while training to improve functional strength.

There will be special considerations provided for people with physical limitations (such as arthritis). Another component will be incorporating fun cognitive activities throughout the class. Set to up-beat music, the class, designed for all levels, will re-introduce sedentary individuals affected by Covid back into performing and functioning at a more healthy level

Friday: 10:00AM - 11:00AM

***Res: \$25**

Non-Res: \$35

***(This fee covers Shirley and Christine's classes)**