


Monday		Tuesday		Wednesday		Thursday		Friday		
								<p>8:30-1 Pool Tables Open 9-10:30 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 11-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 2 Strengthen & Stretch with Laila \$3</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 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group</p>	<p>1-3 SHINE, by appt. 2:30 Chair Yoga \$3</p>	4	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-11:30 Computer Room 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. \$20 12-4 Duplicate Bridge 12-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 2-3:30 Friends Board Meeting 3-4 Clinic on Handheld Devices</p>	5	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11:30 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living & Meditation \$3 12-4 AARP Tax Prep by appt. 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO 1-4:15 Podiatry with Dr. John (Please call for appt.)</p>	6	<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 1-2 Callahan Book Group 1-3 SHINE, by appt. 2 Fashion in Framingham, Then & Now with Fashion Show, Presented by Framingham State Univ.</p>	7	<p>8:30-1 Pool Tables Open 9-10:30 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 11-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 2 Strengthen & Stretch with Laila \$3</p> <p>3/9 Travel Showcase at the Callahan Center, 10-noon. PLEASE CARPOOL. Parking is limited.</p>	8
<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 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group</p>		11	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-11:30 Computer Room 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba 11-4 Mah Jongg 12-4 Duplicate Bridge 12-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 1-2:30 Bereavement Support Group - NEW DATE/NEW TIME 1:30 COA Board Meeting</p>	12	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11:30 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 11:30 St. Patrick's Day Luncheon, \$6, Space is limited. RSVP required by 3/8: 508-532-5980 12 Better Breathers 12-4 AARP Tax Prep by appt. 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO 6 p.m. Evening Caregiver Support Group 7 p.m. Grandparent Support Group</p>	13	<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. 2-4 PC Security and Maintenance</p>	14	<p>8:30-4 Pool Tables Open 9-10:30 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 11-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 2 Strengthen & Stretch with Laila \$3</p> <p>3/16 SNOW DATE: Travel Showcase at the Callahan Center, 10-noon</p> <p>3/16 TRIP: Fun Day in Waltham, Lunch & Theatre</p>	15
<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 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group</p>	<p>1-4 Genealogy Group 1-3 SHINE, by appt. 2:30 Chair Yoga \$3</p>	18	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-11:30 Computer Room 9 Pinochle 9-11 Legal Clinic 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 12-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 1:30 Parkinson's Support Group 1:30 Medication Safety & Ask the Pharmacist, Presented by MCPHS Univ.</p>	19	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11:30 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living & Meditation \$3 12-4 AARP Tax Prep by appt. 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO</p>	20	<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 Brighter Day Memory Cafe 10:30-12:30 Grupo Latinoamericano 11:30 Zumba \$3 1-3 SHINE, by appt. 2-4 Intro to iPads & iPhones 2-3 Swing into Spring with the String-Swing Band</p>	21	<p>8:30-4 Pool Tables Open 9-10:30 Computer Room 9 Poker 9-4 Open Sew 9:45 Strength Train/Cardio \$3 10 & 11 SHINE, by appt. 10:30 Callahan Knitters 11 Chair Yoga \$3 11 Skip-Bo 11-4 AARP Tax Prep by appt. 12:30 Chair Volleyball</p> <p>Cancelled: Strengthen & Stretch</p> <p>3/24 TRIP: Blue Man Group & Lunch</p>	22
<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 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group</p>	<p>1-3 SHINE, by appt. 1:30 Your Home: Is it Time to Downsize, Presented by Roberta Waters 2:30 Chair Yoga \$3</p>	25	<p>8:30-4 Table Tennis 8:30 Contract Bridge 9-11:30 Computer Room 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 1-4:15 Podiatry with Dr. John (Please call for appt.) 1-4 Red Hat Honey Bees 1-2:30 Bereavement Support Group - NEW DATE/NEW TIME 1:30-3:50 Movie: Bridge of Spies</p>	26	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11:30 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 11:30 Friends Lunch \$6, RSVP 508-532-5980 12-4 AARP Tax Prep by appt. 1 Caregivers' Support Group 1 Discussion Group 1-3 SHINE by appt. 1 BINGO</p>	27	<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. 1-3 Intro to PCs 2 Ernest Hemingway: His Life & Legacy, Presented by Dr. Larry Lowenthal</p>	28	<p>8:30-4 Pool Tables Open 9-10:30 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 11-4 AARP Tax Prep by appt. 12:30 Chair Volleyball 2 Strengthen & Stretch with Laila \$3</p>	29

