

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:45 Strength Train/Cardio \$3 <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Callahan Bowling-Ryan's Alley Millis 10 Mary Make Do 11 Skip-Bo 11 Moving for Better Balance 12 Conversation &amp; Humor</p> <p>12-4 Duplicate Bridge 12 Scrabble <b>1 Friends Board Meeting</b> 1-4 Genealogy Group 1-3 SHINE, by appt. <b>1 Tai Chi \$3</b> 2:30 Chair Yoga \$3</p> <p style="text-align: right;"><b>1</b></p>	<p>8:30-7 Table Tennis 9 Bridge 9-7 Computer Room 9-11 &amp; 4:30-6:30 pm SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 10 Aerobics (Free) 10-12 Mah Jongg-Bonnie's Group 11 Zumba \$3 11-4 Mah Jongg-Phyllis 11:30-1:30 Community Acupuncture \$20 12-4 Duplicate Bridge 12:45 Chair Volleyball</p> <p><b>1-2 Shakespeare Circle</b></p> <p style="text-align: right;"><b>2</b></p> <p style="text-align: right;"><b>30% OFF savers</b> <small>Good deeds. Great deals.</small></p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9 Golf League @ Millwood <b>9:30-12:30 Blood Pressure Clinic</b> 9:30 ESOL Advanced Class 9:45 Strength Train/Cardio \$3 11:30 Canasta 1 Bingo 1 Discussion Group 1-3 SHINE, by appt.</p> <p style="text-align: right;"><b>3</b></p>	<p><b>Trip: Charles River Cruise</b> 8:30-4 Pool Tables Open 9-4 Computer Room <b>9:15 Practically Fit \$3</b> 9:30 Cribbage 9:30 ESOL 10-2 Mah Jongg 10-11:30 Pathways through Grief 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE by appt. <b>1-3 Hand building w/ Clay</b> <b>2 Choral Group</b></p> <p style="text-align: right;"><b>4</b></p>	<p>8:30-1 Pool Tables Open 9:30 Continuing Connections 9-11 Computer 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair yoga \$3 10:30 Acrylic Painting \$28 series 11 Skip-Bo 11 Care Partner Mtg. 11:30-1 SHINE by appt. 12:15 Chair Volleyball</p> <p><b>Spring Schedule Center Closes @ 1:30</b></p> <p style="text-align: right;"><b>5</b></p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:45 Strength Train/Cardio \$3 <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Callahan Bowling-Ryan's Alley Millis 10 Mary Make Do 11 Skip-Bo 11 Moving for Better Balance 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt. <b>1 Tai Chi \$3</b></p> <p>2:30 Chair Yoga \$3</p> <p style="text-align: right;"><b>8</b></p>	<p>8:30-7 Table Tennis 9 Bridge 9-7 Computer Room 9-11 &amp; 4:30-6:30 pm SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 9:30-11:30 Body Work Therapy 10 Aerobics (Free) 10-12 Mah Jongg-Bonnie's Group 11 Zumba \$3 11-4 Mah Jongg-Phyllis 12-4 Duplicate Bridge 12:45 Chair Volleyball <b>12:30 General John "Black Jack" Pershing</b> <b>1:30 COA Board Meeting</b> 3 Electronic Device Clinic <b>6 Meet the Program Manager</b></p> <p style="text-align: right;"><b>9</b></p> <p style="text-align: right;"><b>30% OFF savers</b> <small>Good deeds. Great deals.</small></p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-2 Computer Room 9 Golf League @ Millwood <b>9:30-12:30 Blood Pressure Clinic</b> 9:30 ESOL Advanced Class <b>9:45 Strength Train/Cardio \$3</b> 10-11 Beading with Marilyn 11:30 Canasta <b>11:30 Friends Lunch, RSVP \$6</b> <b>12 Better Breathers Support Group</b> 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. <b>1-4:15 Podiatry with Dr. John (Please call for appt.)</b> 2 Facebook 1 <b>6:30 pm Alzheimer's Support Group</b> <b>7 pm Grandparent Support Group</b></p> <p style="text-align: right;"><b>10</b></p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room <b>9:15 Practically Fit \$3</b> 9:30 ESOL 10-2 Mah Jongg <b>10-11:30 Pathways through Grief</b> 10-11:30 Ask the Experts <b>10:30-12:30 Intergenerational Program, Bingo with Brophy \$2.00</b> 1-3 SHINE by appt. <b>1-3 Hand Building w/ Clay</b> 2 Choral Group</p> <p style="text-align: right;"><b>11</b></p>	<p>8:30-1 Pool Tables Open 9:30 Continuing Connections 9-11 Computer Room 9 Poker 9-1 Open Sew <b>9:45 Strength Train/Cardio \$3</b> 10 Chair Yoga \$3 10 Quilting 11 Skip-Bo 11 Moving for Better Balance 11:30-1 SHINE by appt. 12:15 Chair Volleyball</p> <p><b>Spring Schedule Center Closes @ 1:30</b></p> <p style="text-align: right;"><b>12</b></p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:45 Strength Train/Cardio \$3 <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Callahan Bowling-Ryan's Alley Millis 10 Mary Make Do <b>10:30 Swim @ Longfellow begins</b> 11 Skip-Bo 11 Moving for Better Balance 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12 Scrabble</p> <p>1-4 Genealogy Group 1-3 SHINE, by appt. <b>1 Tai Chi \$3</b> 2:30 Chair Yoga \$3</p> <p style="text-align: right;"><b>15</b></p>	<p>8:30-7 Table Tennis 9 Bridge 9-7 Computer Room 9-11 &amp; 4:30-6:30 pm SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 10 Aerobics (Free) 10-12 Mah Jongg-Bonnie's Group 11 Zumba \$3 11-4 Mah Jongg-Phyllis 11:30-1:30 Community Acupuncture \$20 12-4 Duplicate Bridge 12:45 Chair Volleyball <b>1:30-2:30 Parkinson's Support Group</b> <b>4-6:30 My Life, My Health</b></p> <p style="text-align: right;"><b>16</b></p> <p style="text-align: right;"><b>30% OFF savers</b> <small>Good deeds. Great deals.</small></p>	<p><b>Trip: Gardner Museum</b> <b>Friends Dine Around at Margarita's all day</b> 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-2 Computer Room 9 Golf League @ Millwood 9:30 ESOL Advanced Class <b>9:30-12:30 Blood Pressure Clinic</b> 9:45 Strength Train/Cardio \$3 11:30 Canasta <b>1 Bingo Special</b> 1 Discussion Group 1-3 SHINE, by appt. 2 Facebook 2</p> <p style="text-align: right;"><b>17</b></p>	<p>8:30-4 Pool Tables Open <b>9-12 Manicures by Keefe Tech call for appt.</b> 9-4 Computer Room 9:30 ESOL 10-2 Mah Jongg 10-11:30 Pathways through Grief <b>11:30-1 Jewels of Framingham</b> <b>1-3 Hand Building w/ Clay</b> 1-3 SHINE by appt. 2 Choral Group</p> <p style="text-align: right;"><b>18</b></p>	<p>8:30-1 Pool Tables Open 9:30 Continuing Connections 9 Poker 9-1 Open Sew 10 Chair Yoga \$3 9-1 Computer Room <b>9:45 Strength Train/Cardio \$3</b> 10 Care Partners 10:30 Acrylic Painting \$28 series 11 Skip-Bo 11 Moving for Better Balance <b>11-1 Cameron Jazz Band Concert - \$2 pizza lunch</b> 11:15 Continuing Connections 12:15 Chair Volleyball</p> <p><b>Spring Schedule Center Closes @ 1:30</b></p> <p style="text-align: right;"><b>19</b></p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:45 Strength Train/Cardio \$3 <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Callahan Bowling- Ryan's Alley Millis 10 Mary Make Do 11 Skip-Bo 11 Moving for Better Balance 12 Conversation &amp; Humor 12 Scrabble</p> <p>12-4 Duplicate Bridge 1-4 Genealogy Group 1-3 SHINE, by appt. <b>1 Tai Chi \$3</b> 2:30 Chair Yoga \$3 2:30 Early Stage Alzheimer's Support</p> <p style="text-align: right;"><b>22</b></p>	<p>8:30-7 Table Tennis 9 Bridge 9-7 Computer Room 9-11 &amp; 4:30-6:30 pm SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 9:30-11:30 Body Work Therapy apt. 10-12 Mah Jongg-Bonnie's Group 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg-Phyllis 12-4 Duplicate Bridge 12:45 Chair Volleyball</p> <p><b>1-4 Podiatry with Dr. John (Please call for appt.)</b> 3 Electronic Device Clinic <b>4-6:30 My Life, My Health</b></p> <p><b>Spring Schedule Center Closes @ 7:30</b></p> <p style="text-align: right;"><b>23</b></p> <p style="text-align: right;"><b>30% OFF savers</b> <small>Good deeds. Great deals.</small></p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9 Golf League @ Millwood 9:30 ESOL Advanced Class <b>9:30-12:30 Blood Pressure Clinic</b> 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 11:30 Canasta <b>11:30 Friends Lunch, RSVP \$6</b> 1 Bingo 1 Discussion Group <b>1 Caregiver Support Group</b> 1-3 SHINE, by appt.</p> <p style="text-align: right;"><b>24</b></p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room <b>9:15 Practically Fit \$3</b> 9:30 Cribbage 9:30 ESOL 10-2 Mah Jongg <b>10-11:30 Pathways through Grief</b> 10:30-12:30 Hispanic Social Group 10-11:30 Ask the Experts 11:30 Zumba \$3 1 Book Discussion <b>1-3 Hand Building w/ Clay</b> 1-3 SHINE by appt. 2 Choral Group</p> <p style="text-align: right;"><b>25</b></p>	<p>8:30-1 Pool Tables Open 9:30-1:30 Continuing Connections 9-1 Computer Room 9 Poker 10 Chair Yoga \$3 9-1 Open Sew <b>9:45 Strength Train/Cardio \$3</b> 10:30 Callahan Center Knitters 10:30 Acrylic Painting \$28 Series 11 Skip-Bo 11 Moving for Better Balance 12 Low Vision Group 12:15 Chair Volleyball</p> <p><b>Spring Schedule Center Closes @ 1:30</b></p> <p style="text-align: right;"><b>26</b></p>
<p><b>Memorial Day</b> <b>Center Closed</b></p> <p style="text-align: right;"><b>29</b></p> <p>Please reference the Callahan Center internal calendar posted for the open computer room hours. Please call Ralph Dunlea at 508-532-5980 x4983 for computer classes offered. Reference computer page 15 for details.</p>	<p>8:30-7 Table Tennis 9 Bridge 9-7 Computer Room 9-11 &amp; 4:30-6:30 pm SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 10 Aerobics (Free) 10-12 Mah Jongg-Bonnie's Group 10 Diabetes Support Group 11 Zumba \$3 11-4 Mah Jongg-Phyllis 12-4 Duplicate Bridge 12:45 Chair Volleyball</p> <p>1-4 Red Hat Honey Bees <b>4 My Life, My Health</b></p> <p><b>Spring Schedule Center Closes @ 7:30</b></p> <p style="text-align: right;"><b>30</b></p> <p style="text-align: right;"><b>30% OFF savers</b> <small>Good deeds. Great deals.</small></p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9 Golf League @ Millwood <b>9:30-12:30 Blood Pressure Clinic</b> 9:30 ESOL Advanced Class 9:45 Strength Train/Cardio \$3 11:30 Canasta 1 Bingo 1 Discussion Group 1-3 SHINE, by appt.</p> <p style="text-align: right;"><b>31</b></p>	<p style="text-align: center;"><b>savers</b> <b>30% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b> <b>Good deeds. Great deals.</b></p> <p style="text-align: center;"><b>500 COCHITUATE ROAD, FRAMINGHAM 01702</b> <b>508-875-0225 WWW.SAVERS.COM</b></p> <p style="text-align: right;">PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p>	