

Daily Activities

The Common Grounds Café: Open Daily (**Café Closed: October 12 & 30**)

Breakfast - 8:30 to 10:30 a.m. for \$2; breakfast meat is offered for \$1 extra; **Lunch** - 11:30 a.m. -1:00 p.m.

Ben's Bounty Gift Shop: Open Daily; 10:00 a.m. to 2:00 p.m.

Computer Classes (Individual Instruction): 6 weeks for \$15; call to sign up.

Pool Table: Open Daily

MONDAY

Brain Gamers – Second & fourth Monday at 9:00 a.m.

Barber/Hairdresser - 10:00 a.m. to 2:00 p.m.; \$10 for women/\$8 for men

Painting with Aivars Zandbergs - 9:00 a.m.; 10 lessons for \$50

Mah Jong - Asian Mah Jong at 10:00 a.m./American Mah Jong at 1:00 p.m.

Mexican Train Dominoes - 10:00 a.m.

Italian Conversation Group - 10:00 a.m.

Book Discussion Group - 1st Monday of the month at 11:00 a.m.; this month's book is *Woman in White* by Wilkie Collins.

Zumba Gold Aerobics - 12:00 p.m.

Monday Movies - 1:15 p.m.; see schedule on page 5

Cribbage - 6:00 p.m.

TUESDAY

Cards & Cribbage – 9:00 a.m.

Chair Exercise - 9:30 a.m.

Busy Bee Crafts - 9:30 a.m.

Manicures with Rona - 10:00 a.m. to 12:00 p.m.

Franklin Men's Club - Third Tuesday of the month at 10:00 a.m.

Cardio, Tone & Stretch - 11:00 a.m.

Legal Clinic with Fran Small - Third Tuesday at 12:30 p.m., by appointment.

Bingo - 1:00 p.m.

Low Vision Support Group - Second Tuesday at 1:00 p.m.

WEDNESDAY

Trailblazer Walking Club - 8:00 a.m.; meet at the Town Common

SHINE (Serving the Health Information Needs of Elders) Counselor - 9:30 a.m.; by appointment

Yoga, Quilting, Knitting Instruction, & Scrabble - 10:00 a.m.

Chair Massage - 10:00 to noon by appointment

Diabetes Support Group - Last Wednesday of the month at 10 a.m. Call to sign up.

Barber/Hairdresser - 1:00 p.m.; \$10 for women/\$8 for men

Line Dancing - Clare Shea (Advanced) Wednesdays 1:00 p.m.

THURSDAY

Blood Pressure - 9:00 a.m. to 1:00 p.m.

Cards, Cribbage & Bridge – 9:00 a.m.

Busy Bee Crafts - 9:30 a.m.

Chair Exercise - 9:30 a.m.

Current Events Discussion Group – 2nd & 4th Thursday at 10:30 a.m.

Line Dancing with Mary Lennon - 10:45 a.m.

Tai Chi for Seniors with Michelle Cote - 12:00 p.m.

Bingo - 1:00 p.m.

Cardio, Tone & Stretch - 1:15 p.m.

Scarlet Scamps Red Hat Society - Second Thursday of the month at 6:30 p.m.

FRIDAY

Whist - 10:00 a.m.

Wood Carving with Basil LeBlanc - 10:00 a.m.

ZUMBA Gold Aerobics - 11:00 a.m.

Widows & Friends Group - First Friday of the month at 1:00 p.m.

Chiropractic Clinic – Third Friday of the month; 12:30 to 2:30 p.m., with Dr. Craig Julian. Call for an appt.

Podiatry Clinic – Last Friday of the month; 1:00 to 3:45 p.m. Call for an appointment.

TOPS Weight Loss Support Group - 1:00 p.m.

Pokeno - 1:00 p.m.