

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FITNESS & DISCUSSION GROUPS ON ZOOM Chair Yoga, Tuesdays: 4:30 pm (\$3) Conversation & Humor: Fridays, 12:30 pm</p> <p>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION Low Vision Support Group Parkinson's Support Group Grandparent Support Group Call 508-532-5980, ext. 4108 for more info</p> <p><i>The fitness center is not available on Thursdays from 1:30-2:45 pm.</i></p> <p><i>Table Tennis area is reserved for special programming on the 2nd and 4th Tuesdays from 3 to 4:30 pm</i></p>				<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-4 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p style="text-align: right;">1</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi, \$4 1-4 Genealogy Group 2 Chair Volleyball</p> <p style="text-align: right;">4</p>	<p>8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room closed during Medicare Open Enrollment 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 12:30-4 Pool Tables 1-2 ZOOM: Parkinson's Support Group 2 Friends Board Meeting 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p style="text-align: right;">5</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room closed during Medicare Open Enrollment 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Fitness Dance: Dance to the Songs of the Season with Ann, \$3 11 Mindful Living & Meditation \$3 11 Alzheimer's Caregiving Support Group 1-3 Bingo</p> <p>FRIENDS DINE AROUND California Pizza Kitchen Rte. 9 West, Natick Mall</p>  <p style="text-align: right;">6</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group 1:30 Meet Framingham Chief of Police, Lester Baker</p> <p style="text-align: right;">7</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-4 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p style="text-align: right;">8</p>
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<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11 Drop-In Hours with State Rep. Priscila Sousa 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 10-11:30 Sports Fanatics 12:30 Tai Chi, \$4 1-4 Genealogy Group 2 Chair Volleyball</p> <p style="text-align: right;">18</p>	<p>8:30-3 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 9:30-noon What is the PACE Program, Stop by the Friends Cafe 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 12:30-4 Pool Tables 1-2 Parkinson's Support Group 1-3:15 Movie: The Holiday, PG-13 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p style="text-align: right;">19</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Fitness Dance: Dance to the Songs of the Season with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Group 1-3 Bingo</p> <p style="text-align: right;">20</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Get Together with the Callahan Staff</p> <p style="text-align: right;">21</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-4 Open Sew 9 Poker 12:30 ZOOM: Conversation & Humor</p> <p>CANCELED: Chair Yoga</p> <p style="text-align: right;">22</p>
 <p style="text-align: right;">25</p>	<p>8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Contract Bridge 9 Pinochle 10:15-1 Mah Jongg 12:30 Chair Volleyball 12:30-4 Pool Tables</p> <p>CANCELED: Zoom Chair Yoga Mobility, Stretch & Balance Zumba Bereavement Support Group</p> <p style="text-align: right;">26</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Strength & Cardio with Jenn, \$3 11 Fitness Dance: Dance to the Songs of the Season with Ann, \$3 1-3 Bingo</p> <p>CANCELED: Blood Pressure Clinic Mindful Living & Meditation</p> <p style="text-align: right;">27</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room, 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Discussion Group 1-3:30 Movie: I Wanna Dance with Somebody, PG-13 2 Caregiver Support Group</p> <p>CANCELED: Zumba</p> <p style="text-align: right;">28</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-4 Open Sew 9 Poker 12:30 ZOOM: Conversation & Humor</p> <p>CANCELED: Chair Yoga</p> <p style="text-align: right;">29</p>