

BOWLING ALLEYS

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 1:00PM – 9:00PM

SUNDAY 1:00PM – 6:00PM

***LIMITED USE**

Season: September 11 - June 14

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 are 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 a 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

All gym activities in the fall/winter work around the 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 2024-2025

*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.***

2024-2025 MEMBERSHIP FEES (September 2024 – June 2025)

<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 - Thursday 10:00AM – 1:00PM

ADULT PROGRAMS

Session 1 (Sept 9 - Jan 31) **22 WEEKS**

All information is subject to change.

MAT PILATES (Crystal)

This is a Contemporary Pilates class which introduces new exercises and variations. It incorporates props like resistance bands, Pilates rings, ball and light weight to add diversity and challenge to the workouts. These props enhance engagement, stability, and alignment, contributing to a holistic mind-body experience.

Friday: 8:45AM – 9:45AM
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: 10:30AM – 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 a 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 a fitness mat and weights.

Monday: 6:00PM – 6:45PM
Res: \$35 Non-Res: \$65

TOTAL BODY AEROBICS (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

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

STRENGTH AND BALANCE (Crystal)

Balance and strength class is designed to train you at improving postural control. This class can benefit anyone who is interested in getting stronger to do daily tasks and fall prevention. There are basic fundamental skills and progression of balance exercises we will work towards. We will be doing seated and standing sequences to aim stability and strength exercises that target the core muscles, glutes, ankles, mobility, visual acuity and proprioception. Props like a ball, some light dumbbells and resistance band will be used. Great music will be played so we will have lots of fun during our workout.

Friday: 10:00AM - 11:00AM
***Res: \$25 Non-Res: \$35**

Fee includes both Shirley and Crystal

ADULT BASKETBALL

Pick-up games at Draper Gym.
Residents: \$25* Non-Residents: \$50*
Mondays - 7:00pm – 9:00pm
Saturdays – 10:30am – 12:30pm

***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 6:30PM – 8:30PM (intermediate/advance)
Residents: \$25* Non-Residents: \$50*

***FEE IS FOR EACH DAY**