

PROGRAMS & ACTIVITIES FOR APRIL 2021

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.

APRIL 1 - THURSDAY	9:00 Realign Your Pelvis; 10:30 Art With Ally; 10:35 Men's Fitness; 11:45 Men's Club; 1:00 Movie Day "The Greatest Showman"
APRIL 2 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
APRIL 5 - MONDAY	9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Posture, Posture; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; 2:30 Veterans' Club;
APRIL 6 - TUESDAY	9:45 Zumba; 11:00 Table Top Garden Club; 2:00 Talespinners; 3:00 SHINE;
APRIL 7 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 1:00 Mah Jongg; 1:00 Colorist Club; 3:30 Tech 101 - iPhone Basics ; 4:30 Senior Supper Grab 'n Go;
APRIL 8 - THURSDAY	9:00 Realign Your Pelvis; 10:30 Art With Ally; 10:35 Men's Fitness; 11:45 Men's Club; 1:00 Movie Day "The Greatest Showman"
APRIL 9 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
APRIL 12 - MONDAY	SIGN UP FOR NANTUCKET & LOBSTER CRUISE TRIPS - RESIDENTS ONLY 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Posture, Posture; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble;
APRIL 13 - TUESDAY	9:00 Blood Pressure Clinic ; 9:45 Zumba; 11:00 Table Top Garden Club; 2:00 Talespinners; 3:00 SHINE;
APRIL 14 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 1:00 Mah Jongg; 1:00 Colorist Club; 4:30 Senior Supper Grab 'n Go;
APRIL 15 - THURS.	9:00 Realign Your Pelvis; 10:30 Art With Ally; 10:35 Men's Fitness; 11:00 Luncheon Outing at Skip Jacks 11:45 Men's Club; 1:00 Low Vision Support Group (virtual) ;
APRIL 16 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
APRIL 19 - MONDAY	PATRIOTS DAY HOLIDAY - SENIOR CENTER CLOSED
APRIL 20 - TUESDAY	9:45 Zumba; 11:00 Table Top Garden Club; 2:00 Talespinners; 3:00 SHINE;
APRIL 21 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 1:00 Mah Jongg; 1:00 Hearing Clinic; 1:00 Colorist Club; 4:30 Senior Supper Grab 'n Go;
APRIL 22 - THURS.	9:00 Realign Your Pelvis; 10:30 Art With Ally; 10:35 Men's Fitness; 11:45 Men's Club
APRIL 23 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
APRIL 26 - MONDAY	SIGN UP FOR NANTUCKET & LOBSTER CRUISE TRIPS - NON RESIDENTS 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Posture, Posture; 1:00 p.m. Mah Jongg; 1:00 Knitting; 1:00 Scrabble
APRIL 27 - TUESDAY	9:00 Blood Pressure Clinic ; 9:00 Manicures ; 9:45 Zumba; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE;

APRIL 28 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:15 Chorus; 10:00 Walking Club; 12:30 Conversation With the Town Manager ; 1:00 Mah Jongg; 1:00 Colorist Club; 3:30 Online Registration Tutorial; 4:30 SARS Co-2 Concerns; 4:30 Senior Supper Grab 'n Go;
APRIL 29 - THURS.	9:00 Steve's Class; 10:30 Art With Ally; 10:35 Men's Fitness 11:45 Men's Club; 12:00 Men's BBQ; 1:00 Movie Day "Les Miserables"; 3:00 COA/HS Advisory Board Meeting ;
APRIL 30 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;