

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$11 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge</p> <p>12-3 Scrabble 1-4 Genealogy Group 1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</p> <p>3</p>	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-4 Computer Rm. Closed - SHINE APPTS. ONLY 9 Pinochle 10 Aerobics 11 Zumba 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. \$20 12-4 Duplicate Bridge 12:30 Chair Volleyball 1:30 Low Vision Group 2 Friends Board Meeting 3-4:30 Handheld Device Clinic</p> <p>4</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Rm. Closed - SHINE APPTS. ONLY 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living & Meditation \$3 1 Bingo 1 Discussion Group 3:15 Low-Impact Exercise</p> <p>5</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 Grupo Latinoamericano 11:30 Zumba \$3 1-3 SHINE, by appt.</p> <p>6</p>	<p>Trip: Holiday Pops 8:30-1 Pool Tables Open 9-4 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 & 11 SHINE, by appt. 11 Chair Yoga \$3 11 Skip-Bo 12:30 Chair Volleyball 1-3 Staying Safe: Self-Defense for Seniors (Closed to new participants - continued from Nov.)</p> <p>7</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$11 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1 Coping with the Holidays after Loss sponsored by CareDimensions</p> <p>1-4 Genealogy Group 1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</p> <p>10</p>	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-4 Computer Room 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba 11-4 Mah Jongg 12-4 Duplicate Bridge 12:30 Chair Volleyball 1:30 COA Board Meeting 2 Holiday Harmony Histories with Frank King</p> <p>11</p>  <p>Special election in Framingham. See page 4 for more info.</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:30 U.S. Rep. Katherine Clark's Office Hours 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living & Meditation \$3 12 Better Breathers 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 1-4:15 Podiatry with Dr. John (Please call for appt.) 3:15 Low-Impact Exercise 6 p.m. Evening Caregiver Support Group 7 p.m. Grandparent Support Group</p> <p>12</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Intergenerational Party with Brophy School 1-3 SHINE, by appt.</p> <p>Cancelled: Practically Fit and Zumba</p> <p>13</p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room 9-4 Open Sew 9 Poker 9:45 Strength Train/Cardio \$3 10 & 11 SHINE, by appt. 11 Chair Yoga \$3 11 Skip-Bo 12:30 Chair Volleyball 1-3 Staying Safe: Self-Defense for Seniors (Closed to new participants - continued from Nov.)</p> <p>12/15 Trip: "A Christmas Carol" at the NorthShore Theatre</p> <p>14</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$11 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group</p> <p>1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</p> <p>17</p>	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-4 Computer Room 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba \$3 11:30-1:30 Acupuncture, by appt. \$20 11-4 Mah Jongg 12-4 Duplicate Bridge 12:30 Chair Volleyball 1-4:15 Podiatry with Dr. John (Please call for appt.) 1:30 Parkinson's Support Group 2 Musical Performance: Golden Tones Chorus</p> <p>18</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 Mindful Living & Meditation \$3 12 Friends Holiday Lunch \$6 per person, registration required 1 Discussion Group 1-3 SHINE, by appt. 1:30 BINGO (Note time change) 3:15 Low-Impact Exercise</p> <p>19</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 Brighter Day Memory Cafe 10:30-12:30 Grupo Latinoamericano 11:30 Zumba \$3 1-3 SHINE, by appt. 2 The Christmas Truce, a special history program with folklorist John Horrigan</p> <p>20</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 & 11 SHINE, by appt. 11 Chair Yoga \$3 11 Skip-Bo 12:30 Chair Volleyball 1-3 Staying Safe: Self-Defense for Seniors (Closed to new participants - continued from Nov.)</p> <p>21</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group</p> <p>1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</p> <p>Cancelled: Bowling</p> <p>24</p>	<p>Closed in observance of Christmas Day</p>  <p>25</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 Beading with Marilyn 10:30 Mindful Living & Meditation \$3 1 Caregivers' Support Group 1 Bingo 1 Discussion Group 1-3 SHINE by appt.</p> <p>Cancelled: Low-Impact Exercise</p> <p>26</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-1:30 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11:30 Zumba \$3 1-3 SHINE, by appt. 2 Movie Matinee: The Greatest Showman</p> <p>27</p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room 9 Poker 9-4 Open Sew 10 & 11 SHINE, by appt. 10:30 Callahan Knitters 11 Chair Yoga \$3 11 Skip-Bo 12:30 Chair Volleyball</p> <p>Cancelled: Strength Training</p> <p>28</p>
<p>Trip: Lake Pearl-New Year's Eve Day 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30-12 Bereavement Support Group 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 1-4 Genealogy Group</p> <p>1-3 SHINE, by appt. 2 Tai Chi-\$3 2:30 Chair Yoga \$3</p> <p>Cancelled: Strength Training, Bowling</p> <p>31</p>	<p>Closed</p> <p>New Year's Day</p>  <p>Jan. 1</p>			