




| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   | <p><b>FITNESS &amp; DISCUSSION GROUPS ON ZOOM</b><br/>                     Stretch with Anthony: 3/3, 10:30 am<br/>                     Chair Yoga, Tuesdays: 4:30 pm (\$3)<br/>                     Conversation &amp; Humor: Fridays, 12:30 pm<br/>                     Travel Discussion Group: 3/8, 3:30 pm</p> <p><b>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION</b><br/>                     Parkinson's Support Group: 3/7, 1 pm<br/>                     Grandparent Support Group<br/>                     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>Please note that on the 2nd and 4th Tuesdays from 3 to 4:30 pm the Table Tennis area is reserved for special programming.</i></p>  | <p>1</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Rm.<br/>                     9-12 Blood Pressure Clinic<br/>                     11 Small Ball: Core, Balance &amp; Mobility, \$3<br/>                     11 Mindful Living &amp; Meditation \$3<br/>                     11-12:30 Alzheimer's Caregiving Support Group<br/>                     1-3 Bingo</p>  | <p>2</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i><br/> <b>9-12 Computer Room</b><br/>                     9:30 Cribbage<br/>                     9:30 Mobility, Stretch &amp; Balance with Ann \$3<br/>                     10-12 Ask-the-Experts<br/>                     10:15-12:30 Mah Jongg<br/>                     11-12:30 Grupo Latinoameri-cano<br/>                     11 Zumba \$3<br/>                     11 Discussion Group<br/> <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     1:30 Book Discussion Group</p>   | <p>3</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Open Sew<br/>                     9 Poker<br/>                     9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.<br/>                     10:30 <b>ZOOM:</b> Stretch with Anthony<br/>                     11 Chair Yoga with Rebecca \$3<br/>                     12:30 <b>ZOOM:</b> Conversation &amp; Humor</p> |
| <p>6</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Room<br/>                     9 Pinochle<br/>                     10 Bowling: Ryan Family Amusements, Millis, \$15<br/>                     10-4 Mary Make Do<br/>                     10-11:30 Sports Fanatics<br/> <b>10:15 Strength &amp; Cardio with Jenn, \$3</b><br/>                     12:30 Tai Chi with Jon Woodward \$4<br/>                     1-4 Genealogy Group<br/>                     2 Chair Volleyball</p>  | <p>7</p> <p>8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     9 Contract Bridge<br/>                     9 Pinochle<br/>                     9:30 Aerobics, Free<br/>                     10:15-12:30 Mah Jongg<br/>                     11 Zumba \$3<br/>                     12:30-4 Pool Tables<br/>                     1-2 <b>ZOOM:</b> Parkinson's Support Group<br/>                     2:30 <b>ZOOM:</b> Friends Board Meeting<br/> <b>Canceled: Chair Volleyball and Zoom Chair Yoga</b></p>  | <p>8</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Rm.<br/>                     9-12 Blood Pressure Clinic<br/>                     11 Mindful Living &amp; Meditation \$3<br/> <b>11:30 Friends Lunch, \$10 per person (registration required)</b><br/>                     12 Better Breathers<br/>                     1-3 Bingo<br/>                     3:30 <b>ZOOM:</b> Travel Discussion Group<br/> <b>Canceled: Small Ball: Core &amp; Balance</b></p>                       | <p>9</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i><br/> <b>9-12 Computer Rm.</b><br/>                     9:30 Cribbage<br/>                     9:30 Mobility, Stretch &amp; Balance with Ann \$3<br/>                     10-12 Ask-the-Experts<br/>                     10:15-12:30 Mah Jongg<br/>                     11-12:30 Grupo Latinoamericano<br/>                     11 Zumba \$3<br/>                     11 Discussion Group<br/> <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     1:30 Great Tours, Episodes 5-6</p>   | <p>10</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Open Sew<br/>                     9 Poker<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     11 Chair Yoga with Rebecca \$3<br/>                     12:30 <b>ZOOM:</b> Conversation &amp; Humor</p>  |
| <p>13</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Room<br/>                     9 Pinochle<br/>                     10 Bowling: Ryan Family Amusements, Millis, \$15<br/>                     10-4 Mary Make Do<br/>                     10-11:30 Sports Fanatics<br/> <b>10:15 Strength &amp; Cardio with Jenn, \$3</b><br/>                     12:30 Tai Chi with Jon Woodward \$4<br/>                     1-4 Genealogy Group<br/>                     2 Chair Volleyball</p> | <p>14</p> <p><b>8:30-3 Table Tennis</b><br/>                     9-4 Fitness Room \$2<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     9 Contract Bridge<br/>                     9 Pinochle<br/>                     9:30 Aerobics, Free<br/>                     10:15-12:30 Mah Jongg<br/>                     11 Zumba \$3<br/>                     12:30-4 Pool Tables<br/>                     1 Bereavement Support Group<br/>                     1:30 COA Board Meeting<br/>                     4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3<br/>                     1:30-3:10 Movie: Belfast, PG-13<br/> <b>Canceled: Chair Volleyball</b></p>  | <p>15</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Rm.<br/>                     9-12 Blood Pressure Clinic<br/>                     11 Small Ball: Core, Balance &amp; Mobility, \$3<br/>                     11 Mindful Living &amp; Meditation \$3<br/>                     11-12:30 Low Vision Group<br/>                     1-3 Bingo</p>   | <p>16</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i><br/> <b>9-12 Computer Room</b><br/>                     9:30 Cribbage<br/>                     9:30 Mobility, Stretch &amp; Balance with Ann \$3<br/>                     10-12 Ask-the-Experts<br/>                     10:15-12:30 Mah Jongg<br/>                     11-12:30 Grupo Latinoamericano<br/>                     11 Zumba \$3<br/>                     11 Discussion Group<br/> <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/> <b>1:30 Info Session with Jay Higgins from Congresswoman Clark's Office</b></p>  | <p>17</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Open Sew<br/>                     9 Poker<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     11 Chair Yoga with Rebecca \$3<br/>                     12:30 <b>ZOOM:</b> Conversation &amp; Humor</p>  |
| <p>20</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Room<br/>                     9 Pinochle<br/>                     10 Bowling: Ryan Family Amusements, Millis, \$15<br/>                     10-4 Mary Make Do<br/>                     10-11:30 Sports Fanatics<br/> <b>10:15 Strength &amp; Cardio with Jenn, \$3</b><br/>                     12:30 Tai Chi with Jon Woodward \$4<br/>                     1-4 Genealogy Group<br/>                     2 Chair Volleyball</p> | <p>21</p> <p>8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     9 Contract Bridge<br/>                     9 Pinochle<br/>                     9:30 Aerobics, Free<br/>                     10:15-12:30 Mah Jongg<br/>                     11 Zumba \$3<br/>                     12:30-4 Pool Tables<br/>                     1-2 Parkinson's Support Group<br/> <b>2 Be Part of Framingham's Educational Future: Conversation with Superintendent Bob Tremblay</b><br/>                     4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3<br/> <b>Canceled: Chair Volleyball</b></p>  | <p>22</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Rm.<br/>                     9-12 Blood Pressure Clinic<br/>                     11 Small Ball: Core, Balance &amp; Mobility, \$3<br/>                     11 Mindful Living &amp; Meditation \$3<br/>                     1-3 Bingo</p> <p><b>FRIENDS DINE AROUND</b><br/>                     Rte. 9 E - 50 Turnpike Rd, Southborough</p>  | <p>23</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i><br/> <b>9-12 Computer Room</b><br/>                     9:30 Cribbage<br/>                     9:30 Mobility, Stretch &amp; Balance with Ann \$3<br/>                     10-12 Ask-the-Experts<br/>                     10:15-12:30 Mah Jongg<br/>                     11-12:30 Grupo Latinoamericano<br/>                     11 Zumba \$3<br/>                     11 Discussion Group<br/> <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     2 Caregiver Support Group<br/> <b>2 Musical Performance: Dublin Down</b> </p> | <p>24</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Open Sew<br/>                     9 Poker<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     10:30 Callahan Knitters<br/>                     11 Chair Yoga with Rebecca \$3<br/>                     12:30 <b>ZOOM:</b> Conversation &amp; Humor</p>                             |
| <p>27</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Room<br/>                     9 Pinochle<br/>                     10 Bowling: Ryan Family Amusements, Millis, \$15<br/>                     10-4 Mary Make Do<br/>                     10-11:30 Sports Fanatics<br/> <b>10:15 Strength &amp; Cardio with Jenn, \$3</b><br/>                     12:30 Tai Chi with Jon Woodward \$4<br/>                     1-4 Genealogy Group<br/>                     2 Chair Volleyball</p> | <p>28</p> <p><b>8:30-3 Table Tennis</b><br/>                     9-4 Fitness Room \$2<br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     9 Contract Bridge<br/>                     9 Pinochle<br/>                     9:30 Aerobics, Free<br/>                     10:15-12:30 Mah Jongg<br/>                     11 Zumba \$3<br/>                     12:30-4 Pool Tables<br/>                     1 Bereavement Support Group<br/>                     1-4 Red Hat Honey Bees, \$2<br/> <b>2 Treaty of Paris, Presented by Prof. Richard Bell</b> <br/>                     4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3<br/> <b>Canceled: Chair Volleyball</b></p> | <p>29</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Computer Room<br/>                     9-12 Blood Pressure Clinic<br/>                     11 Small Ball: Core, Balance &amp; Mobility, \$3<br/>                     11 Mindful Living &amp; Meditation \$3<br/>                     1-3 Bingo</p>   | <p>30</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i><br/> <b>9-12 Computer Room</b><br/>                     9:30 Cribbage<br/>                     9:30 Mobility, Stretch &amp; Balance with Ann \$3<br/>                     10-12 Ask-the-Experts<br/>                     10:15-12:30 Mah Jongg<br/>                     11-12:30 Grupo Latinoamericano<br/>                     11 Zumba \$3<br/>                     11 Discussion Group<br/> <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     1:30-3:30 Movie: Mrs. Harris Goes to Paris, PG</p>   | <p>31</p> <p>8:30-4 Pool Tables<br/>                     8:30-4 Table Tennis<br/>                     9-4 Fitness Room \$2<br/>                     9-4 Open Sew<br/>                     9 Poker<br/> <b>9-11 Legal Clinic (By appt. only)</b><br/> <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>                     11 Chair Yoga with Rebecca \$3<br/>                     12:30 <b>ZOOM:</b> Conversation &amp; Humor</p>                                |