

Open Sky Family Support Center - August 2021 Activities

August 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Brave Yoga - virtual 6:30 – 7:00 p.m	3 Rock Painting with Taylor 5:00 – 6:00 p.m.	4 Beatz Dance Party on the Plaza 6:30 – 7:30 p.m.	5 Concert on the Plaza 6:00 – 8:00 p.m.	6 Olympic Outdoor Games 6:30 – 7:30 p.m.	7 SpareTime Sensory Bowling 10:30 a.m.
8	9 Brave Yoga - virtual 6:30 – 7:00 p.m	10 Soul Fusion on the Plaza 6:30 – 7:15 p.m. Caregiver Connections 7:30 - 8:30 p.m.	11 Virtual Cooking Class with Chef Ron 5:00 – 6:00 p.m.	12 Concert on the Plaza 6:00 – 8:00 p.m.	13	14
15	16 Brave Yoga - virtual 6:30 – 7:00 p.m	17 Drums Alive - Virtual 6:00 – 6:30 p.m.	18 Mindful Moments with Liz 7:30 – 8:00 p.m.	19 Concert on the Plaza 6:00 – 8:00 p.m.	20	21
22	23 Brave Yoga - virtual 6:30 – 7:00 p.m	24 Walking Club – Goat Hill Loop 6:30 – 7:30 p.m.	25 Move & Groove on The Plaza 4:30 – 5:00 p.m	26 Concert on the Plaza 6:00 – 8:00 p.m.	27 Movie Night on the Plaza TBD – Look for a flyer soon 7:30 – 9:30 p.m.	28 Tai Chi on the Plaza 10:00 – 11:00 a.m.
29	30 Brave Yoga – Dance Party On the Plaza 6:30 – 7:30 p.m.	31 Putts & More Mini Golf 6:30 – 7:30 p.m.	Coming up in September... ** September 22 – Guardianship & Alternatives Information Session CLICK HERE TO REGISTER			

August 2

[Brave Yoga - virtual](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

August 3

[Rock Painting with Taylor](#)

5:00 – 6:00 p.m.

Join Taylor for a fun and creative rock painting class. This is a class to show your personality and creativity!! The list of materials will be in the registration email.

August 4

[Beatz Dance Party on the Plaza](#)

6:30 – 7:30 p.m.

Join us outside on the Plaza at Open Sky's Dennis H. Rice Community Services Plaza. We'll start with a warm up, then learn some basic steps, and put it all together to create a dance party!!!! Join Beatz Dance to have some fun, make some friends and bust a movie in this high energy hip hop style dance class!

August 5, 12, 19, 26

[Concert on the Plaza](#)

6:00 – 8:00 p.m.

Grab your most comfortable lawn chair, your favorite peeps and your dancing shoes and join us out on the Dennis H. Rice Community Plaza for our 11th Annual Free Summer Concert Series every Thursday night from July 1 through September 2, 2021 from 6:00-8:00 PM.

August 6

[Olympic Outdoor Games](#)

6:30 – 7:30 p.m.

The Family Support Center is presenting the 2021 Summer Olympics Outdoor Games on the Plaza for some friendly competition and celebration of the last weekend of the Olympics. Test your skills in cornhole, yardzhee, limbo, hula hoops and other outdoor games. Join us for some good wholesome fun! In case of inclement weather we will play inside.

August 7

[SpareTime Sensory Bowling](#)

10:30 a.m. - 12:00 p.m.

Sparetime Fun Center is sponsoring a sensory bowling experience - no flashing lights or loud music. This is a friendly and accommodating environment! The cost is only \$4.50/string and a \$2.00/shoe rental! You can email info@bowlsparetime.com for further questions or call 508-266-0699.

*This is not a Family Support Center sponsored event

August 9

[Brave Yoga - virtual](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

August 10

[Soul Fusion on the Plaza](#)

6:30 – 7:15 p.m.

Join us on the Plaza for a creative blend of yoga inspired FLOWS, short cardio bursts, balance sequences and strength training exercises set to fun music!! Soul Fusion is all of your soulmate workouts wrapped into one. Please bring a mat.

August 10

[Caregiver Connections](#)

7:30 - 8:30 p.m.

Join us on Zoom for our Caregiver Connection support group. What do you want from your Family Support Center? Join us and let us know!! We would like to provide a sense of community and a safe place to share and support one another on our caregiver journey. The turnout was great last month and we look forward to meeting others.

August 11

[Virtual Cooking Class with Chef Ron](#)

5:00 – 6:00 p.m.

This virtual cooking class will teach us how to make 4 dishes out of 1 roasted chicken!

- 1) Brown sugar & bourbon Chicken Sliders,
- 2) Chicken Stir Fried Rice,
- 3) Chicken Tacos,
- 4) Chicken Caesar Wrap

Chef will review each dish along with food sanitation and safety. McCormick spices will be available for your to pick up from our offices.

August 16[Brave Yoga - virtual](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

August 17[Drums Alive - Virtual](#)

6:00 – 6:30 p.m.

Drums Alive is the original fitness, health, wellness program that is evidence and research based. It is an inclusive program that strives to promote physical, kinesthetic, emotional and cognitive growth at all ages. Equipment could be wooden spoons, utensils, pool noodles or even your hands to drum. You can drum on just about anything!

August 18[Mindful Moments with Liz](#)

7:30 – 8:00 p.m.

Join Liz to bring your mind into the present moment, whatever is happening right now! Mindfulness can help to decrease stress, help regulate emotions, improve follow through on tasks, and help you plan, prioritize and be a self-starter.

August 23[Brave Yoga - virtual](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

August 24[Walking Club – Goat Hill Loop](#)

6:30 – 7:30 p.m.

Join us for a nice evening walk in Uxbridge. We will meet at 6:30 pm across from River Bend Farm near Rice City, there is a small parking lot. This 1.5 mile trail has beautiful wild flowers and is good for all skill levels. This is a nice chance to meet new friends and socialize. Call 714-290-6102 (Kathy).

WEATHER PERMITTING

August 25[Move & Groove on The Plaza](#)

4:30 – 5:00 p.m.

Move and Groove incorporates music, movement, dance, physical education, imagination, and, of course, lots of fun to songs. Jill will explain the movements as you get your groove on! Bring a stuffed animal friend to participate with.

August 27[Movie Night on the Plaza](#)

7:30 – 9:30 p.m.

Pack a chair or blanket, snacks and your family and head over to the Plaza at The Mill to watch. We will be offering snacks and refreshments for purchase during the evening. Join us for an evening of fun and friendship!

In case of inclement weather, we will movie inside to the spacious theatre right next to the plaza.

August 28[Tai Chi on the Plaza](#)

10:00 – 11:00 a.m.

Come join us on the plaza at The Mill in Whitinsville in person to learn the benefits of Tai-Chi and Qi gong. This non-aggressive form of martial arts helps with improved circulation, immune functions and increases energy! All abilities are welcome and can benefit from this class.

August 30[Brave Yoga on the Plaza](#)

6:30 - 7:30 p.m.

Let's celebrate the end of summer with a Yoga dance Party! Join us for an hour of dancing to our favorite yoga songs. This will take place outside on The Plaza at The Mill.

Please bring a mat and plenty of water.

August 31[Putts & More Mini Golf](#)

6:30 – 7:30 p.m.

Get your mini golf game on at Putts & More Family Fun Center located in Holliston. We will meet there at 6:30 p.m. to play 18 holes of mini-golf on their beautifully designed course. General admission is \$10 per golfer but if we have 10 or more it will go down to \$7. There is a snack bar onsite. Call Kathy at 714-290-6102 to find the group.