



Monday	Tuesday	Wednesday	Thursday	Friday
<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 Bocce, Dudley Rd. Bocce Court, weather permitting 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living &amp; Meditation \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;"><b>1</b></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 <b>ZOOM:</b> Parkinson's Support Group 2:30 Friends Meeting</p> <p>3:30-7 Pool Tables 4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3</p> <p style="text-align: right;"><b>2</b></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 &amp; Meditation \$3 1-3 Bingo</p> <p style="text-align: right;"><b>3</b></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 style="text-align: right;"><b>4</b></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 Stretch with Anthony (previously recorded) 11 Chair Yoga with Rebecca \$3 12:30 <b>ZOOM:</b> Conversation &amp; Humor</p> <p style="text-align: right;"><b>5</b></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 Bocce, Dudley Rd. Bocce Court, weather permitting 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living &amp; Meditation \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;"><b>8</b></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 <b>2 Info Session: Help Students with Reading, Presented by Literations</b> 3:30-7 Pool Tables</p> <p>4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3 5-7 Table Tennis <b>6 Latin Music-Part 2, Presented by Dr. Brett Abigaña</b>  <b>Cancelled: COA Board Mtg.</b></p> <p style="text-align: right;"><b>9</b></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 &amp; Meditation \$3 1-3 Bingo</p> <p><b>Cancelled:</b> <b>Better Breathers</b> <b>Travel Discussion Group</b></p> <p style="text-align: right;"><b>10</b></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 12-1:30 Grandparent Support Group <b>2 The Art of Laughter, Presented by Professor Sushil Bhatia</b></p> <p style="text-align: right;"><b>11</b></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 11 Chair Yoga with Rebecca \$3 12:30 <b>ZOOM:</b> Conversation &amp; Humor</p> <p style="text-align: right;"><b>12</b></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 Bocce, Dudley Rd. Bocce Court, weather permitting 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living &amp; Meditation \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group <b>2-3:30 Is Clutter a Problem for You?</b></p> <p style="text-align: right;"><b>15</b></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 <b>ZOOM:</b> Chair Yoga \$3 <b>6 Bette Davis, A Vulnerable Fortress, Presented by Frank Mandosa</b> </p> <p style="text-align: right;"><b>16</b></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 &amp; Meditation \$3 1-3 Bingo</p> <p> <b>FRIENDS DINE AROUND</b> <b>JACK'S ABBY</b> 100 Clinton Street Framingham 508-872-0900</p> <p style="text-align: right;"><b>17</b></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 <b>2 Tony Funches, Former Lead Vocalist for The Platters, Sponsored by Mary Ann Morse Healthcare Corp.</b></p> <p style="text-align: right;"><b>18</b></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 <b>ZOOM:</b> Conversation &amp; Humor</p> <p style="text-align: right;"><b>19</b></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 Bocce, Dudley Rd. Bocce Court, weather permitting 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living &amp; Meditation \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group <b>1:30 ZOOM: Cost-Saving Strategies for Medicare Beneficiaries, Presented by MetroWest SHINE</b></p> <p style="text-align: right;"><b>22</b></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 3:30-7 Pool Tables 4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3</p> <p>5-7 Table Tennis <b>6 Classics Around the World-Part 3, Presented by Pianist Sivan Etedgee</b> </p> <p style="text-align: right;"><b>23</b></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 &amp; Meditation \$3 1-3 Bingo</p> <p style="text-align: right;"><b>24</b></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 <b>1:30 The Civil War, Part 1, Presented by Rick Tulipano</b>  2-3 Caregiver Support Group</p> <p style="text-align: right;"><b>25</b></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 <b>ZOOM:</b> Conversation &amp; Humor</p> <p style="text-align: right;"><b>26</b></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 Bocce, Dudley Rd. Bocce Court, weather permitting 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living &amp; Meditation \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group</p> <p style="text-align: right;"><b>29</b></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 1-4 Red Hat Honey Bees 3:30-7 Pool Tables <b>6 The American Century, Part 3, Presented by Paolo Di Gregorio</b>  <b>CANCELED: Chair Yoga on Zoom</b></p> <p style="text-align: right;"><b>30</b></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 &amp; Meditation \$3 1-3 Bingo</p> <p style="text-align: right;"><b>31</b></p>	<p><b>EDUCATIONAL PROGRAM ON ZOOM</b> 8/22 at 1:30 Cost-Saving Strategies for Medicare Beneficiaries, Presented by MetroWest SHINE</p> <p><b>FITNESS &amp; DISCUSSION GROUPS ON ZOOM</b> Mindful Living &amp; Meditation: Mondays, 10:30 am (\$3) Chair Yoga: Tuesdays, 4:30 pm (\$3) Conversation &amp; Humor: Fridays, 12:30 pm</p> <p style="text-align: right;"><b>31</b></p>	<p><b>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION</b> Parkinson's Support Group: 8/2, 1 pm Low Vision Group: 8/17, 11 am Grandparent Support Group <b>Call 508-532-5980, ext. 4108 for more info</b></p> <p><b>NOTE: PING PONG ON TUESDAYS</b> 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>