

# AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REMINDER:</b>  <b>No Fitness Fun in August</b>		<b>REMINDER:</b>  <b>No Meditation for the month of August.</b>	<b>REMINDER:</b>  <b>No Zumba on Thursdays or Saturdays for the Month of August.</b>	<b>1 CHICKEN BREAST</b> 9:00 ROCHE BROS 9:00 EXERCISE W/ JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>4. CHEESE RAVIOLI</b> 9:00 VIDEO EXERCISE 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:30 HEARING CLINIC 11:00 DVD LECTURE CLASS 11:45 3-13 12:00 LINE DANCING 1:30 CORE BALANCE 1:15 POKENO 7:00 H.A. BRIDGE	<b>5. CHICKEN PARM</b> 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 LEGAL CLINIC 2:15 CREATIVE WRITING	<b>6. BEEF CHILI</b> 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO	<b>7. TURKEY TETRAZZINI</b> 9:00 WALKING GROUP 9-12 SHINE APPTS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER	<b>8. SHRIMP MOZAMBIQUE</b> 9:00 ROCHE BROS 9:00 EXERCISE W/ JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>11. POLLOCK</b> 9:00 VIDEO EXERCISE 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 10:00 VETERANS COFFEE 11:00 DVD LECTURE CLASS 11:45 3-13 12:00 LINE DANCING 12:00 ICE CREAM TRIP 1:30 CORE BALANCE 1:15 POKENO 7:00 H.A. BRIDGE	<b>12. CHEESE OMELET</b> 9:30 CHAIR YOGA 10:00 SUSAN AT TILDEN 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING	<b>13. CHICKEN W/ BRUSCHETTA</b> 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 10:45 CARDS WITH BRI 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 5-7 SUMMER COOKOUT	<b>14. MEATLOAF</b> DAY TRIP 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:45 MUSIC CONCERT	<b>15. CHICK. MEATBALLS</b> 9:00 ROCHE BROS 9:00 EXERCISE W/ JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>18. CHICK SAUSA</b> 9:00 VIDEO EXERCISE 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 11:00 DVD LECTURE CLASS 11:00 CASTLE ISLAND TRIP 11:45 3-13 12:00 LINE DANCING 1:30 CORE BALANCE 1:15 POKENO 7:00 H.A. BRIDGE	<b>19. CHICK LO MEIN</b> 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 1:00 MAH JONGG 1:30 BRAIN GAMES 2:15 CREATIVE WRITING	<b>20. MAC &amp; CHEESE</b> 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST / 12:30 MOVIE 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO 6:00 MUSIC WITH JAY DANIELS	<b>21. TURKEY BREAST</b> 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB 12-3 SHINE APPTS 12:30 POKER	<b>22. SALMON</b> 9:00 ROCHE BROS 9:00 EXERCISE W/ JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
<b>25. GLAZED HAM</b> 9:00 VIDEO EXERCISE 9:15 SHAWS SHOPPING 9:30 QUILTING FUN 11:00 DVD LECTURE CLASS 11:45 3-13 12:00 LINE DANCING 1:30 CORE BALANCE 7:00 H.A. BRIDGE	<b>26. VEG. CHILI</b> 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUPLICATE BRIDGE 12:00 ICE CREAM TRIP 1:00 MAH JONGG 1:30 BRAIN GAMES 2:00 CAREGIVER SUPPORT 2:15 CREATIVE WRITING	<b>27. CHEESEBURGER</b> 9:00 VIDEO EXERCISE MARKET BASKET - CANCELLED 10:00 BREAD DIST. 10-12 BLOOD PRESSURE CLINIC 11:00 SCAT / 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PINGPONG/KNITTING 3:00 BINGO TBD DAY TRIP WITH LOIS	<b>28. CHICKEN W/ TERIYAKI</b> 9:00 WALKING GROUP 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER 1:45 HONKY TONK PIANO 2:00 BOOK CLUB	<b>29. APRICOT CHICKEN</b> 9:00 ROCHE BROS 9:00 EXERCISE W/ JOELLYN 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES

COLOR KEY FOR CALENDAR

REGULAR PROGRAMS, EXERCISE, SPECIAL EVENTS, TRANSPORTATION

# 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

## SPECIAL EVENTS FOR AUGUST

8/4 Hearing Clinic at 10:30 A.M. by appointment only

8/5 Legal Clinic by appt only, starting at 2 P.M.

8/6 Movie at 12:30 P.M.

8/7 SHINE Appointments by appt only, 9 A.M. – 12 P.M. **AND** 8/7 MEMOS Summer Concert series at the gazebo next to Medfield public library 6-8 P.M. The Stacey Peasley band. In the event of rain, the show will be cancelled.

8/11 Veteran's coffee at 10 A.M. **AND** Ice Cream Trip at 12:00 P.M.

8/13 Cards with Bri at 10:45 A.M. **AND** Summer Cookout, 5-7 P.M., Sponsored by the Residence at Charles Meadow

8/14 Gloucester Beauport Princess Day Trip **AND** Music Concert at 1:45 P.M.

8/18 Castle Island Trip at 11 A.M.

8/20 12:30 Movie **AND** Music with Jay Daniels, Cosponsored by the Medfield Public Library and The Center at Medfield, 6-7 P.M.

8/21 SHINE Appointments by appt only, 12-3 P.M.

8/26 Ice Cream Trip at 12 P.M. **AND** 2 P.M. Caregivers Meeting

8/27 Day Trip with Lois, more details at The Center

8/28 Honky Tonk Piano at 1:45 P.M. **AND** Book Club at 2 P.M.

**8/30 & 9/1 - THE CENTER IS CLOSED FOR LABOR DAY. WE WILL REOPEN AT 9 A.M. ON TUESDAY, SEPTEMBER 2.**

**\* ALL OTHER REGULAR SCHEDULED EXERCISE & PROGRAMS WILL TAKE PLACE \***

**MEDITATION, FITNESS FUN, AND ZUMBA WILL BE RETURNING IN SEPTEMBER.**

**Enjoy your Summer!**