

Monday		Tuesday		Wednesday		Thursday		Friday			
<p><b>Center Closed in observance of New Year's Day</b></p> 		<p>2</p> <p>9 Contract Bridge 9-4 Computer Rm Open to all Seniors 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 10 Aerobics (Free) 10-4 Table Tennis 10-4 Mah Jongg 11 Zumba (\$3 per class) 11:30-1:30 Community Acupuncture \$15 12-4 Intermediate Duplicate Bridge 12:45 Chair Volleyball</p>	<p>3</p> <p><b>30% OFF savers</b> <i>Good deeds. Great deals.</i></p>	<p>4</p> <p>8:30-4:30 Pool Room Open <b>9:30-12:30 Blood Pressure Clinic</b> 9:30 Muscle Strengthening (\$3 per class) 9-4 Computer Room Open to all Seniors 9:30 Advanced ESOL for Asian Students 10-4 Table Tennis 11:30 Canasta <b>12 Better Breathers Support Group</b> 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt.</p>		<p>5</p> <p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 10-2 Mah Jongg <b>10-11:30 Ask-the-experts</b> 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p>		<p>6</p> <p>8:30-4:3 Pool Room open 10 Chair Yoga (\$3 per class) 10-11 SHINE, by appt. 9-4 Computer Room Open to all Seniors 9 Poker 9:30 Muscle Strengthening (\$3 per class) 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball 1-3 SHINE, by appt.</p>			
<p>8:30-4:30 Pool Room Open 9-11 SHINE, by appt. 9-4 Computer Room Open 9:30 Pinochle 9:30 Muscle Strengthening (\$3 per class) <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Callahan Bowling Ryan's Alley Millis 10 Mary Make Do 11 Skip-Bo 11 Table Tennis 11 Moving for Better Balance 12-4 Intermediate Duplicate Bridge 12 Conversation &amp; Humor</p>		<p>9</p> <p>12 Scrabble <b>1 Friends Board Meeting</b> 1-4 Genealogy Group 1-3 SHINE, by appt. 1 Tai Chi (\$3 per class) 2:30 Chair Yoga (\$3 per class)</p>	<p>10</p> <p>9 Contract Bridge 9-4 Computer Rm 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Body Therapy (appt.) 9:30 Moving for Better Balance 10 Aerobics (Free) 10-4 Table Tennis 10-4 Mah Jongg 10-12 Mango Languages 11 Zumba (\$3 per class) 12-4 Intermediate Duplicate Bridge 12:45 Chair Volleyball <b>1 The Aging Continuum</b> <b>1:30 COA Board Meeting</b></p>	<p><b>30% OFF savers</b> <i>Good deeds. Great deals.</i></p>	<p>11</p> <p>8:30-4:30 Pool Room Open <b>9:30-12:30 Blood Pressure Clinic</b> 9:30 Muscle Strengthening (\$3 per class) 9-2 Computer Room Open to all Seniors 9:30 Advanced ESOL for Asian Students 10 Beading with Marilyn 10-4 Table Tennis 11:30 Canasta <b>11:30 Friends Lunch, RSVP \$5</b> <b>12 Better Breathers Support Group</b> 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. <b>1-4:15 Podiatry with Dr. John (Please call for appt.)</b> <b>2-4 Intro to Macbook</b> <b>7 Grandparent Support Group</b></p>		<p>12</p> <p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage <b>9:30 Cutting the Cord: alternatives to cable</b> 10-2 Mah Jongg <b>10-11:30 Ask-the-experts</b> 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p>		<p>13</p> <p>8:30-4:3 Pool Room open 10 Chair Yoga (\$3 per class) 10-11 SHINE, by appt. 9-4 Computer Room Open to all Seniors 9 Poker 9:30 Muscle Strengthening (\$3 per class) <b>10-12 Intro to PC</b> 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball</p>		
<p><b>Center Closed Martin Luther King Jr Day</b></p> 		<p>16</p> <p>9 Contract Bridge 9-2 Computer Room open 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 10 Aerobics (Free) 10-4 Table Tennis 10-4 Mah Jongg 10-12 Mango Manguages 11 Zumba 11:30-1:30 Community Acupuncture \$15 12-4 Intermediate Duplicate Bridge 12:45 Chair Volleyball <b>1-3 Mass Audiology</b></p>	<p><b>1:30 Parkinson's Support Group</b> <b>2-4 Intro to Windows 10</b></p> <p>17</p>	<p><b>30% OFF savers</b> <i>Good deeds. Great deals.</i></p>	<p>18</p> <p>8:30-4:30 Pool Room Open 9-4 Computer Room open to all Seniors 9:30 Advanced ESOL for Asian Students <b>9:30-12:30 Blood Pressure Clinic</b> 9:30 Muscle Strengthening (\$3 per class) 10 Table Tennis 11:30 Canasta <b>12 Better Breathers' Support Group</b> 1Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. <b>7 Grandparent Support Group</b></p> <p><b>Friends Dine Around All Day at O'Connell's Pub</b></p>		<p>19</p> <p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 10-2 Mah Jongg <b>9-12 The Glass is Half Full</b> <b>10-11:30 Ask-the-experts</b> 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p>		<p>20</p> <p>8:30-4:30 Pool Room open 9 Poker 10-11 SHINE, by appt. 9-10 &amp; 12-4 Computer Room Open to all Seniors 9:30 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) <b>10-12 Intro to PC</b> 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball</p>		
<p>8:30-4:30 Pool Room Open 9-11 SHINE, by appt. 9-4 Computer Room Open 9:30 Pinochle 9:30 Muscle Strengthening (\$3 per class) <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Mary Make Do 10 Bowling Ryan's Alley Millis 11 Skip-Bo 11 Moving for Better Balance (new session) 11 Table Tennis 12-4 Intermediate Duplicate Bridge 12 Conversation &amp; Humor</p>		<p>23</p> <p>12 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt. 1 Tai Chi (\$3 per class) 2:30 Chair Yoga (\$3)</p>	<p>24</p> <p>9 Contract Bridge 9 Legal Clinic 9-4 Computer Room open 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Body Therapy (appt.) 9:30 Moving for Better Balance 10-4 Table Tennis 10 Aerobics (Free) 10-4 Mah Jongg 10-12 Mango Languages 11 Zumba (\$3 per class) 12-4 Intermediate Duplicate Bridge 12:45 Chair Volleyball</p>	<p><b>1-4:15 Podiatry with Dr. John (Please call for appt.)</b> <b>1 Sort Your Treasures and Sell Your Home</b></p> <p>24</p>	<p><b>30% OFF savers</b> <i>Good deeds. Great deals.</i></p>	<p>25</p> <p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 Advanced ESOL for Asian Students 9:30 Muscle Strengthening (\$3 per class) <b>9:30-12:30 Blood Pressure Clinic</b> 10 Table Tennis 10 Beading with Marilyn <b>11:30 Friends Lunch, RSVP \$5</b> 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge <b>1 Caregiver Support Group</b> 1-3 SHINE, by appt.</p>		<p>26</p> <p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 10-2 Mah Jongg <b>10-11:30 Ask-the-experts</b> 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 1 Book Discussion 2 Choral</p>		<p>27</p> <p>8:30-4:30 Pool Room open 9-10 &amp; 12-4 Computer Room Open to all Seniors 9 Poker 10 Chair Yoga (\$3 per class) 10-11 SHINE, by appt. 9:30 Muscle Strengthening (\$3 per class) <b>10-12 Intro to PC</b> 10:30 Callahan Center Knitters 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball</p>	
<p>8:30-4:30 Pool Room Open 9-11 SHINE, by appt. 9-4 Computer Room Open 9:30 Pinochle 9:30 Muscle Strengthening (\$3 per class) <b>10 Bereavement Support Group</b> 10 Sports Fanatics 10 Mary Make Do 10 Bowling Ryan's Alley Millis 11 Skip-Bo 11 Moving for Better Balance</p>		<p>30</p> <p>11 Table Tennis 12-4 Intermediate Duplicate Bridge 12 Conversation &amp; Humor 12 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt. 1 Tai Chi (\$3 per class) 2:30 Chair Yoga (\$3)</p>	<p>31</p> <p>9 Contract Bridge 9-4 Computer Room open 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 10-4 Table Tennis 10-12 Mango Languages <b>10 Diabetes Support Group</b> 10 Aerobics (Free) 11 Zumba (\$3 per class) 10-4 Mah Jongg</p>	<p>12-4 Intermediate Duplicate Bridge 12:45 Chair Volleyball 1 Red Hat Honey Bees</p> <p><b>St. Bridget's School Intergenerational Service Day</b></p> <p><b>30% OFF savers</b> <i>Good deeds. Great deals.</i></p>	 <p>Give it up... <b>for good</b> Donate and Make a Difference</p>		 <p><b>savers</b> <i>Good deeds. Great deals.</i></p> <p><b>30% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b></p> <p><b>500 COCHITUATE ROAD, FRAMINGHAM 01702</b> <b>508-875-0225 WWW.SAVERS.COM</b></p> <p><b>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</b></p>				