











| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Friday                                                                                                                                                                                                                                                                                        |  |
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|  <p><b>30% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b></p> <p>500 COCHITUATE ROAD, FRAMINGHAM 01702<br/>508-875-0225 WWW.SAVERS.COM</p>                                                                                                                                                                                                                                                                                                                                                                           |  | <p>8:30-7 Table Tennis<br/>9 Golf League @ Millwood<br/>9-7 Computer Room<br/>9 Contract Bridge<br/>9-11 SHINE, by appt.<br/>9:30 Pinochle<br/>9:30 Moving for Better Balance<br/>Maintenance Class (Prerequisite: 16-wk MFBB1)<br/>10 Aerobics<br/>11 Zumba \$3<br/>11-4 Mah Jongg</p> <p><b>11:30-1:30 Acupuncture, by appt. 1</b></p> <p>12-4 Duplicate Bridge<br/>12:45 Chair Volleyball<br/>4:30-6:30 SHINE, by appt.</p>                                                                                                                                                                                                                                                                                                                                    |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:30-12:30 Blood Pressure Clinic<br/>9:45 Strength Train/Cardio \$3<br/>10 Low Vision Group-New Date, New Time<br/>10:30 Mindfulness Meditation \$3<br/>1 Bingo<br/>1 Discussion Group<br/>1-3 SHINE, by appt.<br/><b>3:15 Low-Impact Exercise Class</b></p> <p><b>2</b></p>                                                                                                                                                                |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:15 Practically Fit \$3<br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Hispanic Social Group<br/>11:30 Zumba \$3<br/>1-3 SHINE, by appt.<br/>2 Choral Group<br/>2-4 Brazilian Social Group</p> <p><b>3</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  | <p>8:30-1 Pool Tables Open<br/>9-1 Computer Room<br/>9 Poker<br/>9-1 Open Sew<br/>9:45 Strength Train/Cardio \$3<br/>10 Chair Yoga \$3<br/>11 Skip-Bo<br/>12:15-1:30 Chair Volleyball</p> <p><b>4</b></p> <p><i>Cancelled: Moving for Better Balance</i></p> <p><b>CLOSING AT 1:30 PM</b></p> |  |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-11 SHINE, by appt.<br/>9-4 Computer Room<br/>9:30 Pinochle<br/>9:45 Strength Train/Cardio \$3<br/>10 Bowling, Ryan's Amusement, Millis, \$11<br/>10-11:30 Sports Fanatics<br/>10-4 Mary Make Do<br/>10:30-12 Bereavement Support Group<br/>11 Moving for Better Balance 1 (enrollment required)<br/>11 Skip-Bo<br/>12 Conversation &amp; Humor<br/>12-4 Duplicate Bridge<br/>12-3 Scrabble<br/><b>1 Friends Board Meeting</b><br/>1-4 Genealogy Group</p> <p>1-3 SHINE, by appt.<br/><b>2:15 Tai Chi-New Instructor \$3</b></p> <p><b>7</b></p> |  | <p>8:30-7 Table Tennis<br/>9 Golf League @ Millwood<br/>9-7 Computer Room<br/>9 Contract Bridge<br/><b>9 Veterans' Discussion Group</b><br/>9-11 SHINE, by appt.<br/>9:30 Pinochle<br/>9:30 Moving for Better Balance<br/>Maintenance Class (Prerequisite: 16-wk MFBB1)<br/>10 Aerobics<br/>11 Zumba \$3<br/>11-4 Mah Jongg<br/><b>12-2 Mah Jongg Lessons</b><br/>12-4 Duplicate Bridge<br/>12:45 Chair Volleyball<br/><b>1:30 COA Board Meeting</b></p> <p><b>3-4 Clinic on Handheld Devices</b><br/>4:30-6:30 SHINE, by appt.<br/><b>6 NEW Evening Caregiver Support Group</b><br/><b>6 Prebiotics &amp; Probiotics: What You Should Know</b></p>                                                                                                               |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:30-12:30 Blood Pressure Clinic<br/>9:45 Strength Train/Cardio \$3<br/>10:00 Beading with Marilyn<br/>10:30 Mindfulness Meditation \$3<br/><b>11:30 Friends Lunch - RSVP \$6</b><br/>12 Better Breathers<br/>1-4:15 Podiatry with Dr. John (Please call for appt.)<br/>1 Bingo<br/>1 Discussion Group<br/>1-3 SHINE, by appt.<br/><b>3:15 Low-Impact Exercise Class</b></p> <p><b>9</b></p> <p><b>7 p.m. Grandparent Support Group</b></p> |  | <p><b>Trip: Pickity Place &amp; Frye's Museum</b></p> <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:15 Practically Fit \$3<br/>9:30 Cribbage<br/><b>10-11:30 Benefits of Acupuncture &amp; Free Mini-Treatmen</b><br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Hispanic Social Group<br/>11:30 Zumba \$3<br/>1-3 SHINE, by appt.<br/>2 Choral Group</p> <p><b>10</b></p> <p><b>11</b></p> <p>8:30-1 Pool Tables Open<br/>9-1 Computer Room<br/>9 Poker<br/>9-1 Open Sew<br/>9:45 Strength Train/Cardio \$3<br/><b>10-12 Motherless Daughters: Coping with Grief</b><br/>10 Chair Yoga \$3<br/>10 &amp; 11 SHINE, by appt.<br/>11 Skip-Bo<br/>11 Moving for Better Balance 1 (enrollment required)<br/>12:15-1:30 Chair Volleyball</p> <p><b>CLOSING AT 1:30 PM</b></p> |  |                                                                                                                                                                                                                                                                                               |  |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-11 SHINE, by appt.<br/>9-4 Computer Room<br/>9:30 Pinochle<br/>9:45 Strength Train/Cardio \$3<br/>10-11:30 Sports Fanatics<br/>10-4 Mary Make Do<br/>10:30-12 Bereavement Support Group<br/>11 Moving for Better Balance 1 (enrollment required)<br/>11 Skip-Bo<br/>12 Conversation &amp; Humor<br/>12-4 Duplicate Bridge<br/>12-3 Scrabble<br/>1-4 Genealogy Group<br/>1-3 SHINE, by appt.</p> <p><b>2:15 Tai Chi-New Instructor \$3</b></p> <p><b>14</b></p>                                                                                  |  | <p>8:30-7 Table Tennis<br/>9 Golf League @ Millwood<br/>9-2, 4-7 Computer Room<br/>9 Contract Bridge<br/><b>9-12 FREE Manicures by Keefe Tech, by appt. only</b><br/>9-11 SHINE, by appt.<br/>9:30 Pinochle<br/>9:30 Moving for Better Balance<br/>Maintenance Class (Prerequisite: 16-wk MFBB1)<br/>10 Aerobics<br/>11 Zumba \$3<br/>11-4 Mah Jongg<br/><b>11:30-1:30 Acupuncture, by appt.</b><br/><b>12-2 Mah Jongg Lessons</b><br/>12-4 Duplicate Bridge</p> <p>12:45 Chair Volleyball<br/>1:30 Parkinson's Support Group<br/><b>2-4 Intro to Windows 10</b><br/>4:30-6:30 SHINE, by appt.<br/><b>6 Meet Julia Child presented by the Delvena Theatre Company</b></p>   |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:30-12:30 Blood Pressure Clinic<br/>9:45 Strength Train/Cardio \$3<br/>10:30 Mindfulness Meditation \$3<br/><b>1 Special Bingo</b><br/>1 Discussion Group<br/>1-3 SHINE, by appt.<br/><b>3:15 Low-Impact Exercise Class</b></p> <p><b>16</b></p>                                                                                                                                                                                           |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-2 Computer Room<br/>9-30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30 Hispanic Social Group<br/><b>11:30-1 Jewels of Framingham, by invitation only</b><br/>1-3 SHINE, by appt.<br/><b>2-4 Intro to iPads-iPhones</b><br/>2 Choral Group</p> <p><b>17</b></p> <p><i>Cancelled: Practically Fit &amp; Zumba</i></p> <p><b>CANCELLED: Strength Training Cardio, Moving For Better Balance 1</b></p> <p><b>CLOSING AT 1:30 PM</b></p> <p><b>TRIP: May 20</b><br/>Hanover Theatre &amp; Via Italian Table</p>                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                               |  |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-11 SHINE, by appt.<br/>9-4 Computer Room<br/>9:30 Pinochle<br/>9:45 Strength Train/Cardio \$3<br/>10-11:30 Sports Fanatics<br/>10-4 Mary Make Do<br/>10:30-12 Bereavement Support Group<br/>11 Moving for Better Balance 1 (enrollment required)<br/>11 Skip-Bo<br/>12 Conversation &amp; Humor<br/>12-4 Duplicate Bridge<br/>12-3 Scrabble</p> <p>1-4 Genealogy Group<br/>1-3 SHINE, by appt.</p> <p><b>2:15 Tai Chi-New Instructor \$3</b></p> <p><b>21</b></p>                                                                               |  | <p>8:30-7 Table Tennis<br/>9 Golf League @ Millwood<br/>9-2, 4-7 Computer Room<br/>9 Contract Bridge<br/><b>9-11 Legal Clinic</b><br/>9-11 SHINE, by appt.<br/>9:30 Pinochle<br/>9:30 Moving for Better Balance<br/>Maintenance Class (Pre-requisite: 16-wk MFBB1)<br/>10 Aerobics<br/>11 Zumba \$3<br/>11-4 Mah Jongg<br/><b>12-2 Mah Jongg Lessons</b><br/>12-4 Duplicate Bridge</p> <p>12:45 Chair Volleyball<br/><b>2-4 Intro to Cloud Computing</b><br/><b>3-4 Clinic on Handheld Devices</b><br/>4:30-6:30 SHINE, by appt.<br/><b>6 History of Western Architecture: Part 1</b></p>                                                                                  |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:30-12:30 Blood Pressure Clinic<br/>9:45 Strength Train/Cardio \$3<br/>10:00 Beading with Marilyn<br/>10:30 Mindfulness Meditation \$3<br/><b>11:30 Friends Lunch - RSVP \$6</b><br/>1 Bingo<br/>1 Discussion Group<br/>1 Caregivers' Support Group<br/>1-3 SHINE, by appt.<br/><b>3:15 Low-Impact Exercise Class</b></p> <p><b>23</b></p>                                                                                                 |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:15 Practically Fit \$3<br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/><b>10:45-12:30 Bingo &amp; Pizza with Brophy School-\$2</b><br/>11:30 Zumba \$3<br/><b>1:30-3:30 Movie: Florence Foster Jenkins</b><br/>1-3 SHINE, by appt.<br/>2 Choral Group</p> <p><b>24</b></p> <p><b>25</b></p> <p>8:30-1 Pool Tables Open<br/>9-1 Computer Room<br/>9 Poker<br/>9-1 Open Sew<br/>10 Chair Yoga \$3<br/>10 &amp; 11 SHINE, by appt.<br/>10:30 Callahan Knitters<br/>11 Skip-Bo<br/>11 Moving for Better Balance 1 (enrollment required)<br/>12:15-1:30 Chair Volleyball</p> <p><i>Cancelled: Strength Training Cardio</i></p> <p><b>CLOSING AT 1:30 PM</b></p>                                                            |  |                                                                                                                                                                                                                                                                                               |  |
| <p><b>Closed in observance of Memorial Day</b></p>  <p><b>28</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | <p>8:30-7 Table Tennis<br/>9 Golf League @ Millwood<br/>9-7 Computer Room<br/>9 Contract Bridge<br/>9-11 SHINE, by appt.<br/>9:30 Pinochle<br/>9:30 Moving for Better Balance<br/>Maintenance Class (Pre-requisite: 16-wk MFBB1)<br/>10 Aerobics<br/>10 Diabetes Support Group<br/>11 Zumba \$3<br/>11-4 Mah Jongg</p> <p>12-4 Duplicate Bridge<br/>12:45 Chair Volleyball<br/><b>1-4:15 Podiatry with Dr. John (Please call for appt.)</b><br/>1-4 Red Hat Honey Bees<br/>4:30-6:30 SHINE, by appt.<br/><b>5:45-7:15 Thinking Beyond the Money</b></p>                                                                                                                                                                                                         |  | <p><b>Trip: Newburyport Cruise and Michael's Harborside</b><br/>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:30-12:30 Blood Pressure Clinic<br/><b>10:30 Understanding the MOLST Form</b><br/>10:30 Mindfulness Meditation \$3<br/>1 Bingo<br/>1 Discussion Group<br/>1-3 SHINE, by appt.<br/><b>3:15 Low-Impact Exercise Class</b></p> <p><b>30</b></p> <p><i>Cancelled: Strength Training Cardio</i></p>                                                                                |  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Computer Room<br/>9:15 Practically Fit \$3<br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Hispanic Social Group<br/>11:30 Zumba \$3<br/>1-3 SHINE, by appt.<br/>1 Book Discussion Group</p> <p><b>31</b></p> <p><i>Cancelled: Choral Group</i></p>                                                                                                                                                                                                                                                                                                                                                                                      |  |                                                                                                                                                                                                                                                                                               |  |