

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Pinochle 10 Bowling 10-4 Mary Make Do 12:30 Tai Chi, \$4 1-2 Drop-In Hours with State Rep. Jack Patrick Lewis 1-3 Genealogy 1:1 1:30 Scrabble 1:30 Canasta 2 Chair Volleyball Dine Around 	2 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1-2 ZOOM: Parkinson's Support Group 1 FOC Board Meeting 1:30 Canasta	3 9-12 Blood Pressure Clinic 9:30 Strength & Cardio \$3 10-12 Ask-the-Experts 11 Mindful Living & Meditation \$3 11 SEATED Mobility, Stretch & Balance \$3 11:30 The Fun Club 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club	4 9 Cribbage 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Book Discussion Group 1:30 Rummikub! 2 Stay Confident, Comfortable & Safe at Home	5 9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 11:30 Chair Yoga \$3 2 Encore
9 9 Pinochle 10 MetroWest Mediation 10 Bowling 10-4 Mary Make Do 11 Low Vision Support Group 12:30 Tai Chi, \$4 1-3 Genealogy 1:1 1:30 Scrabble 1:30 Canasta 2 Chair Volleyball 2 Movie Matinee: When Harry Met Sally	10 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1:30 Canasta 1:30 COA Board Meeting 2 Joy Merchant: A Musical Afternoon w/John Keezing 3 Bereavement Support Group 3 Handheld Device Clinic	11 9-12 Blood Pressure Clinic 9:30 Strength & Cardio \$3 10-12 Ask-the-Experts 10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office 11 Mindful Living & Meditation \$3 11 SEATED Mobility, Stretch & Balance \$3 11:30 The Fun Club 12 Better Breathers Group 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club	12 9 Cribbage 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Rummikub! 1 Springwell Agency Overview 2 An Afternoon of Broadway Love Songs with Michelle Bruckner	13 9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 11:30 Chair Yoga \$3 2 Encore
16 Closed in Honor of Presidents' Day	17 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1 Parkinson's Support Group 1:30 Canasta 2 Agamograph Art	18 9-12 Blood Pressure Clinic 9:30 Strength & Cardio \$3 10-12 Ask-the-Experts 11 Mindful Living & Meditation \$3 11:30 The Fun Club 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club Cancelled: SEATED Mobility, Stretch & Balance	19 9 Cribbage 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Rummikub! 2 Solo Agers	20 9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 11:30 Chair Yoga \$3 2 Encore
23 9 Pinochle 10 Bowling 10-4 Mary Make Do 10-11 Drop-In Hours with State Rep. Priscila Sousa 11:30 Food For Life 12:30 Tai Chi, \$4 1-3 Genealogy 1:1 1:30 Scrabble 1:30 Canasta 2 Chair Volleyball 2 Callahan Coffee House	24 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11 Zumba \$3 1:30 Canasta 2 Lift Your Way to Longevity w/ Ann Saldi 2 Winter Mason Jar Luminaries 3 Bereavement Support Group	25 9-12 Blood Pressure Clinic 9:30 Strength & Cardio \$3 10-12 Ask-the-Experts 11 Mindful Living & Meditation \$3 11 SEATED Mobility, Stretch & Balance \$3 11:30 The Fun Club 1-3 Bingo 1 Pitch 1:30 Rummikub! 2 Dull Men's Club	26 9 Cribbage 9:30 Mobility, Stretch & Balance \$3 9:45 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Current Affairs Discussion Group 11 Zumba \$3 1 Needlepoint Group 1:30 Chess 1:30 Rummikub! 2 Caregivers Support Group 2 Seniors & Scams	27 9 Dance Fitness with Ann \$3 9-4 Open Sew 10 Poker 10:15-11 Small Ball \$3 10:30-12 Callahan Knitters 11:30 Chair Yoga \$3 2 Encore

Computer Room-
 Mondays and Wednesdays, 9-4 PM. If you need computer assistance, call the Front Desk for an appointment.
 1:1 Appointments available on Mondays and Tuesdays, 9 AM- 1 PM
 Closed during Technology Classes.

Fitness Center Open- Mon-Fri., 9 AM- 4 PM
 The fitness center is not available on Thursdays. from 1-3 PM

Table Tennis Open- Mon.-Fri., 9 AM - 4 PM
 Table Tennis area is reserved for special programming on the 2nd & 4th Tues., 2-3 PM & the 2nd Friday of the month, 11 AM-12 PM

Pool Tables Open- Mon.-Fri., 9 AM - 4 PM
 Pool Tables are closed during Pool Tournaments. See Teri if you would like to join the Pool Team.
 Pool Tables are reserved for special programming on the 2nd Friday of the month, 11 AM-12 PM

