

Monday	Tuesday	Wednesday	Thursday	Friday
<p>advantage* FUNERAL & CREMATION SERVICES <i>Wadsworth-Chiappini</i></p> <p>318 UNION AVENUE, FRAMINGHAM 508-875-8541 DIRECTOR: DAVID COMEAU <small>A Service Family Affiliate of AFFS/Service Corporation Int'l, 206 Winter Street, Fall River, MA 02720, 508-676-2452</small></p>	<p>DIRECT CREMATION \$1,375 BURIALS STARTING AT \$8,979</p> 	 <p style="font-size: 2em; color: #8B4513; opacity: 0.5;">November</p>	<p>8:30-1 Pool Tables Open 9-1 Computer Room 9-1 Open Sew 9 Poker 9:45 Gentle Pilates Workout \$3 10 & 11 SHINE, by appt. 11 Chair Yoga with Rebecca \$3 11 Skip-Bo 12:15 Chair Volleyball 12:20 Gentle Floor Yoga with Rebecca \$3</p> <p>CENTER CLOSES AT 1:30</p>	<p style="font-size: 2em;">1</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 Training/Cardio \$3 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$12 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</p>	<p>4</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 12:15-4:15 Discovery Center 12:30 Chair Volleyball 2 Friends Board Meeting</p> <p style="color: red;"><i>Election Day - Remember to Vote!</i></p>	<p>5</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 Training/Cardio \$3 10-12:30 Discovery Center 10 Beading with Marilyn 10:30 Mindful Living & Meditation \$3 1 Discussion Group 1 BINGO 1:30-3:30 Matter of Balance (Registration Closed)</p>	<p>6</p>	<p>Trip: Encore Casino 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9 Cribbage 9:30-11:30 Health Fair at Callahan 10-12:30 Discovery Center 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 1-3 SHINE, by appt. 1 Book Discussion Group 1-3 New: Social Group for Women from South Asia, Middle East and Africa 2 Choral Group Cancelled: Practically Fit and Zumba</p>	<p>7</p>	<p>8:30-4 Pool Tables Open 9-4 Computer Room 9-4 Open Sew 9 Poker 9:45 Gentle Pilates Workout \$3 10 & 11 SHINE, by appt. 11 Chair Yoga with Rebecca \$3 11 Skip-Bo 12:20 Gentle Floor Yoga with Rebecca \$3 12:45-2:15 Chair Volleyball 1-3 Discovery Center</p> <p>CENTER NOW OPEN UNTIL 4:30</p>	<p>8</p>
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Closed in observance of VETERANS DAY



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8:30-4 Table Tennis
8:30 Contract Bridge
9-4 Computer Rm. Closed: SHINE appts. only
9 Pinochle
10 Aerobics
11 Zumba \$3
11-4 Mah Jongg
12-4 Duplicate Bridge
12:15-4:15 Discovery Center
12:30 Chair Volleyball
1-2:30 Bereavement Support Group
1:30 COA Board Meeting
1:30-2:30 From Heartbreak to Wholeness with Author Mal Duane

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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
9:30 U.S. Rep. Katherine Clark's Office Hours
9:45 Strength Training/Cardio \$3
10-12:30 Discovery Center
10 Beading with Marilyn
10:30 Mindful Living & Meditation \$3
12 Veteran's Luncheon (by invitation only)
12 Better Breathers Support Group
1 Discussion Group
1:30-3:30 Bingo (Note: Later start time)
1:30-3:30 Matter of Balance (Registration Closed)
6 Evening Caregiver Support Group
7 Grandparent Support Group

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-1:30 Computer Room
9 Cribbage
9:15 Practically Fit \$3
10-12:30 Discovery Center
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 New: Social Group for Women from South Asia, Middle East and Africa
2 Choral Group
2 Life & Legacy of J. D. Salinger with Dr. Larry Lowenthal
2-4 Shopping Safely & Securely Online



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8:30-4 Pool Tables Open
9-4 Computer Room
9-4 Open Sew
9 Poker
9:45 Gentle Pilates Workout \$3
10 & 11 SHINE, by appt.
11 Chair Yoga with Rebecca \$3
11 Skip-Bo
12:20 Gentle Floor Yoga with Rebecca \$3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

CENTER NOW OPEN UNTIL 4:30


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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 Training/Cardio \$3
10 Callahan Bowling, Ryan's Family Amusement, Millis, \$12
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
1-3 SHINE, by appt.

1:30 Coping with the Holidays with Susan Kates, LICSW
2 Chair Yoga with Cyndi \$3

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8:30-4 Table Tennis
8:30 Contract Bridge
9-4 Computer Rm. Closed: SHINE appts. only
9 Pinochle
10 Aerobics
11 Zumba \$3
11-4 Mah Jongg
11:30-1:30 Acupuncture, by appt. \$20
12-4 Duplicate Bridge
12:15-4:15 Discovery Center
12:30 Chair Volleyball
1-2:30 Parkinson's Support Group
2 Truly Eleanor presented by the Delvena Theatre Company




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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 Training/Cardio \$3
10-12:30 Discovery Center
10 Beading with Marilyn
10:30 Mindful Living & Meditation \$3
11-12:30 Low Vision Support Group
11:30 Friends Lunch, \$6 per person, registration required
1 Discussion Group
1 BINGO
1:30-3:30 Matter of Balance (Registration Closed)
3:15 Staying Strong during the Holidays with Laila \$3

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8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-1:30 Computer Room
9 Cribbage
9:15 Practically Fit \$3
10-12:30 Discovery Center
10-2 Mah Jongg
10-12 Ask-the-Experts
10:30-12:30 Grupo Latinoamericano
10:30-12 Brighter Day Memory Café
11:30 Zumba \$3
1-3 SHINE, by appt.
1-3 New: Social Group for Women from South Asia, Middle East and Africa
1:30-3:30 The Rise of Nationalism with John Gardella
2 Choral Group
2-4 PC Security & Maintenance



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8:30-4 Pool Tables Open
9-4 Computer Room
9-4 Open Sew
9 Poker
9:45 Gentle Pilates Workout \$3
10 & 11 SHINE, by appt.
10:30 Callahan Knitters
11 Chair Yoga with Rebecca \$3
11 Skip-Bo
12:20 Gentle Floor Yoga with Rebecca \$3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

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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 Training/Cardio \$3
10 Callahan Bowling, Ryan's Family Amusement, Millis, \$12
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
1-3 SHINE, by appt.

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8:30-4 Table Tennis
8:30 Contract Bridge
9-4 Computer Rm. Closed: SHINE appts. only
9 Pinochle
9-11 Legal Clinic
10 Aerobics
11 Zumba \$3
11-4 Mah Jongg
12-4 Duplicate Bridge
12:15-4:15 Discovery Center
12:30 Chair Volleyball
1 Red Hat Honey Bees
1-2:30 Bereavement Support Group
1:30-3:30 Movie Matinee: Rocket Man (R)

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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 Training/Cardio \$3
10-12:30 Discovery Center
10 Beading with Marilyn
10:30 Mindful Living & Meditation \$3
1 Discussion Group
1 BINGO
1:30-3:30 Matter of Balance (Registration Closed)
3:15 Staying Strong during the Holidays with Laila \$3

Cancelled: Caregiver Support Group

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Closed for THANKSGIVING



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Please call to confirm if the Center is open today.

8:30-4 Pool Tables Open
9-4 Computer Room
9-4 Open Sew
9 Poker
9:45 Gentle Pilates Workout \$3
10 & 11 SHINE, by appt.
11 Chair Yoga with Rebecca \$3
11 Skip-Bo
12:20 Gentle Floor Yoga with Rebecca \$3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

CENTER NOW OPEN UNTIL 4:30

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