

STOUGHTON COA CALENDAR AUGUST 2025

Stoughton Council on Aging ~ www.stoughton.org/355/Council-on-Aging

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Red - Craft Room Orange - Parking Lot Green - Big Room Blue - Lobby Indigo - Library Violet - Lunch Room Pink - Off-Site			8:00 Walking Club 1 9:00 Coloring/Puzzles 9:00 Balance w/Steve
8:00 Walking Club 4 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 5 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo 	8:00 Walking Club 6 9:30 Gin Rummy 9:30 Forever Young & Fit 10:00 Farmer's Market Coupon Distribution 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble	9:00 Line Dancing 7 11:00 Quilting/Knitting 11:00 Lunch 11:30 Bereavement Group 1:00 Crochet 5:00 Zumba	8:00 Walking Club 8 9:00 Breakfast Club @ Beantown Diner 9:00 Coloring/Puzzles 9:00 Balance w/Steve 
8:00 Walking Club 11 9:00 Foot Care 9:00 Haircuts 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:00 Writer's Club 12:15 Bananagrams	7:30 Grocery Shopping 12 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo	8:00 Walking Club 13 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:00 Cocoa Beantown	9:00 Line Dancing 14 9:00 Haircuts 11:00 Lunch 11:00 Quilting/Knitting 11:30 Bereavement Group 12:00 Food Pantry Delivery 1:00 Crochet 5:00 Zumba	8:00 Walking Club 15 9:00 Balance w/Steve 9:00 Coloring/Puzzles 9:00 One on One IT Help w/Bill Perry
8:00 Walking Club 18 9:00 Pilgrim Belle Trip 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:15 Bananagrams	7:30 Grocery Shopping 19 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:00 Short Story Group 11:30 Bingo 	8:00 Walking Club 20 9:30 Forever Young & Fit 10:00 One on One IT Help w/Bill Perry 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:00 Hearing Screening 1:00 Essential Oils 1:30 KevTech	11:00 Lunch 21 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 MS Support Group 1:30 Golden Oldies Show 5:00 Zumba	8:00 Walking Club 22 9:00 Coloring/Puzzles
8:00 Walking Club 25 9:30 Forever Young & Fit 10:30 Tai Chi 11:00 Lunch 11:30 Movin & Groovin 12:00 Mah Jong 12:00 Writer's Club 12:15 Bananagrams	7:30 Grocery Shopping 26 10:00 Coloring/Puzzles 10:30 Grocery Shopping 11:30 Bingo	8:00 Walking Club 27 9:30 Forever Young & Fit 10:30 Yoga w/Deb 11:00 Lunch 12:00 Scrabble 1:30 Low Vision Group 1:30 KevTech	9:00 Line Dancing 28 10:30 Sound Bath + Reiki 11:00 Lunch 11:00 Quilting/Knitting 11:30 Bereavement Group 1:00 Crochet 5:00 Zumba	8:00 Walking Club 29 9:00 Coloring/Puzzles 