

PROGRAMS & ACTIVITIES FOR WINTER 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.

JAN. 11 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 11:45 Posture, Balance, Chairs & Stairs 1 (PBC&S); 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble;
JAN. 12 - TUESDAY	9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 11:00 Nutrition Class; 2:00 Talespinners; 3:00 SHINE;
JAN. 13 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 1:00 Colorist Club; 1:00 Mah Jongg; 4:30 Senior Supper Grab and Go;
JAN. 14 - THURSDAY	9:00 Fix Your Joints 1; 10:30 Art With Ally; 10:35 Men's Fitness Class; 11:45 Men's Club;
JAN. 15 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
JAN. 18 - MONDAY	MARTIN LUTHER KING JR. DAY - SENIOR CENTER CLOSED
JAN. 19 - TUESDAY	9:45 Zumba Gold; 2:00 Talespinners; 3:00 SHINE;
JAN. 20 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 1:00 Colorist Club; 1:00 Mah Jongg; 1:00 Hearing Clinic; 3:00 Hamilton Video Part 1; 4:30 Senior Supper Grab and Go;
JAN. 21 - THURSDAY	9:00 Fix Your Joints 2; 10:30 Art With Ally; 10:35 Men's Fitness Class; 11:45 Men's Club;
JAN. 22 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
JAN. 25 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 11:45 PBC&S 2; 1:00 Scrabble; 1:00 Mah Jongg; 1:00 Knitting;
JAN. 26 - TUESDAY	9:00 Manicures; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 2:00 Talespinners; 3:00 SHINE;
JAN. 27 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 12:30 Conversation With Town Manager; 1:00 Colorist Club; 1:00 Low Vision Support Group (Virtual); 1:00 Mah Jongg; 3:00 Hamilton Part 2; 4:30 Senior Supper Grab and Go;
JAN. 28 - THURSDAY	9:00 Fix Your Joints 3; 10:30 Art With Ally; 10:35 Men's Fitness 4; 11:45 Men's Club; 12:00 Lunch Pick Up;
JAN. 29 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
FEB. 1 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 PBC&S 3; 1:00 Knitting; 1:30 Mah Jongg; 1:00 Scrabble; 2:30 Veterans' Club;
FEB. 2 - TUESDAY	8:30 Meditation 1; 9:45 Zumba Gold; 11:00 Table Top Garden Club; 1:30 BINGO; 2:00 Talespinners; 3:00 SHINE;
FEB. 3 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus1 Rag Tag Band; 11:15 Chorus 2 Rag Tag Band; 1:00 Mah Jongg; 1:00 Colorist Club; 3:00 Online Registration Tutorial; 4:30 Senior Supper Grab and Go;

FEB. 4 - THURSDAY	9:00 Fix Your Joints 4; 10:30 Art With Ally; 10:35 Men's Fitness 5; 11:45 Men's Club; 12:30 Running Wild With Bear Grylls; 2:00 Warm Up With Brownies!;
FEB. 5 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
FEB. 8 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:30 Posture, Balance, Chairs & Stairs 4; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble;
FEB. 9 - TUESDAY	8:30 Meditation 2; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 11:00 Table Top Garden Club; 2:00 Talespinners; 3:00 SHINE;
FEB. 10 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus1 Rag Tag Band; 11:15 Chorus 2 Rag Tag Band; 1:00 Mah Jongg; 1:00 Colorist Club; 4:30 Senior Supper Grab & Go
FEB. 11 - THURSDAY	9:00 Fix Your Joints 5; 10:30 Men's Fitness 6; 10:30 Art With Ally; 11:45 Men's Club; 12:30 Running Wild With Bear Grylls;
FEB. 12 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
FEB. 15 - MONDAY	Presidents Day - Senior Center Closed
FEB. 16 - TUESDAY	8:30 Meditation 3; 9:45 Zumba Gold; 11:00 Table Top Garden Club; 12:00 Margarita Party Ingredients Pick Up; 2:00 Margarita Party on Zoom; 2:00 Talespinners; 3:00 SHINE;
FEB. 17 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus1 Rag Tag Band; 11:15 Chorus 2 Rag Tag Band; 1:00 Hearing Clinic; 1:00 Colorist Club; 1:00 Mah Jongg; 4:30 Senior Supper Grab and Go;
FEB. 18 - THURSDAY	9:00 Fix Your Joints 6; 10:30 Art With Ally; 10:35 Men's Fitness; 11:45 Men's Club; 12:00 Lunch Pick Up; 12:30 Running Wild With Bear Grylls; 2:15 Remote Learning 6 Month Check In;
FEB. 19 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage;
FEB. 22 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 PBC&S 5; 1:00 Knitting; 1:00 Mah Jongg; 1:00 Scrabble;
FEB. 23 - TUESDAY	8:30 Meditation 4; 9:00 Manicures; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE;
FEB. 24 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus 1 Rag Tag Band; 11:15 Chorus 2 Rag Tag Band; 12:30 Conversation With The Town Manager; 1:00 Colorist Club; 1:00 Mah Jongg; 1:00 Low Vision Support Group (Virtual); 3:00 Be Red Cross Ready; 4:30 Senior Supper Grab and Go;
FEB. 25 - THURSDAY	9:00 Steve Avellino (New Session); 10:30 Art With Ally; 10:35 Men's Fitness; 11:45 Men's Club; 12:30 Running Wild With Bear Grylls; 3:00 COA/HS Advisory Board Meeting
FEB. 26 - FRIDAY	9:00 Senior Fitness 1; Senior Fittness 2; 10:45 Cribbage;