







Monday		Tuesday		Wednesday		Thursday		Friday	
 <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>		<p>8:30-7 Table Tennis 9 Golf League @Millwood 9 Bridge 9-7 Computer Room 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10-12 Mah Jongg-Bonnie's Group 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30 Acupuncture by appt.</p> <p>12-4 Duplicate Bridge 12:30 The Generals 12:45 Chair Volleyball 1:30 Parkinson's Support 4:30-6:30 SHINE, by appt. 6 Scams, Fraud & Identity Theft</p> <p><i>Summer Schedule</i> Center Closes @ 7:30</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 1-2:30 Discussion Group 1-3 SHINE, by appt. 2-3:30 Healing Through Writing</p> <p>2</p>		<p>8:30-4 Pool Tables Open 8:30 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 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2:30-4 Brazilian Social Group</p> <p>3</p>		<p>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 11 Skip-Bo 12:15-1:30 Chair Volleyball</p> <p><i>Summer Schedule</i> Center Closes @ 1:30</p> <p>Trip: SUNDAY, 8/6 Tanglewood; Mazzeo's Restaurant, Pittsfield</p> <p>4</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 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Moving for Better Balance 1 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-2:30 Friends Board Meeting</p> <p>7</p>		<p>8:30-7 Table Tennis 9 Golf League @ Millwood 9 Bridge 9-7 Computer Room 9-11: SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics 10-12 Mah Jongg-Bonnie's Group 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball 4:30-6:30 SHINE, by appt.</p> <p>6 The Life & Times of Frank Sinatra</p> <p><i>Summer Schedule</i> Center Closes @ 7:30</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 11:30 Friends Lunch, RSVP \$6 12-1 Better Breathers 1-3 SHINE, by appt. 1 Bingo 1 Discussion Group 2-3:30 Healing through Writing 7 pm Grandparent Support Group</p> <p>9</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 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt.</p> <p>10</p>		<p>8:30-1 Pool Tables Open 9 Poker 9-1 Computer Room 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Moving for Better Balance 1 11 Skip-Bo 12:15-1:30 Chair Volleyball</p> <p><i>Summer Schedule</i> Center Closes @ 1:30</p> <p>11</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 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 11 Moving for Better Balance 1 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</p> <p>14</p>		<p>8:30-7 Table Tennis 9 Golf League @Millwood 9 Bridge 9-7 Computer Room 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10-12 Mah Jongg-Bonnie's Group 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30 Acupuncture by appt. 12-4 Duplicate Bridge 12:45 Chair Volleyball 1:30 Parkinson's Support 4:30-6:30 SHINE, by appt. 6 Memoirs of an Arabian Princess</p> <p><i>Summer Schedule</i> Center Closes @ 7:30</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 1-4:15 Podiatry with Dr. John (Please call for appt.) 1 Discussion Group 1-3 SHINE, by appt. 2-3:30 Healing through Writing</p> <p>16</p> <p>FRIENDS DINE AROUND at British Beer Company, Framingham. Fundraiser applies to purchases made during the entire day.</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 10-11:30 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2:30-4 Brazilian Social Group</p> <p>17</p>		<p>Trip: New England Aquarium and Imax Theatre 8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Moving for Better Balance 1 11 Skip-Bo 12 Low Vision Group 12:15-1:30 Chair Volleyball</p> <p><i>Summer Schedule</i> Center Closes @ 1:30</p> <p>18</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 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 11 Moving for Better Balance 1 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt.</p> <p>21</p>		<p>8:30-7 Table Tennis 9 Golf League @ Millwood 9 Bridge 9-7 Computer Rm 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10 Aerobics (Free) 10-12 Mah Jongg-Bonnie's Group 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball 1:30 Parkinson's Support 4:30-6:30 SHINE, by appt. 1-4:15 Podiatry with Dr. John (Please call for appt.)</p> <p><i>Summer Schedule</i> Center Closes @ 7:30</p> 		<p>Trip: Pilgrim Belle Plymouth Harbor Cruise; Isaac's Restaurant 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 Beading with Marilyn 10:30 Mindfulness Meditation \$3 11:30 Friends Lunch, RSVP \$6 12:30-1:30 Ice Cream Social 1 Bingo 1 Discussion Group 1 Caregivers' Support Group 1-3 SHINE, by appt. 2-3:30 Healing through Writing</p> <p>23</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 10-11:30 Ask-the-Experts 10:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt.</p> <p>24</p>		<p>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 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 11 Moving for Better Balance 1 12:15-1:30 Chair Volleyball</p> <p><i>Summer Schedule</i> Center Closes @ 1:30</p> <p>25</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 10-11:30 Bereavement Support Group 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 11 Moving for Better Balance 1 12 Conversation & Humor</p> <p>28</p>		<p>8:30-7 Table Tennis 9 Golf League @Millwood 9 Bridge 9-7 Computer Room 9-11 SHINE, by appt. 9:30 Pinochle 9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1) 10-12 Mah Jongg-Bonnie's Group 10 Aerobics 10 Diabetes Support Group 11 Zumba \$3</p> <p>11-4 Mah Jongg 12-4 Duplicate Bridge 12:45 Chair Volleyball 1-4 Red Hat Honey Bees 4:30-6:30 SHINE, by appt.</p> <p><i>Summer Schedule</i> Center Closes @ 7:30</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>30</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 10-11:30 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt.</p> <p>31</p>		