

# AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAHJONG	2 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 <b>BINGO</b>	3 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB <b>12:00 PICNIC LUNCH</b> 12:30 POKER 2:00 LAUGHTER YOGA	4 9:00 ROCHE BROS 9:00 SELECTMAN'S HOUR 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	5 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
7 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 EARLY AMERICAN HISTORY LECTURE <b>11:00 CASTLE ISLAND</b> 12:00 3-THIRTEEN <b>12:00 LINE DANCING</b> 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	8 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 12:30 LEGAL CLINIC 1:00 MAHJONG	9 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 <b>BINGO</b>	10 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB <b>12:00 LUAU LUNCH</b> 12:30 POKER	11 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	12 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
14 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 EARLY AMERICAN HISTORY LECTURE 12:00 3-THIRTEEN <b>12:00 TRADER JOES</b> 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	15 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 1:00 MAHJONG	16 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 <b>BINGO</b> <b>5:00-7:00 SUMMER COOKOUT</b>	17 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB <b>12:00 BBQ LUNCH</b> 12:30 POKER 2:00 MUSIC W/ PATRICK HOYE	18 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	19 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
21 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 EARLY AMERICAN HISTORY LECTURE 12:00 3-THIRTEEN <b>12:00 LINE DANCING</b> 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	22 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 1:00 MAHJONG	23 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 <b>BINGO</b>	24 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB <b>12:00 SOUTHERN CHARM LUNCH</b> 12:30 POKER	25 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE & CONVERSATION 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES	26 9:00 ZUMBA 9:00 PING PONG 10:30 LINE DANCING 11:30 LUNCH 12:30 BINGO
28 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 EARLY AMERICAN HISTORY LECTURE 12:00 3-THIRTEEN <b>12:00 WALMART &amp; KOHLS</b> 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	29 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 1:00 MAHJONG <b>2:00 CAREGIVER SUPPORT</b>	30 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 10:45 CRAFTERS CORNER 11:00 SCAT <b>11:30 GRAB N GO</b> 12:00 WHIST <b>12:00 MYSTERY LUNCH TRIP</b> 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 <b>BINGO</b>	31 9:00 WOODCARVING <b>9:00 PODIATRY CLINIC</b> 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB <b>12:00 PIZZA PARTY</b> 12:30 POKER 2:00 BOOK CLUB		

# THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD, MEDFIELD, MA 02052 PHONE: 508-359-3665

MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-\*7:00 P.M.

FRIDAY 9:00-1:00 P.M. SATURDAY 9:00 A.M.-3:00 P.M.

\*WEDNESDAY SCHEDULE VARIES

## AUGUST SPECIAL EVENTS

During the Month of August we have some exciting mini bus trips as well as a large bus day trip. Registration begins on Monday, July 3 at 9 a.m. for ALL July and August events

- Thursday, Aug 3, Picnic Luncheon, registration required, limited to 10 AND Laughter Yoga at 2 pm
- Friday, Aug. 4, Selectman's Hour with Pete Peterson, 9:00 a.m. - 10:00 a.m.
- Monday, Aug 7—Castle Island Mini Bus Trip, sign up required. Limited to 10—\$5pp
- Tuesday, Aug 8—Legal Clinic by appointment only
- Thursday, Aug 10—Charles River Cruise Day Trip. \$115 pp. And Luau Luncheon. Be sure to sign up!
- Monday, Aug 14—Noon Shopping with Peter to Trader Joes and Christmas Tree Shops \$3 pp
- Wednesday, Aug 16—Summer Cook Out—limited to 60! Registration Required
- Thursday, Aug 17 BBQ Luncheon, registration required. Limited to 10
- Thursday, Aug 17 2pm Music with Patrick Hoye—back by popular demand!
- Thursday, Aug 24—Southern Charm Luncheon; registration required. Limited to 10. \$3 per person
- Monday, Aug 28— Shopping Trip to Walpole Walmart and Kohl's with Peter. \$3 per person
- Tuesday, Aug 29—Caregiver Support Group at 2 pm
- Wednesday, Aug 30—Mystery Lunch Trip with Peter on the Mini Bus—registration required, limit 10
- Thursday, Aug 31—Podiatry Clinic—by appointment Only
- Thursday, Aug 31—Pizza Party—registration required. Limited to 10 and Book Club at 2pm

Enjoy your Summer!