

Monday

Tuesday

Wednesday

Thursday

Friday

**savers** Good deeds. Great deals. **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



8:30-1 Pool Tables Open  
9-1 Computer Room  
9 Poker  
9- 1 Open Sew  
11 Skip-Bo  
12:15-1:30 Chair Volleyball

**Cancellations:**  
Moving for Better Balance I  
Strength Training Cardio  
Chair Yoga

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

**Center Closed in Observance of Labor Day**

8:30-7 Table Tennis  
9 Golf League @ Millwood  
9 Bridge  
9-7 Computer Room  
9-11: SHINE, by appt.  
9:30 Pinochle  
9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1)  
10 Aerobics  
11:30-1:30 Acupuncture by appt.  
11 Zumba \$3  
11-4 Mah Jongg  
12-4 Duplicate Bridge  
12:45 Chair Volleyball

4:30-6:30 SHINE, by appt.  
**Summer 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**  
9:45 Strength Train/Cardio \$3  
**10:30 Mindfulness Meditation \$3**  
1-3 SHINE, by appt.  
1 Bingo  
1 Discussion Group  
**1-2:30 The Music of Mozart**

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-1 & 3:30-4 Computer Room  
9:15 Practically Fit \$3  
9:30 Cribbage  
10-2 Mah Jongg  
10-11:30 Ask-the-experts  
10:30-12:30 Hispanic Social Group  
11:30 Zumba \$3  
1-3 SHINE, by appt.  
**1:30-3:30 Intro to Facebook**  
**2 Choral Group**  
2-4 Brazilian Social Club

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

**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 Bowling, Ryan's Amusement, Millis, \$10**  
10-11:30 Bereavement Support Group  
10-11:30 Sports Fanatics  
10-4 Mary Make Do  
11 Skip-Bo  
**11 Moving for Better Balance 1**  
12 Conversation & Humor  
12-4 Duplicate Bridge  
12-3 Scrabble  
1 Friends Board Meeting  
1-4 Genealogy Group  
1-3 SHINE, by appt.

1 Tai Chi \$3  
**2:30-3:30 Self Defense for Seniors - Part I**  
2:30 Chair Yoga \$3

8:30-7 Table Tennis  
9 Golf League @Millwood  
9 Bridge  
9-7 Computer Room  
9-11 SHINE, by appt.  
9:30 Pinochle  
9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1)  
10 Aerobics  
11 Zumba \$3  
11-4 Mah Jongg  
**12-2 Learn to Play Mah Jongg**  
12-4 Duplicate Bridge  
12:45 Chair Volleyball  
**1:30 COA Board Meeting**  
4:30-6:30 SHINE, by appt.  
**6 The Tudors, Part II**

4:30-6:30 SHINE, by appt.  
**Summer Schedule Center Closes @ 7:30**

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**Trip: Hill Stead Museum, Lunch at Chatterley's Restaurant**  
8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Computer Room  
**9:30-12:30 Blood Pressure Clinic**  
9:45 Strength Train/Cardio \$3  
10:30 Mindfulness Meditation \$3  
10:00 Beading with Marilyn  
**11:30 Friends Lunch, RSVP \$6**  
12-1 Better Breathers  
1 Bingo  
**1-4:15 Podiatry with Dr. John (Please call for appt.)**  
1 Discussion Group  
**1-2:30 The Music of Mozart**  
1-3 SHINE, by appt.

**7 pm Grandparent Support Group**

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Computer Room  
9:30 Cribbage  
10-2 Mah Jongg  
10-11:30 Ask-the-Experts  
**11-1 Hispanic/Latino Day at the Callahan Center**  
1-3 SHINE, by appt.  
**2 Choral Group**  
**2:30-3:30 Self Defense for Seniors - Part II**

**Cancellations:**  
Practically Fit  
Zumba

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 & 11 SHINE, by appt.  
11 Moving for Better Balance 1  
11 Skip-Bo  
12:15-1:30 Chair Volleyball

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

**Memory Cafe**  
Sunday, 9/17, 10 a.m.-noon  
Heritage at Framingham, 747 Water St.

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 Bowling, Ryan's Amusement, Millis, \$10**  
10-11:30 Bereavement Support Group  
10-11:30 Sports Fanatics  
10-4 Mary Make Do  
11 Skip-Bo  
11 Moving for Better Balance 1  
12 Conversation & Humor  
12-4 Duplicate Bridge  
12-3 Scrabble

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 @ Millwood  
9 Bridge  
9-1 & 4-7 Computer Rm  
9-11 SHINE, by appt.  
9:30 Pinochle  
9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1)  
10 Aerobics  
11 Zumba \$3  
11-4 Mah Jongg  
11:30-1:30 Acupuncture by appt.  
**12-2 Learn to Play Mah Jongg**  
12-4 Duplicate Bridge  
12:45 Chair Volleyball

**1:30-3:30 Facebook 2**  
1:30 Parkinson's Support  
4:30-6:30 SHINE by appt.  
**6 Musical Performance: Benjamin Sears & Bradford Conner**

**Summer 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**  
9:45 Strength Train/Cardio \$3  
10:30 Mindfulness Meditation \$3  
1 Bingo  
1 Discussion Group  
1 Low Vision Group  
**1-2:30 The Music of Mozart**  
1-3 SHINE, by appt.

**FRIENDS DINE AROUND at Chick-fil-A, Framingham. Fundraiser applies to purchases made during the entire day.**

**Trip: Mohawk Trail, Farm to Table Rest. Magic Wings and Gardens, Atkins Farm**  
8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-1 & 3-4 Computer Room  
9:30 Cribbage  
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 Intro to iPads-iPhones**  
**2 Choral Group**  
2-4 Brazilian Social Club

**Cancellations:** Practically Fit

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 & 11 SHINE, by appt.  
10:30 Callahan Center Knitters  
**11 A Walk in Their Shoes**  
11 Skip-Bo  
11 Moving for Better Balance 1  
12:15-1:30 Chair Volleyball

**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 Bowling, Ryan's Amusement, Millis, \$10**  
10-11:30 Bereavement Support Group  
10-11:30 Sports Fanatics  
10-4 Mary Make Do  
11 Skip-Bo  
11 Moving for Better Balance 1  
12 Conversation & Humor  
12-4 Duplicate Bridge  
12-3 Scrabble

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 @Millwood  
9 Bridge  
9-7 Computer Room  
9-11 SHINE, by appt.  
9-11 Legal Clinic  
9:30 Pinochle  
9:30 Moving for Better Balance 2 (Pre-requisite: MFBB 1)  
10 Aerobics  
10 Diabetes Support Group  
11 Zumba \$3  
11-4 Mah Jongg  
**12-2 Learn to Play Mah Jongg**  
12-4 Duplicate Bridge

12:45 Chair Volleyball  
1-4 Red Hat Honey Bees  
**1-4:15 Podiatry with Dr. John (Please call for appt.)**  
4:30-6:30 SHINE, by appt.  
**6 The Tudors, Part III**

**FRAMINGHAM PRELIMINARY ELECTION**

**Summer 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**  
1 Bingo  
1 Discussion Group  
1 Caregivers' Support Group  
1-3 SHINE, by appt.

**Cancellations:**  
Mindfulness Meditation  
Beading with Marilyn  
Friends Lunch  
Music of Mozart  
Strength Training Cardio

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Computer Room  
9:15 Practically Fit \$3  
**9:30-noon My Life, My Health**  
9:30 Cribbage  
10-2 Mah Jongg  
10-11:30 Ask-the-Experts  
10:30-12:30 Hispanic Social Group  
11:30 Zumba \$3  
**1 Legends & Lies**  
1 Book Discussion Group  
1-3 SHINE, by appt.  
**2 Choral Group**

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 & 11 SHINE, by appt.  
10:30 Callahan Center Knitters  
11 Skip-Bo  
11 Moving for Better Balance 1  
12:15-1:30 Chair Volleyball

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