








Monday	Tuesday	Wednesday	Thursday	Friday
<p>CULTURAL & EDUCATIONAL PROGRAMS ON ZOOM 9/15 at 1:30 Great American Writers: Eugene O'Neill, presented by Dr. Larry Lowenthal</p> <p>FITNESS & DISCUSSION GROUPS ON ZOOM Stretch with Anthony, 9/2, 10:30 Chair Yoga: Tuesdays, 4:30 pm (\$3) Conversation & Humor: Fridays, 12:30 pm Travel Discussion Group: 9/14, 3:30</p>	<p>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION Parkinson's Support Group: 9/6, 1 pm Low Vision Group: 9/21, 11 am Grandparent Support Group Call 508-532-5980, ext. 4108 for more info</p> <p>NOTE: PING PONG ON TUESDAYS: Please note that on 2nd and 4th Tuesdays from 3:30 to 5 the Table Tennis area is reserved for the Parkinson's Group. The tables are available to the public on Tuesdays from 8:30 to 3:30 and from 5 to 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 Cribbage 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 10:30-1 Mah Jongg 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p> <p>1</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 12:30 ZOOM: Conversation & Humor</p> <p>CANCELED: Chair Yoga</p> <p>2</p>
<p>Center closed in celebration of Labor Day</p>  <p>5</p>	<p>Framingham Preliminary Election</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 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>6</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 11 Mindful Living & Meditation \$3 11-12:30 Alzheimer's Caregiving Support Group 1-3 Bingo</p> <p>CANCELED: Strength Training</p> <p>7</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 Reopens at 3:15 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 1:30-2:30 Great Tours: Touring Turkey</p> <p>8</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 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>CANCELED: Strength Training</p> <p>9</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 10-4 Mary Make Do 10-11:30 Sports Fanatics 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p>12</p>	<p>8:30-3:30 Table Tennis <i>(Tables reopen at 5pm)</i> 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 Mtg. 3:30-7 Pool Tables</p> <p>4:30-5:15 ZOOM: Chair Yoga \$3 5-7 Table Tennis 6 New England Notebook, Presented by Ted Reinstein</p>  <p>13</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-9:45 Computer Room Reopens at 11:30 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 10-11:30 PC Internet & Online Security 11 Mindful Living & Meditation \$3 11:30-4 Computer Room 12 Better Breathers Support Group 1-3 Bingo 3:30 ZOOM: Travel Discussion Group</p> <p>14</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 Reopens at 3:15 9-4 Computer Room 9:30 Mobility, Stretch & Balance with Ann \$3 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 1:30 ZOOM: Great American Writers: Eugene O'Neill, Presented by Dr. Larry Lowenthal</p>  <p>15</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 Poker 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>16</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-9:45 Computer Room Reopens at 11:30 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis 10-4 Mary Make Do 10-11:30 Sports Fanatics 10-11:30 Keeping Your Passwords Secure 11:30-4 Computer Room 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group 2-3 Line Dancing (Preregistration reqd.)</p> <p>19</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</p> <p>6 Beatles Night at Callahan, Featuring Studio Two, a Beatles Acoustic Duo</p>  <p>20</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 Low Vision Support Group 11 Mindful Living & Meditation \$3 1-3 Bingo</p>  <p>FRIENDS DINE AROUND IMPERIAL CHINA 413 Worcester Rd., Rt 9 W 508-872-3939</p> <p>21</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 Reopens at 3:15 9-4 Computer Room 9:30 Mobility, Stretch & Balance with Ann \$3 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 1:30-3:30 Movie: Downton Abbey - A New Era, PG 2-3 Caregiver Support Group</p> <p>22</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 Poker 9:30 Strength Training/Cardio \$3 10:30-12 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>23</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 10-4 Mary Make Do 10-11:30 Sports Fanatics 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group 2-3 Line Dancing (Preregistration reqd.)</p> <p>26</p>	<p>8:30-3:30 Table Tennis <i>(Tables reopen at 5pm)</i> 8:45 Contract Bridge 9-7 Fitness Room \$2 9-7 Computer Room 9 Golf at Southborough Golf Club 9 Pinochle 9-11 Legal Clinic (Appt. required) 9:30 Aerobics, Free 10:30-1 Mah Jongg 11 Zumba \$3 12-3 Duplicate Bridge 12:30 Chair Volleyball 1 Bereavement Support Group 1-4 Red Hat Honey Bees 3:30-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3</p> <p>5-7 Table Tennis 5:30-7 Callahan Multicultural Fest</p> <p>27</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>28</p>	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 Reopens at 3:15 9-4 Computer Room 9:30 Mobility, Stretch & Balance with Ann \$3 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 1:30 The Civil War, Part 2, Presented by Rick Tulipano</p>  <p>29</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 Poker 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>30</p>