

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Closed for New Year's Day</p>  <p>Water Exercise Programs at Longfellow Health Clubs begin the week of January 1. See page 8 for details.</p>		<p>1</p> <p>8:30-4 Table Tennis 9 Bridge 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30-1:30 Acupuncture by appt. 12-4 Duplicate Bridge 12:45 Chair Volleyball</p>	<p>2</p> 	<p>3</p> <p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindfulness Meditation \$3 1 Bingo 1 Discussion Group 1-3 SHINE, by appt.</p>	<p>4</p> <p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2 Choral Group 2-4 Brazilian Social Club</p>	<p>5</p> <p>8:30-4 Pool Tables Open 9-4 Computer Room 9 Poker 9-4 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 11 Skip-Bo 12:45-2:15 Chair Volleyball</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 10 Bowling, Ryan's Amusement, Millis, \$11 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1 Friends Board Meeting 1-4 Genealogy Group 1-3 SHINE, by appt.</p>	<p>1 Tai Chi \$3 2:30 Chair Yoga \$3</p> <p>8</p>	<p>8:30-4 Table Tennis 9 Bridge 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Veterans' Discussion Group (New) 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball 1:30 COA Board Meeting 2 Senior Resource Fair sponsored by U.S. Rep. Katherine Clark 3 Handheld Device Clinic</p>	<p>9</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-2 Computer Room 9:30 U.S. Rep. Katherine Clark's Office Hours 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:00 Beading with Marilyn 10:30 Mindfulness Meditation \$3 11:30 Friends Lunch, RSVP \$6 12 Better Breathers 12:15 Free Reusable Grocery Bag Distribution 1 Bingo 1-4:15 Podiatry with Dr. John (Please call for appt.) 1 Discussion Group 1-3 SHINE by appt. 2-4 Intro to Windows 10 7 p.m. Grandparent Support Group</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2 Choral Group</p> <p>11</p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room 9 Poker 9-4 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:45-2:15 Chair Volleyball</p> <p>12</p>			
<p>Closed in Observance of Martin Luther King Jr. Day</p> 		<p>15</p> <p>8:30-4 Table Tennis 9 Bridge 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30-1:30 Acupuncture by appt. 12-4 Duplicate Bridge 12:45 Chair Volleyball 1:30 Parkinson's Support Group</p>	<p>16</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:00 Beading with Marilyn 10:30 Mindfulness Meditation \$3 11:45 Lunch and Learn: Winter Preparedness 1 Discussion Group 1 Bingo 1-3 SHINE, by appt. Friends Dine Around TGI Fridays Route 9, Framingham Promotion runs all day</p> <p>17</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2 Choral Group 2-4 Brazilian Social Club</p> <p>18</p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room 9 Poker 9-4 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:45-2:15 Chair Volleyball</p> <p>19</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 10 Bowling, Ryan's Amusement, Millis, \$11 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Moving for Better Balance 1 (enrollment required) 11 Skip-Bo 12 Conversation & Humor</p>	<p>12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt. 1 Tai Chi \$3 2:30 Chair Yoga \$3</p> <p>22</p>	<p>8:30-4 Table Tennis 9 Bridge 9-11 Legal Clinic 9-11 SHINE, by appt. 9-4 Computer Room 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball 1 Keys to Positive Aging 1-4:15 Podiatry with Dr. John (Please call for appt.)</p>	<p>23</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-2 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 11:30 Friends Lunch, RSVP \$6 1 Bingo 1 Discussion Group 1 Caregivers' Support Group 1-3 SHINE, by appt. 2-4 Intro to iPads & iPhones Cancelled: 10:30 Mindfulness Meditation</p> <p>24</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1 Book Discussion Group 1 Movie Matinee: La La Land 1-3 SHINE, by appt. 2 Choral Group</p> <p>25</p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room 9 Poker 9-4 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 10:30 Callahan Center Knitters 11 Moving for Better Balance 1 (enrollment required) 11 Skip-Bo 12:45-2:15 Chair Volleyball</p> <p>26</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 10 Bowling, Ryan's Amusement, Millis, \$11 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Moving for Better Balance 1 (enrollment required) 11 Skip-Bo 12 Conversation & Humor</p>	<p>12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt. 1 Tai Chi \$3 2:30 Chair Yoga \$3</p> <p>29</p>	<p>8:30-4 Table Tennis 9 Bridge 9-11 SHINE, by appt. 9-2 Computer Room 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics 10 Diabetes Support Group 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball</p> <p>1-4 Red Hat Honey Bees 2-4 Intro to Instagram</p> <p>30</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-2 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindfulness Meditation \$3 1 Bingo 1 Discussion Group 1-3 SHINE, by appt.</p> <p>31</p>	 <p>30% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)</p> <p>500 COCHITUATE ROAD, FRAMINGHAM 01702 508-875-0225 WWW.SAVERS.COM</p> <p>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p>					