

**Franklin Senior Center**  
**Daily Activities**

**Common Grounds Café:** Open Daily

**Breakfast** - 8:30 to 10:30 a.m. for \$2; breakfast meat is offered for \$1 extra. Affordable **Lunch** - 11:30 a.m. to 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** - 9:00 a.m. to 2:00 p.m.; \$10 for women/  
\$8 for men

**Painting Class with Aivars Zandbergs** - 9:00 a.m.

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

**Mexican Train Dominoes** - 10:00 a.m.

**The Page Turners**, Book Discussion Group meets at  
11:00 a.m.

**Zumba Gold Aerobics** - 12:00 p.m.; \$3/free to 'Y' members

**American Mah Jong** - 1:00 p.m.

**Monday Movies** - 1:15 p.m.

**Cribbage** - 6:00 p.m.

**Painting Class with Bill Robinson** - 1:00 p.m.

**TUESDAY**

**Cards** - 9:00 a.m.

**Cribbage** – 9:00 a.m.

**Chair Exercise** - 9:30 a.m.; \$2

**Busy Bee Crafts** - 9:30 a.m.

**Bocce Team** - 9:30 a.m.

**Manicures with Rona** - 10:00 a.m. to 1:00 p.m.; \$8

**Quilting for Beginners** - 10:00 a.m.

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

**Cardio, Tone & Sculpt** - 11:00 a.m.; \$3

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

**Low Vision Support Group** - Meets on second Tuesday at 1:00  
p.m. All are welcome.

**Bingo** - 1:00 p.m.

**Beginners Cribbage Lessons** - 1:00 p.m.

**WEDNESDAY**

**Trailblazer Walking Club** - 8:30 a.m.; meet at Town Common

**Blood Sugar Tests** - 2nd & 4th Wednesday at 8:30 - 10:00 am

**Drums Alive/ Wellness Beats** - 9:15 a.m.; \$3/ free for 'Y'  
members

**SHINE (Serving the Health Information Needs of Elders)**

**Counselor** - 9:00 a.m.; by appointment

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

**Chair or Mat Yoga** with Susan Winters – 10:00 a.m.

**Chair Massage** - 10:00 a.m. to noon by appointment; \$10 for  
20 minutes

**Line Dancing with Mary Lennon** - 10:30 a.m.; \$2

**Gait Assessments** - 11:00 - 12 noon, 2nd & 4th Wednesdays

**Diabetes Support Group** - Fourth Wednesday at 10:30 a.m.;  
all are welcome.

**Italian Conversation Group** - 12:30 p.m.

**Barber/Hairdresser** - 12:30 p.m.; women \$10 /men \$8

**Line Dancing - Clare Shea** 1:00 p.m.; \$2.

**Caregivers Support Group** on the 3rd Wednesday at 4:00 pm

**THURSDAY**

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

**Cards** - 9:00 a.m.

**Cribbage** - 9:00 a.m.

**Bridge** – 9:00 a.m.

**Busy Bee Crafts** - 9:30 a.m.

**Chair Exercise** - 9:30 a.m.; \$2

**Current Events Discussion Group** – 2nd & 4th Thursday at  
10:00 a.m.

**Senator Richard Ross' Office hours with Catherine Gillespie**  
- third Thursday at 10:00 a.m.

**Tai Chi for Seniors with Michelle Cote** - 12:00 p.m.; \$5/free for  
'Y' members

**Bingo** - 1:00 p.m.

**FRIDAY**

**Whist** - 10:00 a.m.

**Woodcarving** - 10:00 a.m.

**ZUMBA Gold Aerobics** - 11:00 a.m.; \$3/free to 'Y' members

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

**Pokeno** - 1:00 p.m.