

# 12 FEBRUARY 2015 SENIOR CENTER CALENDAR

13

Monday

Tuesday

Wednesday

Thursday

Friday

9-11 SHINE, by appt.  
9:30 Pinochle  
**10 Bereavement Support Group**  
10 Muscle Strengthening (\$3 per class)  
10 Callahan Bowling League, Ryan's Bowling Alley in Millis  
10 Sports Fanatics  
10 Cribbage  
11 Skip-Bo  
12 Conversation & Humor  
1-4 Bridge  
1-4 Genealogy Group

1 Scrabble  
1-3 SHINE, by appt.  
1 Tai Chi (\$3 per class)  
**1 Stroke Survivors' Support Group**  
1 Friends Board Meeting  
2:30 Chair Yoga (\$3 per class)

2

9 Bridge  
9-11 SHINE, by appt.  
9:30 Pinochle  
10 Aerobics (Free)  
10 Table Tennis  
11 Zumba (\$3 per class)  
12-4 Mah Jongg  
12:15 Duplicate Bridge  
12-2 Community Acupuncture(appt.)  
1 Chair Volleyball

3

**20% OFF savers**  
Good deeds. Great deals.

8:30-12:30 Pool Room Open  
**9:30-12:30 Blood Pressure Clinic**  
9:30 Advanced ESOL for Asian Students  
10 Muscle Strengthening (\$3 per class)  
11:30 Canasta  
12-2 SHINE, by appt.  
1 Bingo  
1 Discussion Group  
1 Intermediate Bridge

4

8:30-2:30 Pool Room Open  
9:30 ESOL for Asian Students  
10-2 Mah Jongg  
**10-11:30 Ask-the-experts**  
**Pre-registration required**  
10:30-12:30 Hispanic Social Hour  
10 Beginner Bridge  
11:30 Zumba (\$3 per class)  
1 Line Dancing (\$4 per class)  
2 Choral Group

5

8:30-12:30 Pool Room open  
9 Poker  
10 Muscle Strengthening (\$3 per class)  
10 Chair Yoga (\$3 per class)  
10 Beginner Bridge (Registration required)  
11 Skip-Bo  
12:45 Chair Volleyball  
2 Table Tennis

6

9-11 SHINE, by appt.  
9:30 Pinochle  
**10 Bereavement Support Group**  
10 Muscle Strengthening (\$3 per class)  
10 Sports Fanatics  
10 Callahan Bowling League, Ryan's Bowling Alley in Millis  
11 Skip-Bo  
12 Conversation & Humor  
1-4 Bridge  
1-4 Genealogy Group  
1 Scrabble  
1-3 SHINE, by appt.  
1 Tai Chi (\$3 per class)  
**1:30 Swing and Sway with the Friends**  
2:30 Chair Yoga (\$3 per class)

9

9 Bridge  
9-11 SHINE, by appt.  
9:30 Pinochle  
9:30 Massage Therapy (appt.)  
10 Aerobics (Free)  
10 Table Tennis  
11 Zumba (\$3 per class)  
12-4 Mah Jongg  
12:15 Duplicate Bridge  
1 Chair Volleyball  
**1:30 COA Board Meeting**

10

**20% OFF savers**  
Good deeds. Great deals.

8:30-12:30 Pool Room Open  
**9:30-12:30 Blood Pressure Clinic**  
9:30 Advanced ESOL for Asian Students  
10 Muscle Strengthening (\$3 per class)  
11:30 Canasta  
10 Beading with Marilyn  
**11:30 Friends Lunch (Reservation required)**  
**12 Better Breathers' Group**  
12-2 SHINE, by appt.  
1 Bingo  
1 Discussion Group  
1 Intermediate Bridge  
**1-4:15 Podiatry with Dr. John (Please call for appt.)**  
**7 p.m. Grandparent Support**

11

8:30-2:30 Pool Room Open  
9:30 ESOL for Asian Students  
10-2 Mah Jongg  
**10-11:30 Ask-the-experts**  
**Pre-registration required**  
10 Beginner Bridge  
10:30-12:30 Hispanic Social Hour  
11:30 Zumba (\$3 per class)  
1 Line Dancing (\$4 per class)  
2 Choral Group

12

8:30-12:30 Pool Room open  
9 Poker  
10 Muscle Strengthening (\$3 per class)  
10 Chair Yoga (\$3 per class)  
10 Quilting Club  
10 Beginner Bridge (Registration required)  
11 Skip-Bo  
12:45 Chair Volleyball  
2 Table Tennis  
**2:30 Ellis Island Presentation**

13

**Center Closed**  
**Presidents' Day**

16

9 Bridge  
9-11 SHINE, by appt.  
9:30 Pinochle  
**9:30 LivHome "Aging in Place" part 1 of 2**  
10 Aerobics (Free)  
10 Table Tennis  
11 Zumba (\$3 per class)  
12-4 Mah Jongg  
12-2 Community Acupuncture(appt.)  
12:15 Duplicate Bridge  
1 Chair Volleyball  
**1:30 Parkinson's Support Group**

17

**20% OFF savers**  
Good deeds. Great deals.

8:30-12:30 Pool Room Open  
9-11 SHINE, by appt.  
**9:30-12:30 Blood Pressure Clinic**  
9:30 Advanced ESOL for Asian Students  
10 Muscle Strengthening (\$3 per class)  
11:30 Canasta  
12-2 SHINE, by appt.  
1 Bingo  
1 Discussion Group  
1 Intermediate Bridge

18

8:30-2:30 Pool Room Open  
9:30 ESOL for Asian Students  
10-2 Mah Jongg  
**10-11:30 Ask-the-experts**  
**Pre-registration required**  
10 Beginner Bridge  
10 Laughter Yoga  
10:30-12:30 Hispanic Social Hour  
11:30 Zumba (\$3 per class)  
1 Line Dancing (\$4 per class)  
2 Choral Group

19

8:30-12:30 Pool Room open  
9 Poker  
10 Muscle Strengthening (\$3 per class)  
10 Chair Yoga (\$3 per class)  
10 Beginner Bridge (Registration required)  
11 Skip-Bo  
12:45 Chair Volleyball  
2 Table Tennis

20

**Chinese New Year**

9-11 SHINE, by appt.  
9:30 Pinochle  
**10 Bereavement Support Group**  
10 Muscle Strengthening (\$3 per class)  
10 Sports Fanatics  
10 Callahan Bowling League, Ryan's Bowling Alley in Millis  
11 Skip-Bo  
12 Conversation & Humor  
1-4 Bridge  
1-4 Genealogy Group  
1 Scrabble  
1-3 SHINE, by appt.  
1 Tai Chi (\$3 per class)  
2:30 Chair Yoga (\$3 per class)

23

9 Bridge  
9-11 SHINE, by appt.  
9 Legal Clinic  
9:30 Pinochle  
9:30-11:30 Massage Therapy (by appt. only)  
10 Table Tennis  
**10 Diabetes Support Group**  
10 Aerobics (Free)  
11 Zumba (\$3 per class)  
12-4 Mah Jongg  
12:15 Duplicate Bridge  
1 Chair Volleyball  
1 Red Hat Honey Bees

24

**20% OFF savers**  
Good deeds. Great deals.

8:30-12:30 Pool Room Open  
9-11 SHINE, by appt.  
**9:30-12:30 Blood Pressure Clinic**  
9:30 Advanced ESOL for Asian Students  
10 Muscle Strengthening (\$3 per class)  
10 Beading with Marilyn  
11:30 Canasta  
**11:30 Friends Lunch (Reservation required)**  
12-2 SHINE, by appt.  
1 Bingo  
1 Discussion Group  
1 Intermediate Bridge  
**1 Caregivers' Support Group**  
**1-4:15 Podiatry with Dr. Lukoff (Please call for appt.)**

25

8:30-2:30 Pool Room Open  
9:30 ESOL for Asian Students  
10-2 Mah Jongg  
**10-11:30 Ask-the-experts**  
**Pre-registration required**  
10 Beginner Bridge  
10:30-12:30 Hispanic Social Hour  
11:30 Zumba (\$3 per class)  
1 Line Dancing (\$4 per class)  
1 Book Discussion  
2 Choral Group

26

8:30-12:30 Pool Room open  
9 Poker  
10 Muscle Strengthening (\$3 per class)  
10 Chair Yoga (\$3 per class)  
10 Beginner Bridge (Registration required)  
11 Skip-Bo  
11:15 Charity Knitters  
12:45 Chair Volleyball  
2 Table Tennis

27

**savers** **20% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)**  
Good deeds. Great deals.  
**PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION**  
500 COCHITUATE ROAD • FRAMINGHAM 01702 • 508-875-0225  
[WWW.SAVERS.COM](http://WWW.SAVERS.COM)

Give it up... **for good**  
Donate and Make a Difference

Please reference the Callahan Center internal calendar posted for the open computer room hours. Please call Diane at ext.4118 for computer classes offered. Reference computer page 9 for details.

**February 2015**