

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 ZOOM: Mindful Living & Meditation \$3 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;">2</p>	<p>8:30-7 Table Tennis 8:45 Contract Bridge 9-7 Fitness Room \$2 9-7 Computer Room 9 Golf at Southborough Golf Club 9 Pinochle 9:30 Aerobics, Free 10:30-1 Mah Jongg 11 Zumba \$3 12-3 Duplicate Bridge 12:30 Chair Volleyball 1-2 ZOOM: Parkinson's Support Group 2:30 Friends Board Meeting 3:30-7 Pool Tables</p> <p>4:30-5:15 ZOOM: Chair Yoga \$3</p> <p style="text-align: right;">3</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p> <p style="text-align: right;">4</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10-11:30 Grandparent Support Group 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group 1:30 Portraits of Dementia, Presented by Joe Wallace and Sponsored by the MetroWest Alzheimer's Partnership</p> <p style="text-align: right;">5</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Rm. 9-1 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 10:30 ZOOM: Stretch with Anthony, Free 12:30 ZOOM: Conversation & Humor</p> <p>CANCELED: Chair Yoga</p> <p style="text-align: right;">6</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 ZOOM: Mindful Living & Meditation \$3 12-3 Scrabble 1-4 Genealogy Group</p> <p>CANCELED: Tai Chi</p> <p style="text-align: right;">9</p>	<p>8:30-7 Table Tennis 8:45 Contract Bridge 9-7 Fitness Room \$2 9-7 Computer Room 9 Golf at Southborough Golf Club 9 Pinochle 9:30 Aerobics, Free 10:30-1 Mah Jongg 11 Zumba \$3 12-3 Duplicate Bridge 12:30 Chair Volleyball 1 Bereavement Support Group 1:30 COA Board Meeting 1:30 Prebiotics & Probiotics, Presented by Traci Robidoux 3:30-7 Pool Tables</p> <p>4:30-5:15 ZOOM: Chair Yoga \$3 6 Intro to PCs, Presented by Ralph Dunlea 6 Great Tours-Greece: Delphi, Monemvasia & Mistra</p> <p style="text-align: right;">10</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 12 Better Breathers 1-3 Bingo 3:30 ZOOM: Travel Discussion Group</p> <p style="text-align: right;">11</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 2 IN PERSON & ON ZOOM: Framingham Senior Heroes Awards Ceremony</p> <p style="text-align: right;">12</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Rm. 9-1 Open Sew 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p style="text-align: right;">13</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 ZOOM: Mindful Living & Meditation \$3 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;">16</p>	<p>8:30-7 Table Tennis 8:45 Contract Bridge 9-7 Fitness Room \$2 9-7 Computer Room 9 Golf at Southborough Golf Club 9 Pinochle 9:30 Aerobics, Free 10:30-1 Mah Jongg 11 Zumba \$3 12-3 Duplicate Bridge 12:30 Chair Volleyball 1-2 Parkinson's Support Group 3:30-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3 6 Mass. Leaders in the Woman Suffrage Movement, Presented by Barbara Berenson</p> <p style="text-align: right;">17</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 11 Low Vision Support Group 1-3 Bingo</p> <p>FRIENDS DINE AROUND IHOP 17 Edgell Rd., Framingham 508-270-2694</p>  <p style="text-align: right;">18</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 12-1:30 Grandparent Support Group 1:30 The Call of Kilimanjaro, Presented by Jeff Belanger</p>  <p style="text-align: right;">19</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Rm. 9-1 Open Sew 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p style="text-align: right;">20</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 ZOOM: Mindful Living & Meditation \$3 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;">23</p>	<p>8:30-4 Table Tennis 8:45 Contract Bridge 9-7 Fitness Room \$2 9-7 Computer Room 9-11 Legal Clinic (Appt. required) 9 Golf at Southborough Golf Club 9 Pinochle 9:30 Aerobics, Free 10:30-1 Mah Jongg 11 Zumba \$3 12-3 Duplicate Bridge 12:30 Chair Volleyball 1 Bereavement Support Group 1:30-3 PC Internet & Online Security, Presented by Ralph Dunlea 3:30-7 Pool Tables</p> <p>4:30-5:15 ZOOM: Chair Yoga \$3 6 The Sinatra Standards with Lisa Yves, Vocalist & Pianist</p>  <p style="text-align: right;">24</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p> <p style="text-align: right;">25</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 2-3 Caregiver Support Group 2 Discover Your Encore, Presented by David Guydan</p> <p style="text-align: right;">26</p>	<p>8:30-1 Pool Tables Open 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9:30 Strength Training/Cardio \$3 10:30-12 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p style="text-align: right;">27</p>
<p>Center closed in honor of Memorial Day</p>  <p style="text-align: right;">30</p>	<p>8:30-4 Table Tennis 8:45 Contract Bridge 9-7 Fitness Room \$2 9-7 Computer Room 9 Golf at Southborough Golf Club 9 Pinochle 9:30 Aerobics, Free 10:30-1 Mah Jongg 11 Zumba \$3 12-3 Duplicate Bridge 12:30 Chair Volleyball 1-4 Red Hat Honey Bees 3:30-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>6 ZOOM: What Was the Gilded Age, Presented by Prof. Edward T. O'Donnell</p>  <p style="text-align: right;">31</p>	<p>CULTURAL SERIES PROGRAM ON ZOOM 5/31, 6 pm What Was the Gilded Age Presented by Prof. Edward T. O'Donnell</p> <p>FITNESS & DISCUSSION GROUPS ON ZOOM Stretch with Anthony: 5/1, 10:30 am (free) Mindful Living & Meditation: Mondays, 10:30 am (\$3) Chair Yoga: Tuesdays, 4:30 pm (\$3) Conversation & Humor: Fridays, 12:30 pm Travel Discussion Group: 5/11, 3:30 pm</p>		<p>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION Parkinson's Support Group: 5/3, 1 pm Low Vision Group: 5/18, 11 am Grandparent Support Group: Call 508-532-5980, ext. 4108 for more info</p> 