

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SEPTEMBER PROGRAMS ON ZOOM Mindful Living & Meditation: Mondays, 10:30, starts 9/13 Chair Yoga: Tuesdays, 6 pm, starts 9/14 Conversation & Humor: Fridays, 12:30 Stretch with Anthony: 9/3 at 10:30 Travel Discussion Group: 9/8 at 3:30 How to Talk to Your Doctor: 9/9 at 1:30 Get Your Affairs in Order: 9/30 at 1:00</p>	<p>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION Parkinson's Support Group: 9/7 at 1:00 Bereavement Support Group: 9/14 & 9/28 at 1:00 Low Vision Group: 9/15 at 11:00 Grandparent Support Group: Call 508-532-5980, ext. 4108 for more info</p> 	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3</p> <p style="text-align: right;">1</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 10-2 Mah Jongg 10-12 Ask-the-Experts 10-11:30 ZOOM: Grandparent Support Group 10:30-12:30 Grupo Latinoamericano 11 Zumba 11 Discussion Group</p> <p style="text-align: right;">2</p>	<p>CENTER CLOSES AT 1:30 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 Poker 9:30 Strength Training/Cardio \$3 10:30 ZOOM: Stretch with Anthony - Free 11:15 Chair Yoga with Rebecca \$3 11 Skip-Bo 12:30 ZOOM: Conversation & Humor</p> <p style="text-align: right;">3</p>
<p>Closed in observance of Labor Day</p> <p style="text-align: right;">6</p>	<p>CENTER OPEN UNTIL 7:30 8:30-7 Table Tennis 8:45 Contract Bridge 9 Golf at Southborough Golf Club, \$18 9-7 Fitness Room \$2 9-7 Computer Room 9 Pinochle 9:30 Aerobics, Free 10-11:30 Beading with Marilyn 11-4 Mah Jongg 11 Zumba 12 Duplicate Bridge 12:30 Chair Volleyball 1-2 ZOOM: Parkinson's Support Group 5-7 Pool Tables</p> <p style="text-align: right;">7</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 12 Better Breathers Support Group 3:30 ZOOM: Travel Discussion Group</p> <p style="text-align: right;">8</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 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1 Book Discussion Group 1:30 ZOOM: How to Talk to Your Doctor & Be Your Own Advocate, Presented by Lynn Croft</p> <p style="text-align: right;">9</p>	<p>CENTER CLOSES AT 1:30 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 Poker 9:30 Strength Training/Cardio \$3 11 Skip-Bo 11:15 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</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 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30 ZOOM: Mindful Living & Meditation \$3 11 Skip-Bo 12 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group 3 Framingham Senior Heroes Awards Ceremony</p> <p style="text-align: right;">13</p>	<p>YOUR VOTE COUNTS! FRAMINGHAM PRELIMINARY ELECTION</p> <p>CENTER OPEN UNTIL 7:30 8:30-7 Table Tennis 8:45 Contract Bridge 9 Golf at Southborough Golf Club, \$18 9-7 Fitness Room \$2 9-7 Computer Room 9 Pinochle 9:30 Aerobics, Free 10-11:30 Beading with Marilyn 11-4 Mah Jongg 11 Zumba \$3 12 Duplicate Bridge</p> <p>12:30 Chair Volleyball 1 Bereavement Support Group 1:30 COA Board Meeting 3:30 Friends Board Meeting 5-7 Pool Tables 6-6:45 ZOOM: Chair Yoga \$3 6 Império: Portugal, the Azores & the Making of a Global Empire, Presented by Paolo Di Gregorio</p>  <p style="text-align: right;">14</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Support Group</p> <p>FRIENDS DINE AROUND IHOP 17 Edgell Rd., Framingham 508-270-2694</p>  <p style="text-align: right;">15</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 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 12-1:30 Grandparent Support Group 1:30 Movie Matinee: A Beautiful Day in the Neighborhood</p> <p style="text-align: right;">16</p>	<p>CENTER CLOSES AT 1:30 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 Poker 9:30 Strength Training/Cardio \$3 11 Skip-Bo 11:15 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</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 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-11:30 Sports Fanatics 10-4 Mary Make Do 10:30 ZOOM: Mindful Living & Meditation \$3 11 Skip-Bo 12 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;">20</p>	<p>CENTER OPEN UNTIL 7:30 8:30-7 Table Tennis 8:45 Contract Bridge 9 Golf at Southborough Golf Club, \$18 9-7 Fitness Room \$2 9-7 Computer Room 9 Pinochle 9:30 Aerobics, Free 10-11:30 Beading with Marilyn 11 Zumba \$3 11-4 Mah Jongg 12 Duplicate Bridge 12:30 Chair Volleyball 1-2:30 Parkinson's Support Group 5-7 Pool Tables</p> <p>6-6:45 ZOOM: Chair Yoga \$3 6 Tribute to Great Women in Song - Barbra, Bette & Carol, Presented by Frank Vocalist Lisa Yves</p>  <p style="text-align: right;">21</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3</p> <p style="text-align: right;">22</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 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 The Cold War-Part 3, Presented by Rick Tulipano 2-3 Caregiver Support Group</p>  <p style="text-align: right;">23</p>	<p>CENTER CLOSES AT 1:30 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 Poker 9:30 Strength Training/Cardio \$3 10:30-12 Callahan Knitters 11 Skip-Bo 11:15 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</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 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-11:30 Sports Fanatics 10:30 ZOOM: Mindful Living & Meditation \$3 10-4 Mary Make Do 11 Skip-Bo 12 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;">27</p>	<p>CENTER OPEN UNTIL 7:30 8:30-7 Table Tennis 8:45 Contract Bridge 9 Golf at Southborough Golf Club, \$18 9-7 Fitness Room \$2 9-7 Computer Room 9 Pinochle 9-11 Legal Clinic, by appt. only 9:30 Aerobics, Free 10-11:30 Beading with Marilyn 11 Zumba \$3 11-4 Mah Jongg 12 Duplicate Bridge 12:30 Chair Volleyball 1 Bereavement Support Group 1-4 Red Hat Honey Bees \$2</p> <p>5-7 Pool Tables 6-6:45 ZOOM: Chair Yoga \$3 6 Beatles Night at Callahan, Presented by The Nerk Twins</p>  <p style="text-align: right;">28</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3</p> <p style="text-align: right;">29</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 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 ZOOM: Get Your Affairs in Order - Advanced Planning, Presented by Dr. Emily McClatchey 2-3 Caregiver Support Group</p> <p style="text-align: right;">30</p>	