

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, January 29th at 9:00 a.m. Our guest speaker this month will be Foxborough's Department of Public Works Director Roger Hill. Our DPW includes the Highway/Tree & Park, and Water Departments, so this is your chance to ask Roger any questions you may have on those town services. The cost for the Men's Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, January 27th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

Monday, January 26

Jay Barrows Office Hour 9:00 a.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, January 27

Stretch & Balance 8:30 a.m.
Manicures 9:30 a.m.
Zumba Gold 9:45 a.m.
Nutrition 11:00 a.m.
Classic Movie – "Arsenic and Old Lace" 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, January 28

Strength Training/EnhanceFitness 8:30 a.m.
Chorus 10:00 a.m.
Zumba 11:30 a.m.
Computer Class with Charter School Students 11:30 a.m.
Coffee and Conversation with the Town Manager 12:30 p.m.
Luncheon Outing at Longhorn 1:00 p.m.

Thursday, January 29

Men's Breakfast 9:00 a.m.
Aging Mastery Program Finale 1:00 p.m.
Intermediate Italian Class 1:30 p.m.

Friday, January 30

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Advanced Italian Class 1:15 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, January 28th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.