

PROGRAMS & ACTIVITIES FOR JANUARY 2017

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.

JANUARY 2 - MONDAY	HAPPY NEW YEAR! Senior Center Closed for holiday
JANUARY 3 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 11:00 Nutrition; 1:00 Stop & Shop (in lieu of 1/2/17); 1:30 BINGO; 2:00 Talespinners
JANUARY 4 - WED.	8:30 Strength Training; 10:00 NO Chorus Today; 11:30 Computer Classes with FRCS; 1:00 Job Lot/Dollar Store 2:00 Colorist Club;
JANUARY 5 - THURSDAY	9:30 Art With Barbara; 12:30 Decorative Glass Painting With Diane; 2:00 Canadian Rockies Trip Presentation;
JANUARY 6 - FRIDAY	8:30 Stop & Shop; 9:00 Aerobic Exercises; 10:15 Cribbage; 10:30 Scrapbooking & Card Making;
JANUARY 9 - MONDAY	9:30 Chair Yoga; 10:30 Tai Chi; 11:00 Book Club; 12:30 Scrabble; 1:00 Stop & Shop; 1:00 Minds in Motion; 1:00 Knitting;
JANUARY 10 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 10:00 Blood Pressure Clinic; 11:00 Nutrition; 12:30 Classic Movie Day - "Strangers on a Train"; 2:00 Talespinners;
JANUARY 11 - WED.	SIGN UP FOR CANADIAN ROCKIES TRIP 8:30 Strength Training; 10:00 NO Chorus Today; 11:30 Computer Classes with FRCS; 1:00 Walmart; 2:00 Colorist Club; 4:00 Music With Jack Craig;
JANUARY 12 - THURS.	9:30 Art With Barbara; 12:30 Decorative Glass Painting With Diane; 1:00 History With Paolo;
JANUARY 13 - FRIDAY	8:30 Stop & Shop; 9:00 Aerobic Exercises; 10:15 Cribbage; 10:30 Scrapbooking & Card Making;
JANUARY 16 - MONDAY	MARTIN LUTHER KING, JR. HOLIDAY - SENIOR CENTER CLOSED
JANUARY 17 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 11:00 Nutrition; 1:00 Stop & Shop (in lieu of 1/16/16) 1:30 Memory Café; 2:00 Talespinners;
JANUARY 18 - WED.	8:30 Strength Training; 10:00 NO Chorus Today; 11:30 Computer Classes With FRCS; 1:00 TRIAD; 1:00 Luncheon Outing - Jake & Joe's; 2:00 Colorist Club; 4:00 Music With Jack Craig;
JANUARY 19 - THURS.	9:30 Art With Barbara; 10:00 SHINE; 1:00 Low Vision Support Group;

JANUARY 20 - FRIDAY	8:30 Stop & Shop; 9:00 NO Aerobic Exercises; 10:15 Cribbage; 10:30 Scrapbooking & Card Making Class;
JANUARY 23 - MONDAY	9:00 Jay Barrows' Office Hour; 9:30 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 1:00 Stop & Shop; 1:00 Knitting; 1:00 Minds in Motion;
JANUARY 24 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 11 Nutrition; 12:30 Movie Day "Joy"; 2:00 Talespinners;
JANUARY 25 - WED.	SIGN UP FOR FINGER LAKES/NIAGARA TRIP 8:30 Strength Training; 10:00 Chorus; 11:30 Computer Class with FRCS; 12:30 Coffee & Conversation With the Town Manager; 1:00 Kohl's; 2:00 Colorist Club; 4:30 Senior Supper Club;
JANUARY 26 - THURS.	9:00 Men's Breakfast; 9:30 Art With Barbara; 1:00 Author Kate Larson, "Rosemary: The Hidden Kennedy Daughter" 3:00 COA/HS Advisory Board Meeting at the senior center;
JANUARY 27 - FRIDAY	8:30 Stop & Shop; 9:00 Aerobic Exercises; 10:15 Cribbage; 10:30 Scrapbooking & Card Making Class;
JANUARY 30 - MONDAY	9:30 Chair Yoga; 10:30 Tai Chi; 12:30 Scrabble; 1:00 Stop & Shop; 1:00 Minds in Motion; 1:00 Knitting;
JANUARY 31 - TUESDAY	8:30 Stretch & Balance; 9:00 Manicures; 9:00 Coffee With Chris; 9:45 Zumba Gold; 11:00 Nutrition; 2:00 Talespinners;

Please Remember to Sign Up For These Events in January

January 3	BINGO
January 5	Art With Barbara
January 5 & 12	Decorative Glass Painting With Diane
January 5	Canadian Rockies Trip Presentation
January 9 - March 13	Minds in Motion
January 10	Classic Movie "Strangers on a Train"
January 12	History With Paolo
January 11 & 18	Music With Jack Craig
January 24	Movie Day "Joy"
January 25	Coffee with the Town Manager
January 25	Senior Supper Club
January 26	Author Kate Larson, "Rosemary: The Hidden Kennedy Daughter"
January 26	Men's Breakfast - Guest Speaker, Chief Baker