

PROGRAMS & ACTIVITIES FOR NOVEMBER 2019

FOXBOROUGH SENIOR CENTER

508-543-1234 OR VISIT US ON THE WEB AT www.foxboroughma.gov

Please check the Senior Pages of the Foxboro Reporter for any changes or additions.

NOV. 1 - FRIDAY	8:00 Sign Up for Nicky's Thanksgiving Meal 9:00 EFT Tapping Circle; 9:00 Senior Fitness; 9:00 Walmart; 10:15 Cribbage; 10:30 Yoga; 12:00 Pre-Town Meeting Meeting;
NOV. 4 - MONDAY	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; 11:00 Book Club; 11:45 Lower Body Stability; 12:30 SHINE; 12:30 Scrabble; 1:00 Guys & Dolls; 1:00 Chronic Disease Self Mgt.; 1:00 Stop & Shop; 1:00 Mah Jongg; 1:00 Knitting;
NOV. 5 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 10:30 Ukulele 2; 11:00 Core Strength Class; 11:00 Nutrition; 1:30 BINGO; 2:00 Talespinners; 3:00 SHINE; 3:30 Commonwealth Advisory Group Presentation; 4:00-5:00 Charlie Cards for Seniors;
NOV. 6 - WED.	8:30 Strength Training; 1:00 Target; 1:00 Colorist Club; 1:47 Senior Fitness Fun @ FRCS; 2:00 Meet the Police Chief; 4:00 Ken Burn's "The National Parks";
NOV. 7 - THURSDAY	9:00 Veterans' Day Breakfast; 10:30 Pickleball Lessons; 10:45 Mah Jongg Lessons & Free Play; 12:30 Soup & Sandwich; 1:00 Movie Day "Yesterday"; 1:00 Canasta; 2:00 Computer Class with FRCS;
NOV. 8 - FRIDAY	9:00 Senior Fitness; 9:00 EFT Tapping Circle; 9:00 Shaw's; 10:15 Cribbage; 10:30 Yoga;
NOV. 11 - MONDAY	VETERANS' DAY - SENIOR CENTER CLOSED
NOV. 12 - TUESDAY	8:30 Stretch & Balance; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 9:45 Table Top Garden; 10:30 Ukulele 2; 11:00 Nutrition; 11:00 Core Strength Class; 1:00 Stop & Shop; 2:00 Talespinners; 3:00 SHINE; 4:45 Consequences of Uncontrolled Blood Glucose;
NOV. 13 - WED.	8:30 Strength Training; 10:00 Chorus; 11:30 Falls Screening Event; 1:00 Colorist Club; 1:00 Walmart; 1:47 Senior Fitness Fun @ FRCS; 2:00 Public Safety Building Tour; 4:00 Ken Burns' "The National Parks" Videos; 4:30 Senior Supper;
NOV. 14 - THURSDAY	9:00 Osteoporosis & Sarcopenia Class; 9:00 Art With Ally; 9:00 Mens' Breakfast; 10:45 Mah Jongg Lessons & Free Play; 1:00 Reiki; 1:00 Canasta; 2:00 Cornhole; 2:00 Computer Class With FRCS;

NOV. 15 - FRIDAY	9:00 EFT Tapping Circle; 9:00 Senior Fitness; 9:00 Walmart; 9:00 Grandfriends Day ; 10:15 Cribbage;
NOV. 16 - SATURDAY	Friends of Foxboro Seniors Meeting at McGinty Room
NOV. 18 - MONDAY	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; 11:45 Lower Body Stability; 12:30 SHINE; 12:30 Scrabble; 1:00 Stop & Shop; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Chronic Disease Self Management; 1:00 Guys & Dolls Rehearsal ;
NOV. 19 - TUESDAY	8:30 Stretch & Balance; 9:10 Encore Casino Trip ; 9:45 Zumba Gold; 10:30 Ukulele 2; 11:00 Nutrition; 11:00 Core Strength Class; 1:30 Memory Café ; 2:00 Talespinners; 3:00 SHINE; 3:00 Villages in Foxboro Info Session ;
NOV. 20 - WED.	8:30 Strength Training; 10:00 Chorus; 11:30 Sage School Partnership ; 1:00 TRIAD ; 1:00 Colorist Club; 1:00 Job Lot/Dollar Store; 1:47 Senior Fitness Fun @ FRCS; 4:00 Ken Burns' "The National Parks" Videos ; 4:00 Family Feud -COA/HS Advisory Board vs Friends of Foxboro Seniors Board ;
NOV. 21 - THURSDAY	7:00 A.M. New York City Shopping Trip 9:00 Chair Massage; 9:00 Art With Ally; 10:45 Mah Jongg Lessons & Free Play; 12:30 Soup & Sandwich ; 1:00 Movie Day "Across the Universe" ; 1:00 Canasta Lessons; 2:00 Computer Class With FRCS; 3:00 COA/HS Advisory Board Mtg ;
NOV. 22 - FRIDAY	9:00 Shaw's; 9:00 EFT Tapping Circle; 9:00 Senior Fitness; 10:15 Cribbage; 10:30 Yoga;
NOV. 25 - MONDAY	9:00 Lights, Camera, Action! Photos ; 9:00 Jay Barrows Office Hour ; 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Lower Body Stability; 12:30 SHINE; 12:30 Scrabble; 1:00 Knitting; 1:00 "Guys & Dolls" Rehearsals ; 1:00 Stop & Shop;
NOV. 26 - TUESDAY	8:30 Stretch & Balance; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 10:00 Manicures ; 10:30 Ukulele 2; 11:00 Core Strength Class; 11:00 Nutrition; 1:00 Low Vision Support Group (Franklin) ; 3:00 SHINE; 4:00 Friendsgiving ;
NOV. 27 - WED.	8:30 Strength Training; 9:00 Shaw's; 10:00 Hearing Clinic ; 11:30 Coffee & Conversation With the Town Mgr ; 12:30 Senior Center Closed for Holiday Weekend
NOV. 28 - THURSDAY	THANKSGIVING HOLIDAY WEEKEND
NOV. 29 - FRIDAY	SENIOR CENTER CLOSED