











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FITNESS & DISCUSSION GROUPS ON ZOOM Chair Yoga, Tuesdays: 4:30 pm (\$3) Conversation & Humor: Fridays, 12:30 pm</p> <p>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION Low Vision Support Group Parkinson's Support Group Grandparent Support Group Call 508-532-5980, ext. 4108 for more info</p> <p><i>The fitness center is not available on Thursdays from 1:30-2:45 pm.</i></p> <p><i>Table Tennis area is reserved for special programming on the 2nd and 4th Tuesdays from 3 to 4:30 pm</i></p>				<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Summer Hours: Closing at 1:30 pm</p>
<p>CLOSED: LABOR DAY</p> 	<p>8:30-7 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1-2 ZOOM: Parkinson's Support Group 2:30 Friends Board Meeting 3-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Cabaret Cardio Dance with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 Alzheimer's Caregiving Support Group 1-3 Bingo</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-4 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi, \$4 1-4 Genealogy Group 2 Chair Volleyball</p>	<p>8:30-3 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1 Bereavement Support Group 2 COA Board Meeting 3-7 Pool Tables 4-7 Table Tennis 4:30-5:15 ZOOM: Chair Yoga \$3 6 Journey through Italy, Part 3-Sicily, Presented by Paolo Di Gregorio </p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office 10-noon Learn about the PACE Program, Drop by the Friends Café 11 Mindful Living & Meditation \$3 11:30 Friends Lunch, \$10 per person (registration required by 9/8) 12 Better Breathers 1-3 Bingo</p> <p><i>Canceled: Cardio Dance with Ann</i></p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room, \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 2 The Art of Laughter, Laughter without Jokes, Presented by Professor Sushil Bhatia</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-11 Drop-In Hours with State Rep. Priscila Sousa 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi, \$4 1-4 Genealogy Group 2 Chair Volleyball</p>	<p>8:30-7 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1-2 Parkinson's Support Group 3-7 Pool Tables 4:30-5:15 ZOOM: Chair Yoga \$3 6 Beatles Night at Callahan with Studio Two, Acoustic Duo </p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Cabaret Cardio Dance with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Group 1-3 Bingo</p> <p>FRIENDS DINE AROUND UNO PIZZERIA & GRILL Route 9 East, Framingham</p> 	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1 ZOOM: Frenemies, The Art World's Greatest Rivalries, Presented by Jane Oneail </p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 10:30 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:15 Strength & Cardio with Jenn, \$3 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group 2 Chair Volleyball</p>	<p>8:30-3 Table Tennis 9-7 Fitness Room \$2 9-7 Computer Room 9 Contract Bridge 9 Pinochle 9-11 Legal Clinic, Appointment required 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10:15-1 Mah Jongg 11 Zumba \$3 12:30 Chair Volleyball 1 Bereavement Support Group 1:30 Rumba! Samba! Tango! Mambo!, Presented by John Clark </p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 9:30 Strength & Cardio with Jenn, \$3 11 Cabaret Cardio Dance with Ann, \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room, 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 The Kennedy Saga, Presented by Rick Tulipano  2 Caregiver Support Group</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Closing at 1:30 pm</p>