

PROGRAMS & ACTIVITIES FOR NOVEMBER 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.

| | |
|--------------------------|---|
| NOV. 2 - MONDAY | 8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:00 Book Club ; 11:45 Move Pain Free 6; 12:30 Scrabble; 12:30 Mah Jongg; 1:00 Knitting; 2:30 Veterans' Club; |
| NOV. 3 - TUESDAY | 9:45 Zumba; 11:00 Nutrition; 1:30 BINGO ; 2:00 Talespinners; 3:00 SHINE; |
| NOV. 4 - WED. | 8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus 1; 11:30 Chorus 2; 1:00 Colorist Club; 1:00 Walmart; 4:00 Tech 101 "Cutting the Cord" ; 5:00 "It's a Seller's Market (Via Zoom); 5:00 "The Hate You Give" |
| NOV. 5 - THURSDAY | 9:00 Senior Boot Camp 1; 10:30 Art With Ally; 11:30 Charlie Card for Seniors ; 1:30 "The Right Stuff" ; 2:45 Tech 101 - ios 14 ; |
| NOV. 6 - FRIDAY | 9:00 Senior Fitness 1; 9:00 SHINE; 9:50 Senior Fitness 2; 10:45 Yoga (Make up Class); 10:45 Cribbage; |
| NOV. 9 - MONDAY | 8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Glute Workshop 1; 12:30 Mah Jongg; 12:30 Scrabble; 1:00 Knitting; |
| NOV. 10 - TUESDAY | 9:00 Blood Pressure Clinic ; 9:45 Zumba; 11:00 Nutrition; 2:00 Talespinners; 3:00 Cookies for Vets & Spouses ; 3:00 SHINE; |
| NOV. 11 - WED. | VETERANS' DAY HOLIDAY - Senior Center Closed |
| NOV. 12 - THURS. | 9:00 Senior Boot Camp 2; 10:30 Art With Ally; 10:45 Hamilton Video; 1:30 "The Right Stuff" ; |
| NOV. 13 - FRIDAY | 9:00 Senior Fitness 1; 9:00 SHINE; 9:50 Senior Fitness 2; 11:15 Yoga 1; 10:45 Cribbage; |
| NOV. 16 - MONDAY | 8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Glute Workshop 2; 12:30 Mah Jongg; 12:30 Scrabble; 1:00 Knitting; 2:30 Veterans' Club; |
| NOV. 17 - TUESDAY | 9:45 Zumba; 11:00 Nutrition; 1:30 Hamilton Video; 2:00 Talespinners; 3:00 SHINE; |
| NOV. 18 - WED. | 8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:00 Hearing Health Clinic ; 10:15 Chorus 1; 11:30 Chorus 2; 1:00 Low Vision Support Group ; 1:00 Colorist Club; 1:00 Job Lot; 3:30 "The Hate You Give" Video ; 4:30 Senior Supper Grab & Go ; |
| NOV. 19 - THURS. | 9:00 Senior Boot Camp 3; 10:30 Art With Ally; 10:45 "The Hate You Give" Video ; 1:30 "The Right Stuff" |
| NOV. 20 - FRIDAY | 9:00 SHINE; 9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage; 11:15 Yoga 2; |

| | |
|---------------------------|--|
| NOV. 23 -MONDAY | 8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Glute Workshop 3; 12:30 Scrabble; 12:30 Mah Jongg; 1:00 Knitting; |
| NOV. 24 - TUESDAY | 9:00 Blood Pressure Clinic; 9:00 Manicures; 9:45 Zumba; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE; 4:00 Friendsgiving; |
| NOV. 25 - WED. | 8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus 1; 11:30 Chorus 2; |
| NOV. 26 - THURSDAY | THANKSGIVING HOLIDAY - SENIOR CENTER CLOSED |
| NOV. 27 - FRIDAY | THANKSGIVING HOLIDAY WEEKEND SENIOR CENTER CLOSED |
| NOV. 30 - MONDAY | 8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Glute Workshop 4; 12:30 Scrabble; 12:30 Mah Jongg; 1:00 Knitting; |