

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; 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; 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 ; 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; 12:00 Tailgate BBQ ; 12:30 Canasta; 1:00 Movie Day "The Social Network" ; 2:00 Card Making Class; |
| AUG. 13 - FRIDAY | 8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage; |
| AUG. 16 - MONDAY | 8:30 Cornhole; 9:15 Chair Yoga; 11:45 Neck and Shoulder Training; 1:00 Scrabble; 1:00 Mah Jongg; 1:00 Knitting; 2:30 Veterans' Club; |
| AUG. 17 - 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; |

| | |
|--------------------------|---|
| AUG. 18 - 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 - 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; 9:15 Chair Yoga; 10:30 Feasibility Study in Depth; 11:45 Neck and Shoulder Training; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club; |
| 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; |