

PROGRAMS & ACTIVITIES FOR JANUARY 2020

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. 1 - WED.	NEW YEAR'S DAY - SENIOR CENTER CLOSED
JAN. 2 - THURS.	9:00 Art With Ally; 9:00 Move Pain Free; 10:45 Mah Jongg Lessons and Free Play; 12:30 Soup & Sandwich; 1:00 Movie Day "New Year's Eve"; 1:00 Canasta; 2:00 Computer Class With FRCS;
JAN. 3 - FRIDAY	9:00 Senior Fitness; 9:00 Walmart; 10:15 Cribbage; 10:30 Yoga;
JAN. 6 - MONDAY	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; 10:30 Tai Chi; 11:00 Book Club; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 12:30 SHINE; 1:00 Stop & Shop; 1:00 Knitting; 1:00 Guys & Dolls;
JAN. 7 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 11:00 Nutrition; 12:30 Beginner Digital Photography; 1:30 BINGO; 2:00 Talespinners; 3:00 SHINE;
JAN. 8 - WED.	8:30 Strength Training; 10:00 No Chorus Today; 12:00 Guys & Dolls; 1:00 Walmart; 1:00 Colorist Club; 1:47 Fitness Fun @ FRCS; 4:00 Trivia Night;
JAN. 9 - THURSDAY	9:00 Art With Ally; 9:00 Move Pain Free; 10:45 Mah Jongg Lessons and Free Play; 11:15 Minds in Motion; 1:00 Reiki; 1:00 Canasta; 2:00 Computer Class with FRCS;
JAN. 10 - FRIDAY	9:00 Shaw's; 9:00 Senior Fitness; 10:00 Tech 101-lmessage; 10:15 Cribbage; 10:30 Yoga;
JAN. 13 - MONDAY	9:00 Senator Feeney Coffee Hour; 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 12:30 SHINE; 1:00 Stop & Shop; 1:00 Knitting; 1:00 Guys & Dolls;
JAN. 14 - TUESDAY	8:30 Stretch & Balance; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 11:00 Nutrition; 12:30 Beginner Digital Photography; 12:30 Making Music; 2:00 Talespinners; 3:00 SHINE; 3:30 Explore Virtual Reality;
JAN. 15 - WED.	8:30 Strength Training; 10:00 No Chorus Today; 10:00 Music With Jack Craig; 12:00 Guys & Dolls; 1:00 TRIAD; 1:00 Target; 1:00 Colorist Club; 1:47 Fitness Fun @ FRCS; 2:00 Cooking For One;
JAN. 16 - THURSDAY	9:00 Art With Ally; 9:00 Move Pain Free; 9:00 Chair Massage; 10:45 Mah Jongg Lessons & Free Play; 11:15 Minds in Motion; 12:30 Soup & Sandwich; 1:00 Movie Day "Mother's Day"; 1:00 Canasta; 2:00 Computer Class With FRCS;

JAN. 17 - FRIDAY	8:30 Intro To Ayurveda; 9:00 Senior Fitness; 9:00 Walmart; 10:15 Cribbage; 10:30 Yoga;
JAN. 18 - SATURDAY	Friends of Foxboro Seniors Meeting at McGinty Room
JAN. 20 - MONDAY	Martin Luther King, Jr. Day - Senior Center Closed
JAN. 21 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 10:30 Beginner Ukulele; 11:00 Nutrition; 12:30 Beginner Digital Photography; 1:00 Stop & Shop; 1:30 Memory Café; 2:00 Talespinners; 3:00 SHINE; 3:30 You've Been Named the Executor - Now What?;
JAN. 22 - WED.	8:30 Strength Training; 10:00 No Chorus Today; 10:00 Hearing Health; 12:00 Guys & Dolls; 1:00 Colorist Club; 1:00 Luncheon Outing Jake & Joe's; 1:47 Fitness Fun @ FRCS; 3:00 Charlie Card for Seniors;
JAN. 23 - THURSDAY	9:00 Art With Ally; 9:00 Move Pain Free; 10:45 Mah Jongg Lessons & Free Play; 11:15 Minds In Motion; 1:00 Canasta; 2:00 Computer Class With FRCS; 3:00 COA/HS Advisory Board Meeting at Senior Center;
JAN. 24 - FRIDAY	9:00 Senior Fitness; 9:00 Shaw's; 10:15 Cribbage;
JAN. 27 - MONDAY	9:00 Jay Barrow's Office Hour; 9:00 Conversational Italian Class; 9:15 Chair Yoga; 10:30 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs; 12:30 Scrabble; 12:30 SHINE; 1:00 Stop & Shop; 1:00 Knitting; 1:00 Guys & Dolls;
JAN. 28 - TUESDAY	8:30 Stretch & Balance; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 10:00 Manicures; 10:30 Beginner Ukulele; 11:00 Nutrition; 12:30 Beginner Digital Photography; 1:00 Low Vision Support Group; 2:00 Talespinners; 3:00 SHINE;
JAN. 29 - WED.	8:30 Strength Training; 10:00 Chorus; 12:00 Guys & Dolls; 12:30 Coffee & Conversation With Town Manager; 1:00 Job Lot; 1:00 Colorist Club; 1:47 Fitness Fun @ FRCS; 2:00 Autism 101; 4:30 Senior Supper;
JAN. 30 - THURSDAY	9:00 Men's Breakfast; 9:00 Art With Ally; 9:00 Move Pain Free; 10:45 Mah Jongg Lessons & Free Play; 11:15 Minds in Motion; 12:30 Soup & Sandwich; 1:00 Movie Day "Valentine's Day"; 1:00 Canasta; 2:00 Computer Class With FRCS;
JAN. 31 - FRIDAY	8:30 Ayurvedic Daily Routine; 9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage;