




Monday		Tuesday		Wednesday		Thursday		Friday				
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge</p>	<p>12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group 1-3 SHINE, by appt. 2 Chair Yoga \$3 - NEW START TIME</p>	1	<p>8:30-7 Table Tennis 8:30 Contract Bridge 9-7 Computer Room 9 Golf at Southborough Golf Club (St. Mark's) 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. \$20</p>	<p>12-4 Duplicate Bridge 12:30 Chair Volleyball 2-3:30 Friends Board Meeting 4:30-6:30 SHINE, by appt. 4:30-7 Pool Tables Open</p>	2	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9-4 Pinochle 9:30-12:30 Discovery Center 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living & Meditation \$3 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO</p>	3	<p>Closed in observance of Independence Day</p> 	4	<p>8:30-1 Pool Tables Open 9-1 Computer Room 9-1 Open Sew 9 Poker 9:45 Strength Train/Cardio \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:15 Chair Volleyball</p>	5	<p>CENTER CLOSES AT 1:30</p>
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bocce at Dudley Rd. 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group 1-3 SHINE, by appt. 2 Chair Yoga \$3 - NEW START TIME</p>	8	<p>8:30-7 Table Tennis 8:30 Contract Bridge 9-7 Computer Room 9 Golf at Southborough Golf Club (St. Mark's) 9 Pinochle 9-11 SHINE by appt. 9-9:45 Morning Stretch & Meditate \$3 10 Aerobics 11 Zumba 11-4 Mah Jongg 12-4 Duplicate Bridge 12:30 Chair Volleyball 1-2:30 Bereavement Support Group 1:30 COA Board Meeting 4:30-6:30 SHINE, by appt. 4:30-7 Pool Tables Open</p>	9	<p>6 Romantic Piano from Beethoven to Brahms with Sivan Etedgee</p>  <p>CENTER OPEN UNTIL 7:30 P.M.</p>	<p>TRIP: Peak's Island, Maine 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Discovery Center 9:30-12:30 Blood Pressure Clinic 9:30 U.S. Rep. Katherine Clark's Office Hours 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living & Meditation \$3 11:30 Friends Lunch, \$6 per person, registration required 12 Better Breathers Support Group 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO 6 p.m. Evening Caregiver Support Group 7 p.m. Grandparent Support Group</p>	10	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30-12:30 Discovery Center 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11:30 Zumba \$3 1-3 SHINE, by appt. 1 Book Discussion Group 2 Choral Group</p>	11	<p>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:15 Chair Volleyball</p>	12	<p>CENTER CLOSES AT 1:30</p>	
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bocce at Dudley Rd. 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group 1-3 SHINE, by appt.</p>	Cancelled: Chair Yoga	15	<p>8:30-7 Table Tennis 8:30 Contract Bridge 9-5:30 Computer Room 9 Golf at Southborough Golf Club (St. Mark's) 9 Pinochle 9-11 SHINE by appt. 9-9:45 Morning Stretch & Meditate \$3 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. \$20 12-4 Duplicate Bridge 12:30 Chair Volleyball 1-2:30 Parkinson's Support Group 4:30-6:30 SHINE, by appt.</p>	16	<p>4:30-7 Pool Tables Open 6-7:30 Getting Started with Email 6 Rock 'n' Roll with Workingman's Band, Sponsored by the Rosanne Bergman Trust</p>	17	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9-4 Pinochle 9:30-12:30 Discovery Center 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living & Meditation \$3 1 Discussion Group 1-2:30 Low Vision Support Group 1-3 SHINE, by appt. 1-3 Bingo</p>	18	<p>8:30-1 Pool Tables Open 9-1 Computer Room 9-1 Open Sew 9 Poker 9:45 Strength Training/Cardio \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:15 Chair Volleyball</p>	19	<p>CENTER CLOSES AT 1:30</p>	
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bocce at Dudley Rd. 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group 1-3 SHINE, by appt.</p>	1-3 SHINE, by appt. 2 Chair Yoga \$3 - NEW START TIME	22	<p>8:30-7 Table Tennis 8:30 Contract Bridge 9-5 Computer Room 9 Golf at Southborough Golf Club (St. Mark's) 9 Legal Clinic 9 Pinochle 9-11 SHINE by appt. 9-9:45 Morning Stretch & Meditate \$3 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:30 Chair Volleyball 1 Red Hat Honey Bees</p>	23	<p>1-2:30 Bereavement Support Group 4:30-6:30 SHINE, by appt. 4:30-7 Pool Tables Open 5:30-7:30 Intro to iPads & iPhones 6 Crooner Comedy with Frank King</p>  <p>CENTER OPEN UNTIL 7:30 P.M.</p>	24	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Discovery Center 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living & Meditation \$3 11:30 Friends Lunch, \$6 per person, registration required 12:30-1:30 Ice Cream Social, Sponsored by The Residence at Valley Farm 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO 1 Caregiver Support Group</p>	25	<p>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 & 11 SHINE, by appt. 10:30 Callahan Knitters 11 Skip-Bo 12:15 Chair Volleyball</p>	26	<p>CENTER CLOSES AT 1:30</p>	
<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-11 SHINE, by appt. 9-4 Computer Room 9 Pinochle 9:45 Strength Train/Cardio \$3 10 Bocce at Dudley Rd. 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation & Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3 1-4 Genealogy Group 1-3 SHINE, by appt. 2 Chair Yoga \$3 - NEW START TIME</p>	29	<p>TRIP: Fosters Clambake 8:30-7 Table Tennis 8:30 Contract Bridge 9-7 Computer Room 9 Golf at Southborough Golf Club (St. Mark's) 9 Pinochle 9-11 SHINE by appt. 9-9:45 Morning Stretch & Meditate \$3 10 Aerobics 11 Zumba \$3 11-4 Mah Jongg 12-4 Duplicate Bridge 12:30 Chair Volleyball 1 Red Hat Honey Bees 4:30-6:30 SHINE, by appt. 4:30-7 Pool Tables Open</p>	30	<p>6 Cannabis & What Seniors Should Know with Dr. Uma Dhanabalan</p>	31	<p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Discovery Center 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living & Meditation \$3 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO</p>	<div style="text-align: center;"> <p>advantage*</p> <p>FUNERAL & CREMATION SERVICES</p> <p><i>Wadsworth-Chiappini</i></p> <p>DIRECT CREMATION \$1,375</p> <p>BURIALS STARTING AT \$8,979</p> <p>318 UNION AVENUE, FRAMINGHAM 508-875-8541</p> <p>DIRECTOR: DAVID COMEAU</p> <p><small>A Service Family Affiliate of ADFS/Service Corporation Int'l, 206 Winter Street, Fall River, MA 02720, 508-676-2452</small></p> </div> 