

Monday



30% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)

500 COCHITUATE ROAD, FRAMINGHAM 01702  
508-875-0225 WWW.SAVERS.COM

PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION

Tuesday



Donate and Make a Difference

Wednesday



Thursday

Friday

**Trip- Roger Williams Zoo**  
8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-11 SHINE, by appt.  
9-4 Computer Room  
9:30 Pinochle  
9:45 Strength Train/Cardio \$3  
10 Bereavement Support Group  
10 Sports Fanatics  
10 Mary Make Do  
11 Skip-Bo  
11 Moving for Better Balance  
12 Conversation & Humor

12-4 Duplicate Bridge  
12 Scrabble  
1-2:30 Friends Board Meeting  
1-4 Genealogy Group  
1-3 SHINE, by appt.  
**1 Tai Chi \$3**  
2:30 Chair Yoga \$3

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8:30-7 Table Tennis  
9 Golf League at Millwood Golf Course  
9 Bridge  
9-7 Computer Rm  
9-11 SHINE, by appt.  
9:30 Pinochle  
10 Aerobics (Free)  
10-12 Mah Jongg-Bonnie's Group  
11 Zumba \$3  
11-4 Mah Jongg-Phyllis  
11:30-1:30 Community Acupuncture \$20  
12- 4 Duplicate Bridge  
12:45 Chair Volleyball

3 Electronic Device Clinic  
**4-6:30 My Life , My Health**  
4:30-6:30 SHINE by appt.  
**6-7 The Tudors- Part I**  
  
**Spring Schedule**  
**Center Closes @ 7:30**



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8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Computer Room  
**9:30-12:30 Blood Pressure Clinic**  
9:30 ESOL Advanced Class  
**9:45 Strength Train/Cardio \$3**  
10:30-11:30 Mindfulness Meditation \$3  
1 Bingo  
1 Discussion Group  
1-3 SHINE, by appt.

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8:30-4 Pool Tables Open  
8:30 Table Tennis  
9-4 Computer Room  
9:30 Cribbage  
9:30 ESOL  
10-2 Mah Jongg  
10-11:30 Ask the Experts  
10:30 Hispanic Social Group  
11:30 Zumba \$3  
1-3 SHINE by appt.  
**1:30-3:30 Hand Building with Clay**  
2 Choral Group

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8:30-1 Pool Tables Open  
9-1 Computer Room  
9 Poker  
9-1 Open Sew  
**9:45 Strength Train/Cardio \$3**  
10 Chair Yoga \$3  
10 Quilting  
10:30-12:30 Acrylic Painting  
11 Skip-Bo  
11 Moving for Better Balance  
10 & 11 SHINE by appt.  
12:15-1:30 Chair Volleyball

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**Spring Schedule Center Closes @ 1:30**

**Spring Schedule Center Closes @ 1:30**

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-11 SHINE, by appt.  
9-4 Computer Room  
9:30 Pinochle  
9:45 Strength Train/Cardio \$3  
10 Bereavement Support Group  
10 Sports Fanatics  
10 Mary Make Do  
11 Skip-Bo  
11:00 Moving for Better Balance  
12 Conversation & Humor  
12-4 Duplicate Bridge  
12 Scrabble  
1-4 Genealogy Group  
1-3 SHINE, by appt.  
**1 Tai Chi \$3**  
2:30 Chair Yoga \$3

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**Trip-Gloucester House Lobster Bake**  
8:30-7 Table Tennis  
9 Golf League at Millwood Golf Course  
9 Bridge  
9-7 Computer Rm  
9-11: SHINE, by appt.  
9:30 Pinochle  
9:30-11:30 Body work by appt.  
10 Aerobics  
10-12 Mah Jongg-Bonnie's Group  
11 Zumba \$3  
11-4 Mah Jongg-Phyllis  
**12:30 The Generals**  
12-4 Duplicate Bridge  
12:45 Chair Volleyball  
**1:30 COA Board Meeting**  
**4- 6:30 My Life, My Health**  
4:30-6:30 SHINE by appt.  
**6 Long-Term Care Insurance**  
**Spring Schedule Center Closes @ 7:30**

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8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-10 & 12-4 Computer Room  
9:30 ESOL Advanced Class  
**9:30-12:30 Blood Pressure Clinic**  
9:45 Strength Train/Cardio \$3  
**10-Noon Intro Windows 10**  
10:00 Beading with Marilyn  
10:30-11:30 Mindfulness Meditation \$3  
**11:30 Friends Lunch, RSVP \$6**  
12 Better Breathers  
1 Discussion Group  
10-11 Beaded Jewelry with Marilyn  
12-1 Better Breathers  
12-4 Computer Room  
1-3 SHINE, by appt.  
**1-4:15 Podiatry with Dr. John (Please call for appt.)**  
**6:30 pm Alzheimer's Support Group**  
**7 pm Grandparent Support Group**

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8:30-4 Pool Tables Open  
9-4 Computer Room  
9:15 Practically Fit \$3  
9:30 ESOL  
9:30 Cribbage  
10-2 Mah Jongg  
10-11:30 Ask-the-experts  
10:30-12:30 Hispanic Social Group  
11:30 Zumba \$3  
12-1:30 Volunteer Luncheon  
1-3 Shine by appt.  
**1:30-3:30 Hand Building w/ Clay**  
2 Choral Group  
2:30-4 Brazilian Women's Social Group

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8:30-1 Pool Tables Open  
9 Poker  
9-10 Computer Room  
9-1 Open Sew  
10 Chair Yoga \$3  
**10-Noon Intro to Personal Computers**  
9:45 Strength Train/Cardio \$3  
10 & 11 SHINE by appt.  
10:30 Acrylic Painting \$28 series  
11 Skip-Bo  
11 Moving for Better Balance  
12-1 Computer Room  
12:15-1:30 Chair Volleyball

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**Sat. 6/18**  
3 Brighter Day Café at Heritage at Framingham,  
747 Water Street

**Spring Schedule Center Closes @ 1:30**

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-11 SHINE, by appt.  
9-4 Computer Room  
9:30 Pinochle  
9:45 Strength Train/Cardio \$3  
10 Bereavement Support Group  
10 Sports Fanatics  
10 Mary Make Do  
11 Moving for Better Balance  
11 Skip-Bo  
12 Conversation & Humor  
12 Scrabble  
12-4 Duplicate Bridge

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1-4 Genealogy Group  
1-3 SHINE, by appt.  
**1 Tai Chi \$3**  
2:30 Chair Yoga \$3

8:30-7 Table Tennis  
9 Golf League at Millwood Golf Course  
9 Bridge  
9-7 Computer Rm  
9-11 SHINE, by appt.  
9:30 Pinochle  
10-12 Mah Jongg-Bonnie's Group  
10 Aerobics  
11 Zumba \$3  
11-4 Mah Jongg-Phyllis  
11:30 Acupuncture by appt.  
12-4 Duplicate Bridge  
12:45 Chair Volleyball  
1:30 Parkinson's Support

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**Trip- Tall Ships Boston Harbor**  
8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-11 SHINE by appt  
9-4 Computer Room  
9:30 ESOL Advanced Class  
**9:30-12:30 Blood Pressure Clinic**  
9:45 Strength Train/Cardio \$3  
10:30-11:30 Mindfulness Meditation \$3  
1 Bingo  
1 Discussion Group  
1-3 SHINE, by appt.

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8:30-4 Pool Tables Open  
9-4 Computer Room  
9:15 Practically Fit \$3  
9:30 Cribbage  
9:30 ESOL  
10-2 Mah Jongg  
10:30-12:30 Hispanic Social Group  
10-11:30 Ask the Experts  
11:30 Zumba \$3  
1-3 SHINE by appt.  
**1:30-3:30 Hand Building w/ Clay**  
2 Choral Group

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8:30-1 Pool Tables Open  
9-10 Computer Room  
9 Poker  
**10-Noon Intro to Personal Computers**  
10 Chair Yoga \$3  
9-1 Open Sew  
9:45 Strength Train/Cardio \$3  
10 & 11 SHINE by appt.  
10:30 Callahan Center Knitters  
11 Moving for Better Balance  
11 Skip-Bo  
12-1 Computer Room  
12:15-1:30 Chair Volleyball

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**Summer Schedule Center Closes @ 1:30**

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-11 SHINE, by appt.  
9-4 Computer Room  
9:30 Pinochle  
9:45 Strength Train/Cardio \$3  
10 Bereavement Support Group  
10 Sports Fanatics  
10 Mary Make Do  
11 Skip-Bo  
11 Moving for Better Balance  
12 Conversation & Humor  
12-4 Duplicate Bridge  
12 Scrabble

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1-4 Genealogy Group  
1-3 SHINE, by appt.  
**1 Tai Chi \$3**  
2:30 Chair Yoga \$3  
2:30 Early Stage Alzheimer's Support

8:30-7 Table Tennis  
9 Golf League at Millwood Golf Course  
9 Bridge  
9-7 Computer Rm  
9-11 SHINE, by appt.  
9:30 Pinochle  
9:30-11:30 Body Work  
10 Aerobics (Free)  
10-12 Mah Jongg-Bonnie's Group  
10 Diabetes Support Group  
11 Zumba \$3  
11-4 Mah Jongg-Phyllis  
12-4 Duplicate Bridge  
12:45 Chair Volleyball

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1-4 Red Hat Honey Bees  
4:30-6:30 SHINE by appt.  
**6-7 Comedian David Shikes**

**Spring Schedule**  
**Center Closes @ 7:30**

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8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Computer Room  
**9:30-12:30 Blood Pressure Clinic**  
9:30 ESOL Advanced Class  
9:45 Strength Train/Cardio \$3  
10 Beading with Marilyn  
10:30-11:30 Mindfulness Meditation \$3  
**11:30 Friends Lunch, RSVP \$6**  
1 Bingo  
1 Discussion Group  
**1 Care Givers Support**  
1-3 SHINE, by appt.

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8:30-1 Pool Tables Open  
9-10 Computer Room  
9 Poker  
9-1 Open Sew  
9:45 Strength Train/Cardio \$3  
10 Chair Yoga \$3  
10 Quilting  
**10-Noon Intro to Personal Computers**  
11 Skip-Bo  
11 Moving for Better Balance  
11:30-1 SHINE by appt.  
12-1 Computer Room  
12:15-1:30 Chair Volleyball

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**Summer Schedule Center Closes @ 1:30**