

## PROGRAMS & ACTIVITIES FOR OCTOBER 2020

### FOXBOROUGH SENIOR CENTER

508-543-1234 OR VISIT US ON THE WEB AT [www.foxboroughma.gov](http://www.foxboroughma.gov)

*Please check the Senior Pages of the Foxboro Reporter for any changes or additions.*

<b>OCT. 1 - THURSDAY</b>	9:00 Circuit Training 2; 9:30 Socially Distant Social Time; 10:30 Art With Ally 1; <b>12:15 Hamilton Video</b> ; 2:00 Cornhole; 2:00 Ping Pong;
<b>OCT. 2 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 4;
<b>OCT. 5 - MONDAY</b>	8:30 Chair Yoga A; <b>9:15 Veterans' Club</b> ; 9:15 Chair Yoga B; 9:30 Socially Distant Social Time; 10:00 Beginner Tai Chi; <b>10:45 Tai Chi</b> ; <b>11:00 Book Club</b> ; 11:45 Move Pain Free 3; 12:30 Scrabble; 1:00 Knitting;
<b>OCT. 6 - TUESDAY</b>	9:30 Socially Distant Social Time; 9:45 Zumba; 9:45 Table Top Garden Club; 11:00 Nutrition; <b>1:30 BINGO</b> ; 2:00 Talespinners; 3:00 SHINE;
<b>OCT. 7 - WED.</b>	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1; 10:00 Walking Club; 11:15 Chorus 2; 12:00 Hearing Clinic; 1:00 Colorist Club; <b>3:00 CBD Oil: Fact or Fiction</b> ; <b>5:00 "The Hate You Give" Book Discussion</b> ;
<b>OCT. 8 - THURSDAY</b>	9:00 Circuit Training 3; 9:30 Socially Distant Social Time; 10:30 Art With Ally; <b>11:30 Charlie Card for Seniors</b> ; <b>12:15 Hamilton Video</b> ; 2:00 Ping Pong; 2:00 Cornhole;
<b>OCT. 9 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; Yoga 5;
<b>OCT. 12 - MONDAY</b>	<b>COLUMBUS DAY HOLIDAY - SENIOR CENTER CLOSED</b>
<b>OCT. 13 - TUESDAY</b>	<b>9:00 Blood Pressure Clinic</b> ; 9:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; <b>12:15 Tech 101 - Cut the Cord</b> ; 2:00 Talespinners; 3:00 SHINE;
<b>OCT. 14 - WED.</b>	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1; 10:00 Walking Club; 11:15 Chorus 2; <b>1:00 Colorist Club</b> ; <b>2:00 The Irishman" Part 1</b> ; <b>5:00 "The Hate You Give" Book Discussion</b> ; <b>5:00 History With Paolo</b> ;
<b>OCT. 15 - THURSDAY</b>	9:00 Circuit Training 4; 9:30 Socially Distant Social Time; 10:30 Art With Ally; <b>1:30 The Right Stuff (A)</b> ; 2:00 Ping Pong; 2:00 Cornhole; <b>2:45 The Right Stuff (B)</b> ;
<b>OCT. 16 - FRIDAY</b>	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 6;
<b>OCT. 19 - MONDAY</b>	8:30 Chair Yoga A; <b>9:15 Veterans' Club</b> ; 9:15 Chair Yoga B; 9:30 Socially Distant Social Time; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Move Pain Free 4; 12:30 Scrabble; 1:00 Knitting;
<b>OCT. 20 - TUESDAY</b>	9:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE;

<b>OCT. 21 - WED.</b>	8:25 Strength Training 1; 9:15 Strength Training 2; 9:30 Socially Distant Social Time; 10:15 Chorus 1; 10:00 Walking Club; 11:30 Chorus 2; 1:00 Colorist Club; <b>1:00 Luncheon Outing to Citizen Crust;</b> <b>2:00 "The Irishman" Part 2; 4:30 Senior SupperGrab and Go;</b> <b>5:00 "The Hate You Give" Book Discussion;</b>
<b>OCT. 22 - THURSDAY</b>	9:00 Circuit Training 5; 9:30 Socially Distant Social Time; 10:30 Art With Ally; <b>1:30 "The Right Stuff" (A2);</b> 2:00 Ping Pong; 2:00 Cornhole; <b>2:45 "The Right Stuff" (B2);</b>
<b>OCT. 23 - FRIDAY</b>	9:00 SHINE; 9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 7;
<b>OCT. 26 - MONDAY</b>	8:30 Chair Yoga A; 9:15 Chair Yoga B; 9:30 Socially Distant Social Time; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Move Pain Free 5 12:30 Scrabble; 1:00 Knitting;
<b>OCT. 27 - TUESDAY</b>	<b>9:00 Manicures; 9:00 Blood Pressure Clinic;</b> 9:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE;
<b>OCT. 28 - WED.</b>	8:25 Strength Training; 9:15 Strength Training 2; 9:30 Socially Distant Social Time; 10:15 Chorus 1; 10:00 Walking Club; <b>10:00 Hearing Health;</b> 11:30 Chorus 2; <b>12:30 Conversation With The Town Manager;</b> 1:00 Colorist Club; <b>1:00 Low Vision Support Group via Conference Call; 2:00 "The Irishman" 4:30 Drive Through Trick or Treat;</b> <b>5:00 "The Hate You Give" Book Discussion;</b>
<b>OCT. 29 - THURSDAY</b>	9:00 Circuit Training 6; 9:30 Socially Distant Social Time; 10:30 Art With Ally; <b>12:00 Men's BBQ; 1:30 "The Right Stuff" (A3);</b> 2:00 Cornhole; 2:00 Ping Pong; <b>2:45 "The Right Stuff" (B3);</b> <b>3:00 COA/HS Advisory Board Meeting;</b>
<b>OCT. 30 - FRIDAY</b>	9:00 SHINE; 9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 8;