

Monday

Tuesday

Wednesday

Thursday

Friday



30% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)

500 COCHITUATE ROAD, FRAMINGHAM 01702

508-875-0225 WWW.SAVERS.COM

PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION



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.
1 Tai Chi \$3
2:30 Chair Yoga \$3

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8:30-4 Table Tennis
9 Golf League @Millwood
9 Bridge
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
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.
1 The Tudors with Larry Lowenthal
12-4 Duplicate Bridge
12:45 Chair Volleyball

2-3:30 Recreating Holiday Rituals in Times of Grief & Transition (Space limited, pre-registration required)
2:30 Chair Yoga \$3

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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-noon Free Parking Sticker Sign Up
10 Bowling, Ryan's Amusement, Millis, \$11
10-11:30 Bereavement Support Group
10-4 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
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

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8:30-4 Table Tennis
9 Golf League @ Millwood
9 Bridge
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
9:30-11:30 FSU Health Fair-Transportation provided
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 The Tudors with Larry Lowenthal
1:30 COA Board Meeting

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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
1-4 Genealogy Group

1-3 SHINE, by appt.
1 Tai Chi \$3
2:30 Chair Yoga \$3

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8:30-4 Table Tennis
9 Golf League @Millwood
9 Bridge
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
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
2:30 Handheld Device Clinic

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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

1-4 Genealogy Group
1-3 SHINE, by appt.
1 Tai Chi \$3
2:30 Chair Yoga \$3

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8:30-4 Table Tennis
9 Golf League @ Millwood
9 Bridge
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
9-11 Legal Clinic by appt. only
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
1-4 Red Hat Honey Bees
1-4:15 Podiatry with Dr. John (Please call for appt.)
2-3:30 Dining Out in Boston-A Culinary History

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
9:30-12:30 Blood Pressure Clinic
9:45 Strength Train/Cardio \$3
10:30 Mindfulness Meditation \$3
10:00 Beading with Marilyn
11:30 Friends Lunch, RSVP \$6
12 Better Breathers
1 Bingo
1-4:15 Podiatry with Dr. John (Please call for appt.)
1 Discussion Group
1-3 SHINE, by appt.
2-3:45 Healing through Writing
7 pm Grandparent Support Group

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
9:30-12:30 Blood Pressure Clinic
9:45 Strength Train/Cardio \$3
10:30 Mindfulness Meditation \$3
12:30 Veterans' Luncheon
1 Discussion Group
1 Low Vision Group
2-3:45 Healing through Writing

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
9:30-12:30 Blood Pressure Clinic
9:45 Strength Train/Cardio \$3
10:30 Mindfulness Meditation \$3
1 Bingo
1 Discussion Group
1 Caregivers' Support Group
1-3 SHINE, by appt.
2-3:45 Healing through Writing

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Rm Closed - SHINE APPOINTMENTS ONLY
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.
2-3:45 Healing through Writing

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Room
9:15 Practically Fit \$3
9:30-12:00 My Life, My Health
9:30 Cribbage
10-11:30 Ask-the-Experts
10-2 Mah Jongg
10:30-12:30 Hispanic Social Group
11:30 Zumba \$3
1-3 SHINE, by appt.
2 Choral Group
2:30-4 Brazilian Social Club

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-1:30, 3-4 Computer Room
9:15 Practically Fit \$3
9:30-12:30 My Life, My Health
9:30 Cribbage
10-2 Mah Jongg
10-11:30 Ask-the-Experts
10:30 Hispanic Social Group
11:30 Zumba \$3
1-3 SHINE, by appt.
1:30-3 Intro to iPads/iPhones
2 Choral Group
2:30-4 Brazilian Social Club

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Closed Thanksgiving Day

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Trip: Boars Head Festival, Williamstown Inn
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
10-11:30 Ask-the-Experts
10:30-12:30 Hispanic Social Group
11:30 Zumba \$3
1 Book Discussion Group
1-3 SHINE, by appt.
2 Choral Group

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CLOSED IN OBSERVANCE OF VETERANS DAY



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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 (new time)

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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 Skip-Bo
12:45-2:15 Chair Volleyball (new time)

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Fall/Winter Schedule Center Closes @ 4:30
11/19 Memory Café
10-noon at Heritage at Framingham

Fall/Winter Schedule Center Closes @ 4:30