## PROGRAMS & ACTIVITIES FOR AUGUST 2021 FOXBOROUGH SENIOR CENTER

508-543-1234 OR VISIT US ON THE WEB AT www.foxboroughma.gov Please check the Senior Pages of the Foxboro Reporter for any changes or additions.

AUG. 2 - MONDAY	FOXBORO RESIDENTS SIGN UP FOR LANCASTER TRIP
	8:30 Cornhole; 9:15 Chair Yoga; 10:30 Tech 101 "Facebook- You
	Are Doing It Wrong!"; 11:00 Book Club; 11:45 Core Workout;
	1:00 Scrabble; 1:00 Mah Jongg; 1:00 Knitting; 2:30 Veterans' Club;
AUG. 3 - TUESDAY	NON-RESIDENTS SIGN UP FOR LANCASTER TRIP
	8:30 Cornhole; 8:30 Tai Chi; 9:45 Table Top Garden Club;
	9:45 Zumba Gold; 11:00 Nutrition Class; 12:00 Meditation;
	1:30 BINGO; 2:00 Talespinners; 3:00 SHINE;
AUG. 4 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2;
	10:00 Walking Club; 10:15 Chorus; 10:15 Van Go Discovery Club -
	Boston Seaport; 1:00 Mah Jongg; 1:00 Hearing Clinic;
	4:30 Senior Supper Grab 'n Go or In Person;
AUG. 5 - THURS.	CHARLES RIVER CURISE TRIP 10:30 A.M 5:00 P.M.
	8:30 Cornhole; 9:00 Neck & Shoulder Training; 10:30 Art With Ally;
	10:35 Men's Fitness; 12:30 Canasta;
	1:00 Movie Day "The Founder";
AUG. 6 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2;
	10:45 Cribbage;
AUG. 9 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Neck and Shoulder Training;
A110 40 THEODAY	1:00 Scrabble; 1:00 Mah Jongg; 1:00 Knitting;
AUG. 10 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic;
	9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Tracy's
	Treasures; 11:00 Nutrition Class; 12:00 Meditation;
A110 44 14/55	2:00 Talespinners; 3:00 SHINE;
AUG. 11 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2;
	10:00 Walking Club; 10:15 Chorus; 10:15 Van Go Discovery Club -
	Wrentham Outlets; 1:00 Mah Jongg; 4:00 Reminiscing With Rosie;
AUC 12 THIRE	4:30 Senior Supper Grab 'n Go or In Person;
AUG. 12 - THURS.	8:30 Cornhole; 9:00 Neck & Shoulder Training; 10:30 Art With Ally;
	10:35 Men's Fitness; <b>12:00 Tailgate BBQ</b> ; 12:30 Canasta; <b>1:00 Movie Day "The Social Network"</b> ; 2:00 Card Making Class;
ALIC 12 EDIDAY	•
AUG. 13 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2;
AUG. 16 - MONDAY	10:45 Cribbage; 8:30 Cornhole; 9:15 Chair Yoga; 11:45 Neck and Shoulder Training;
AUG. 10 - WICHDAY	, J
ALIC 17 THESDAY	1:00 Scrabble; 1:00 Mah Jongg; 1:00 Knitting; 2:30 Veterans' Club;
AUG. II - IUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba Gold; 9:45 Table Top
	Garden Club; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Ukulele
	Class II; 2:00 Talespinners; 3:00 SHINE;

AUG. 18 - WED.  8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:16 Van Go Discovery Club - Cape Cod Canal; 1:00 Hearing Clinic; 1:00 Mah Jongg; 4:30 Senior Supper Grab 'n Go or In Person;  AUG. 19 - THURS.  8:30 Cornhole; 9:00 Neck & Shoulder Training; 10:30 Art With Ally; 10:35 Men's Fitness; 12:30 Canasta; 1:00 Movie Day "The Theory Of Everything"; 1:00 NO Low Vision Support Group Today;  AUG. 20 - FRIDAY  8:30 Cornhole 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage;  AUG. 23 - MONDAY  8:30 Cornhole; 9:15 Chair Yoga; 11:45 Neck and Shoulder Training; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club;  AUG. 24 - TUESDAY  8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Talespinners; 2:00 Ukulele Class II; 3:00 SHINE;  AUG. 25 - WED.  8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Van Go Discovery Club - Mashpee Commons; 12:30 Conversation With the Town Manager; 1:00 Mah Jongg; 4:30 Senior Supper Grab 'n Go or In Person; 5:00 Men's BBQ;  AUG. 26 - THURS.  8:30 Cornhole; 9:00 Neck and Shoulder Training; 10:30 Art With Ally; 10:35 Men's Fitness; 12:00 Foxboro Housing Authority Residents' 2nd Annual Hot Dog Day to be held at N. Carl Annon Ct.; 12:30 Canasta; 1:00 Movie Day "Get On Up"; 1:00 Luncheon Outing to House of Fortune in Plainville; 4:30 History With Paolo - On The Common;  AUG. 27 - FRIDAY  8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;  AUG. 30 - MONDAY  8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;  AUG. 31 - TUESDAY  8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Ukulele Class II; 2:00 Talespinners; 3:00 SHINE;		
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