

# PROGRAMS & ACTIVITIES FOR DECEMBER 2019

## 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>DEC. 2 - MONDAY</b>	9:15 Veterans' Breakfast Club; 9:15 Chair Yoga; 10:30 Tai Chi; <b>10:30 Lights, Camera, Action! Headshots by Steve McGrath;</b> <b>11:00 Book Club; 11:45 Posture, Balance, Chairs &amp; Stairs;</b> 12:30 Scrabble; 12:30 SHINE; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Guys & Dolls;
<b>DEC. 3 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Zumba Gold; 10:30 Ukulele 2; 11:00 Nutrition; 11:00 Core Strength; <b>12:30 Beginner Digital Photography; 1:30 BINGO;</b> 2:00 Talespinners; 3:00 SHINE; <b>3:00 Villages in Foxborough;</b>
<b>DEC. 4 - WED.</b>	8:30 Strength Training; <b>9:00 Podiatry Clinic;</b> 10:00 Chorus; 1:00 Kohl's; 1:00 Colorist Club; 1:47 Senior Fitness @FRCS; <b>4:00 Ken Burns' National Parks; 4:45 Come From Away @ PPAC;</b>
<b>DEC. 5 - THURSDAY</b>	9:00 Move Pain Free; 9:00 Art With Ally; 10:45 Mah Jongg; <b>12:30 Holiday Party at Lakeview;</b>
<b>DEC. 6 - FRIDAY</b>	9:00 Senior Fitness; 9:00 Walmart; 10:15 Cribbage; 10:30 Yoga; 10:30 Tech 101 - iOS13 Apple; 11:00 Rick Steves - Naples & Pompei;
<b>DEC. 9 - MONDAY</b>	<b>9:00 Sen. Feeney Coffee Hour;</b> 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 1:00 Guys & Dolls; 1:00 Stop & Shop; 1:00 Knitting
<b>DEC. 10 - TUESDAY</b>	8:30 Stretch & Balance; <b>9:00 Blood Pressure Clinic;</b> 9:45 Zumba Gold; 10:30 Ukulele 2; 11:00 Core Strength Class; 11:00 Nutrition; <b>12:30 Beginner Digital Photography;</b> 2:00 Talespinners; 3:00 SHINE; <b>4:00 Aging With Dignity;</b>
<b>DEC. 11 - WED.</b>	8:30 Strength Training; 10:00 Chorus (at Taylor School); <b>12:15 Healthy, Holiday Appetizers &amp; Desserts;</b> 1:00 Walmart; 1:00 Colorist Club; 1:47 Senior Fitness @FRCS; <b>2:00 Holiday Card Making;</b> <b>4:00 Ken Burns' National Parks; 4:30 Senior Supper;</b>
<b>DEC. 12 - THURSDAY</b>	9:00 Move Pain Free; 9:00 Art With Ally; <b>9:00 Men's Breakfast;</b> 10:45 Mah Jongg; <b>11:30 Holiday Craft Project;</b> 1:00 Reiki; <b>1:00 Holiday Singo;</b> 1:00 Canasta; 2:00 Cornhole; 2:00 Computer Class with FRCS;
<b>DEC. 13 - FRIDAY</b>	9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage; 10:30 Yoga; 10:30 Tech 101 - Amazon Prime;

<b>DEC. 16 - MONDAY</b>	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 12:30 SHINE; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Guys & Dolls;
<b>DEC. 17 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Zumba Gold; 11:00 Core Strength Class; 11:00 Nutrition; <b>12:30 Beginner Digital Photography;</b> <b>1:30 Memory Café;</b> 2:00 Talespinners; 3:00 SHINE; <b>4:00 Psychology &amp; Physiology of Aging Well; 5:00 Trivia Night;</b>
<b>DEC. 18 - WED.</b>	8:30 Strength Training; 10:00 Chorus; <b>12:30 Coffee With Town Mgr.</b> 1:00 Colorist Club; <b>1:00 TRIAD;</b> 1:00 Job Lot/Dollar Store; 1:47 Senior Fitness @FRCS; <b>4:00 Ken Burns' National Parks;</b> <b>4:00 History With Paolo - "Innocents Abroad";</b>
<b>DEC. 19 - THURSDAY</b>	9:00 Move Pain Free; 9:00 Art With Ally; 9:00 Chair Massage; 10:45 Mah Jongg; <b>12:30 Soup &amp; Sandwich; 1:00 Movie Day -</b> <b>"Christmas Chronicles";</b> 1:00 Canasta; 2:00 Computer Class w/FRCS <b>2:45 Charlie Card for Seniors;</b>
<b>DEC. 20 - FRIDAY</b>	Senior Fitness; 9:00 Walmart; 10:15 Cribbage; <b>10:30 Tech 101-Podcasts;</b> 10:30 Yoga;
<b>DEC. 23 - MONDAY</b>	<b>9:00 Jay Barrow's Office Hour;</b> 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 1:00 Knitting; 1:00 Guys & Dolls; 1:00 Stop & Shop;
<b>DEC. 24 - TUESDAY</b>	9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 11:00 Nutrition; <b>12:30 Senior Center Closed for Holiday</b>
<b>DEC. 25 - WED.</b>	<b>Christmas Holiday - Senior Center Closed</b>
<b>DEC. 26 - THURS.</b>	9:00 Move Pain Free; 9:00 Art With Ally; 9:00 Chair Massage; 10:45 Mah Jongg; 1:00 Canasta; 2:00 Cornhole; 2:00 Computer Class w/FRCS;
<b>DEC. 27 - FRIDAY</b>	9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage
<b>DEC. 30 - MONDAY</b>	9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 12:30 SHINE; 1:00 Guys & Dolls; 1:00 Knitting; 1:00 Stop & Shop;
<b>DEC. 31 - TUESDAY</b>	9:45 Zumba Gold; 10:00 Manicures; 11:00 Core Strength; 11:00 Nutrition; <b>11:45 Noon Year's Ever Party;</b> 2:00 Talespinners; 3:00 SHINE;