






Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Closed in observance of LABOR DAY</b></p> 	<p><b>2</b></p> <p>8:30-7 Table Tennis 8:30 Contract Bridge 9-7 Computer Room 9 Golf at Southborough Golf Club 9 Pinochle 9-11 SHINE by appt. 10 Aerobics 11 Zumba 11-4 Mah Jongg 11:30-1:30 Acupuncture, by appt. \$20 12-4 Duplicate Bridge 12:30 Chair Volleyball</p>	<p><b>3</b></p> <p><b>2 Friends Board Meeting</b> 4:30-6:30 SHINE, by appt. 4:30-7 Pool Tables Open</p> <p><b>CENTER OPEN UNTIL 7:30 P.M.</b></p>	<p><b>4</b></p> <p><b>TRIP: Theatre by the Sea</b> 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room <b>9:30-12:30 Discovery Center</b> 9:30-12:30 Blood Pressure Clinic 10:30 Mindful Living &amp; Meditation \$3 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO <b>3:15 Strengthen &amp; Stretch with Laila \$3</b></p> <p><b>Cancelled: Strength Training/Cardio</b></p>	<p><b>5</b></p> <p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage <b>9:30-12:30 Discovery Center</b> 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>	<p><b>6</b></p> <p>8:30-1 Pool Tables Open 9-1 Computer Room 9-1 Open Sew 9 Poker 10 &amp; 11 SHINE, by appt. 11 Skip-Bo 12:15 Chair Volleyball</p> <p><b>Cancelled: Strength Training/Cardio</b></p> <p><b>CENTER CLOSES AT 1:30</b></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 Callahan Bowling, Ryan's Family Amusement, Millis, \$13 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3</p>	<p><b>9</b></p> <p>1-4 Genealogy Group 1-3 SHINE, by appt. <b>2 Chair Yoga with Cyndi \$3</b></p>	<p><b>10</b></p> <p><b>2-4 Discovery Center</b> 4:30-6:30 SHINE, by appt. 4:30-7 Computer Room Open 4:30-7 Pool Tables Open <b>6 Silent Movies with Pianist Richard Hughes</b> </p> <p><b>CENTER OPEN UNTIL 7:30 P.M.</b></p>	<p><b>11</b></p> <p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room <b>9:30-12:30 Discovery Center</b> 9:30-12:30 Blood Pressure Clinic <b>9:30 U.S. Rep. Katherine Clark's Office Hours</b> 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living &amp; Meditation \$3 <b>11:30 Friends Lunch, \$6 per person, registration required</b> 12 Better Breathers Support Group 1 Discussion Group 1-3 SHINE, by appt. 1-3 Bingo <b>1:30-3:30 Matter of Balance (Pre-registration required)</b> <b>3:15 Strengthen &amp; Stretch with Laila, \$3</b> 6 Evening Caregiver Support Group 7 Grandparent Support Group</p>	<p><b>12</b></p> <p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 <b>9:30-12:30 Discovery Center</b> 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. <b>1:30 Musical Performance: "Ragtime" Jack Radcliffe, Sponsored by the Rosanne Bergman Trust</b> 2 Choral Group</p> 	<p><b>13</b></p> <p>8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 &amp; 11 SHINE, by appt. <b>11 Chair Yoga with Rebecca \$3</b> 11 Skip-Bo 12:15 Chair Volleyball</p> <p><b>CENTER CLOSES AT 1:30</b></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 Callahan Bowling, Ryan's Family Amusement, Millis, \$13 10-11:30 Sports Fanatics 10-4 Mary Make Do 11 Skip-Bo 12 Conversation &amp; Humor 12-4 Duplicate Bridge 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$3</p>	<p><b>16</b></p> <p>1-4 Genealogy Group 1-3 SHINE, by appt. <b>2 Chair Yoga with Cyndi \$3</b></p>	<p><b>17</b></p> <p><b>2-4 Discovery Center</b> 4:30-6:30 SHINE, by appt. 4:30-7 Computer Room Open 4:30-7 Pool Tables Open <b>6 William Faulkner: His Life &amp; Works, Presented by Dr. Larry Lowenthal</b> </p> <p><b>CENTER OPEN UNTIL 7:30 P.M.</b></p>	<p><b>18</b></p> <p><b>Trip: Historic Deerfield Village</b> 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room <b>9:30-12:30 Discovery Center</b> 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living &amp; Meditation \$3 <b>11-12:30 Low Vision Support Group - NEW TIME</b> 1 Discussion Group 1-3 SHINE, by appt. 1 BINGO <b>1:30-3:30 Matter of Balance (Pre-registration required)</b> <b>3:15 Strengthen &amp; Stretch with Laila, \$3</b></p>	<p><b>19</b></p> <p>8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room <b>9:30-12:30 Discovery Center</b> 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts <b>10:30-12 Brighter Day Memory Cafe</b> <b>11-1 Spanish/Latin American Celebration</b> 1-3 SHINE, by appt. 2 Choral Group</p> <p><b>Cancelled: Practically Fit and Zumba</b></p>	<p><b>20</b></p> <p>8:30-1 Pool Tables Open 9-1 Computer Room 9-1 Open Sew 9 Poker 9:45 Strength Training/Cardio \$3 10 &amp; 11 SHINE, by appt. <b>11 Chair Yoga with Rebecca \$3</b> 11 Skip-Bo 12:15 Chair Volleyball</p> <p><b>CENTER CLOSES AT 1:30</b></p>
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**advantage\***

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