

PROGRAMS & ACTIVITIES FOR JULY 2019

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.

JULY 1 - MONDAY	9:15 Veterans' Breakfast Club; 9:15 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 12:30 SHINE; 1:00 Mah Jongg Free Play; 1:00 Knitting; 1:00 Stop & Shop; 2:15 Diabetes Prevention Program;
JULY 2 - TUESDAY	8:30 NO Stretch & Balance Today; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 1:30 BINGO; 2:00 Talespinners; 3:00 Beginner Painting on Canvas; 5:00 Charlie Card for Seniors Program;
JULY 3 - WED.	1:00 Target; 2:00 Colorist Club;
JULY 4 - THURSDAY	FOURTH OF JULY HOLIDAY - SENIOR CENTER CLOSED
JULY 5 - FRIDAY	SENIOR CENTER CLOSED FOR HOLIDAY WEEKEND
JULY 8 - MONDAY	9:15 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 12:30 SHINE; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Mah Jongg Free Play; 2:15 Diabetes Prevention Program
JULY 9 - TUESDAY	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 2:00 Talespinners; 3:00 Beginner Painting on Canvas; 4:45 Healthy Food Choices for Weight Management;
JULY 10 - WED.	8:30 Strength Training; 1:00 Walmart; 2:00 Colorist Club; 2:45 Movement for Pain Relief;
JULY 11 - THURSDAY	9:00 Art With Ally; 9:00 Lower Body Stability; 10:45 Mah Jongg & Free Play; 2:00 Cornhole; 2:00 Ping Pong
JULY 12 - FRIDAY	8:30 Ping Pong; 9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage 11:00 Tech 101 "iPhone";
JULY 15 - MONDAY	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; 12:30 SHINE; 12:30 Scrabble; 1:00 Mah Jongg Free Play; 1:00 Knitting; 1:00 Stop & Shop; 2:15 Diabetes Prevention Program;
JULY 16 - TUESDAY	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 NO Zumba Gold Today; 11:00 Nutrition; 1:30 Memory Café; 2:00 Talespinners; 3:00 Drum Circle; 3:00 Beginner Painting on Canvas;
JULY 17 - WED.	8:30 Strength Training; 10:00 Surviving Aging; 1:00 TRIAD; 1:00 Patriot Place South Marketplace; 2:00 Colorist Club; 2:45 Movement for Pain Relief; 4:00 MARPAC - Ashley Jordan;
JULY 18 - THURS.	8:30 a.m. Depart for Martha's Vineyard 9:00 Art With Ally; 9:00 Lower Body Stability; 10:45 Mah Jongg & Free Play; 12:30 Soup & Sandwich; 1:00 Movie Day - "The Wife"; 2:00 Ping Pong;

JULY 19 - FRIDAY	8:30 Ping Pong; 9:00 Walmart; 9:00 Senior Fitness 11:00 Preparing for a Move;
JULY 22 - MONDAY	9:00 Jay Barrows Office Hour; 9:15 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 12:30 SHINE; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Mah Jongg Free Play; 2:15 Diabetes Prevention Program;
JULY 23 - TUESDAY	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 1:00 Low Vision Support Group; 2:00 Talespinners; 3:00 Beginner Painting on Canvas; 4:45 Focal Segmental Glomerulosclerosis in Nephrotic Syndrome;
JULY 24 - WED.	8:30 Strength Training; 10:00 Hearing Health; 1:00 Luncheon Outing to Cracker Barrel; 2:00 Colorist Club; 2:45 Movement for Pain Relief; 3:00 Blood Pressure Self Monitoring Program;
JULY 25 - THURSDAY	9:00 Art With Ally; 9:00 Lower Body Stability; 10:45 Mah Jongg & Free Play; 11:00 Men's Cookout; 2:00 Cornhole; 2:00 Ping Pong; 5:00 History With Paolo - "Stew Pie & Rum Punch - Eating & drinking in Colonial New England";
JULY 26 - FRIDAY	8:30 Ping Pong; 9:00 Senior Fitness; 9:00 Shaw's; 10:15 Cribbage;
JULY 29 - MONDAY	9:15 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 1:00 Knitting; 1:00 Mah Jongg Free Play; 12:30 SHINE; 1:00 Stop & Shop; 2:15 Diabetes Prevention Program;
JULY 30 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 11:00 Nutrition; 12:00 Blood Pressure Self Monitoring Program; 2:00 Talespinners; 3:00 Beginner Painting on Canvas; 5:15 Busting Myths & Getting Savvy About Senior Living;
JULY 31 - WED.	8:30 Strength Training; 12:30 Coffee with the Town Manager; 1:00 Job Lot/Dollar Store; 2:00 Colorist Club; 2:45 Movement for Pain Relief; 4:30 Senior Supper;