

## PROGRAMS & ACTIVITIES FOR JULY 2021

### 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>JULY 1 - THURS.</b>	<b>Non Resident Registration for Plymouth Belle</b> 8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; <b>1:00 Movie Day "Oklahoma";</b>
<b>JULY 2 - FRIDAY</b>	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage;
<b>JULY 5 - MONDAY</b>	<b>July 4th Holiday Observed - Senior Center Closed</b>
<b>JULY 6 - TUESDAY</b>	8:30 Cornhole; <b>8:30 No Tai Chi Today;</b> 9:45 Table Top Garden Club; <b>9:45 No Zumba Today;</b> 11:00 Nutrition Class; <b>12:00 Meditation;</b> <b>1:30 BINGO;</b> 2:00 Talespinners; 3:00 SHINE by appointment;
<b>JULY 7 - WED.</b>	<b>10:15 A.M. LOBSTER ROLL CRUISE</b> 8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; <b>10:15 Van Go Discovery Club;</b> 1:00 Mah Jongg; <b>4:00 Feasibility Study Presentation;</b> 4:30 Senior Supper Grab 'n Go;
<b>JULY 8 - THURS.</b>	8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; <b>1:00 Movie Day "Sound of Music";</b>
<b>JULY 9 - FRIDAY</b>	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage;
<b>JULY 12 - MONDAY</b>	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Core Workout; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; <b>2:15 iPhone Basics;</b>
<b>JULY 13 - TUESDAY</b>	8:30 Tai Chi; 8:30 Corn Hole; <b>9:00 Blood Pressure Clinic;</b> 9:45 Table Top Garden Club; <b>9:45 No Zumba Today;</b> 11:00 Nutrition Class; <b>12:00 Meditation;</b> 2:00 Talespinners; 3:00 Shine by appointment;
<b>JULY 14 -WED.</b>	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; <b>10:15 Van Go Discovery Club;</b> 1:00 Mah Jongg; <b>1:00 Hearing Health;</b> 4:30 Senior Supper Grab 'n Go; <b>5:00 World Kebab Day;</b>
<b>JULY 15 - THURS.</b>	8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; <b>1:00 Low Vision Support Group;</b> <b>1:00 Movie Day "Newsies";</b>
<b>JULY 16 - FRIDAY</b>	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage;
<b>JULY 19 -MONDAY</b>	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Core Workout; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; <b>2:30 Veterans'Club;</b>
<b>JULY 20 - TUESDAY</b>	8:30 Tai Chi; 8:30 Corn Hole; 9:45 Zumba; 9:45 Table Top Garden Club; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Talespinners; 3:00 Shine by appointment;

<b>July 21 - WED.</b>	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Van Go Discovery Club; 1:00 Mah Jongg; <b>2:00 Music With Jack Craig "Songs of Hope and Inspiration";</b> 4:30 Senior Supper Grab 'n Go;
<b>JULY 22 - THURS.</b>	8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; <b>1:00 Luncheon Outing - Horse and Carriage;</b> <b>1:00 Movie Day "Into The Woods";</b>
<b>JULY 23 - FRIDAY</b>	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage;
<b>JULY 26 - MONDAY</b>	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Core Workout; 1:00 Mah Jongg; 1:00 Scrabble; 1:00 Knitting; <b>2:15 iPhone Basics;</b>
<b>JULY 27 - TUES.</b>	8:30 Tai Chi; 8:30 Cornhole; <b>9:00 Blood Pressure Clinic;</b> <b>9:00 Manicures;</b> 9:45 Zumba; 9:45 Table Top Garden Club; 11:00 Nutrition Class; <b>12:00 Meditation;</b> 2:00 Talespinners; 3:00 Shine by appointment;
<b>JULY 28 - WED.</b>	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; <b>10:15 Van Go Discovery Club;</b> <b>12:30 Conversation With The Town Manager;</b> 1:00 Mah Jongg; <b>2:00 Veterans' Benefit Seminar;</b> 4:30 Senior Supper Grab 'n Go;
<b>JULY 29 - THURS.</b>	8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; <b>12:00 Men's BBQ;</b> <b>1:00 Movie Day "In The Heights";</b>
<b>JULY 30 - FRIDAY</b>	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage;