

## PROGRAMS & ACTIVITIES FOR AUGUST 2020

### FOXBOROUGH SENIOR CENTER

508-543-1234 OR VISIT US ON THE WEB AT [www.foxboroughma.gov](http://www.foxboroughma.gov)

*Please check the Senior Pages of the Foxboro Reporter for any changes or additions.*

<b>AUG. 3 - MONDAY</b>	9:15 Veterans' Club; 9:30-3:30 Socially Distant Social Time; <b>10:15 Book Club</b> ; 11:45 Posture, Balance, Chairs & Stairs 1; 12:30 Scrabble; 1:00 Knitting
<b>AUG. 4 - TUESDAY</b>	9:30-3:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; <b>12:00 Hot Dogs @ N. Carl Annon Ct.</b> ; <b>1:30 BINGO</b> ; 2:00 Talespinners; <b>3:00 Virtual SHINE By Appt.</b> ;
<b>AUG. 5 - WED.</b>	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Walking Club; 10:00 Chorus 1; 11:15 Chorus 2; 1:00 Colorist Club;
<b>AUG. 6 - THURSDAY</b>	9:00 Move Pain Free 1; 9:00 Art With Ally; 9:30-3:30 Socially Distant Social Time; 2:00 Cornhole; 2:00 Ping Pong;
<b>AUG. 7 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30-12:00 Socially Distant Social Time; 10:30 Yoga 1;
<b>AUG. 10 - MONDAY</b>	9:15 Chair Yoga; 9:30-3:30 Socially Distant Social Time; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs 2; 12:30 Scrabble; 1:00 Knitting;
<b>AUG. 11 - TUESDAY</b>	<b>9:00 Blood Pressure Clinic</b> ; 9:30-3:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; <b>12:00 Hot Dogs @ Centennial Ct.</b> ; 2:00 Talespinners; <b>3:00 Virtual SHINE By Appt.</b> ;
<b>AUG. 12 - WED.</b>	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Walking Club; 10:00 Chorus 1; 11:15 Chorus 2; 1:00 Colorist Club;
<b>AUG. 13 - THURSDAY</b>	9:00 Art With Ally; 9:00 Move Pain Free 2; 9:30-3:30 Socially Distant Social Time; 2:00 Cornhole; 2:00 Ping Pong;
<b>AUG. 14 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30-12:00 Socially Distant Social Time; 10:30 Yoga 2;
<b>AUG. 17 - MONDAY</b>	9:15 Chair Yoga; 9:30-3:30 Socially Distant Social Time; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs 3; 12:30 Scrabble; 1:00 Knitting;
<b>AUG. 18 - TUESDAY</b>	9:30-3:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 2:00 Talespinners; <b>3:00 Virtual SHINE By Appt.</b> ;
<b>AUG. 19 - WED.</b>	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Walking Club; 10:00 Chorus 1; 11:15 Chorus 2; 1:00 Colorist Club; <b>4:00 History With Paolo DiGregorio On the Common</b> ;
<b>AUG. 20 - THURSDAY</b>	9:00 Move Pain Free 3; 9:00 Art With Ally; 9:30-3:30 Socially Distant Social Time; 10:45 Mah Jong Lessons & Free Play; 2:00 Corn Hole; 2:00 Ping Pong;
<b>AUG. 21 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30-12:00 Socially Distant Social Time; 10:30 Yoga 3;
<b>AUG. 24 - MONDAY</b>	9:15 Chair Yoga; 9:30 Socially Distant Social Time; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs 4; 12:30 Scrabble; 1:00 Knitting;
<b>AUG. 25 - TUESDAY</b>	<b>9:00 Blood Pressure Clinic</b> ; 9:30-3:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; <b>1:00 Low Vision Support Group</b> ; 2:00 Talespinners; <b>3:00 Farmer's Market Coupons by Appt.</b> ; <b>3:00 Virtual SHINE By Appt.</b> ;

<b>AUG. 26 - WED.</b>	8:30 Strength Training; 9:30-3:30 Socially Distant Social Time; 10:00 Chorus 1; 11:15 Chorus 2; <b>12:30 Conversation With The Town Manager</b> ; 1:00 Colorist Club; <b>4:00 "Hamilton"</b> ;
<b>AUG. 27 - THURSDAY</b>	9:00 Move Pain Free 4; 9:00 Art With Ally; 9:30-3:30 Socially Distant SocialTime; 10:45 Mah Jong Lessons & Free Play; 2:00 Corn Hole; 2:00 Ping Pong;
<b>AUG. 28 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30-12:00 Socially Distant Social Time; 10:30 Yoga 4;
<b>AUG. 31 - MONDAY</b>	9:15 Chair Yoga; 9:30-3:30 Socially Distant Social Time; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs 5; 12:30 Scrabble; 1:00 Knitting;