

BOWLING ALLEYS & POOL ROOM

Five alleys (fee)

Must be five or older to bowl.

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

Friday 5:00PM – 9:00PM

Saturday 1:30PM – 9:00PM

SUNDAY 1:30PM – 6:00PM

*LIMITED USE

Season: September 12 - June 16

ADULT BASKETBALL

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

Residents: \$25 Non-Residents: \$50
Mondays - 7:00pm – 9:00pm

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

***Games will be Sunday nights for Month of January

ADULT PICKLEBALL

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

Wednesday 7:00PM – 9:00PM* OR

Thursday 7:00pm – 9:00pm*

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

Limited to 25 players each night

*times may change after basketball season

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



Hopedale
Community House
43 Hope Street, Hopedale, MA 01747
508.473.0820
www.hopedalech.org

Spring 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

All gym activities work around school athletic schedule.

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

ADULT PROGRAMS

Session 2 (Jan 29 -Jun 21) 21 WEEKS

All information is subject to change.

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: 10:30AM – 11:30AM
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 – 7:15PM
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 – 11:00AM
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)

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

Tuesday: 6:00PM – 7:00PM
Res: \$35 Non-Res: \$65

BEGINNER QUILTING FOR NOVICE

This class will take a beginner quilter – someone who has never quilted before or hasn't in a long time - and provide them with a baby quilt to complete. Sewing machines and tools are included. You will supply your own materials. The first thing we will do is meet at a fabric store to discuss quilting tools and how to pick out fabric for your project. Approximate material cost is \$50.00 and is not part of the tuition. In class we will go over the anatomy of the sewing machine. We will begin with scrap fabric I will provide. You will learn how to rotary cut material, sew a 1/4" seam and press the seams. Next we will get started on a baby size Crazy Quilt (31" x 31"). This quilt looks complicated, but is deceptively easy. You will use all the skills you just learned with the scrap material to make the Crazy Quilt. Your friends will be Wowed when they see what you have made with your own hands. With your new found skills you will be propelled into the quilting world. You will be able to make any size or color Crazy Quilt in your future and will have the basic knowledge of how a quilt is made.

Class will be April 27 and 28, 6 hours each day, fee will be \$100.00 for weekend. Class limited to 5 people

MEDITATION FOR STRESS REDUCTION

Meditation is a practice in which mindfulness is used to train your mind and redirect your thoughts to the present moment. This practice will help you feel more relaxed and less stressed, but the benefits of regularly meditating extends beyond stress reduction. 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.

Thursday: 7:00pm -8:00pm
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.

Friday: 1:00pm – 2:00pm
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)