

PROGRAMS & ACTIVITIES FOR SEPTEMBER 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.

SEPT. 1 - TUESDAY	9:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 1:30 BINGO ; 2:00 Talespinners; 3:00 SHINE by appt.; 4:00 Hamilton ;
SEPT. 2 - WED.	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1 10:00 Walking Club; 11:15 Chorus 2; 12:00 Men's BBQ ; 1:00 Colorist Club; 3:30 Hamilton ;
SEPT. 3 - THURSDAY	9:00 Art With Ally; 9:00 Move Pain Free 5; 9:30 Socially Distant Social Time; 2:00 Ping Pong; 2:00 Cornhole;
SEPT. 4 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 11:00 Charlie Cards ;
SEPT. 7 - MONDAY	LABOR DAY HOLIDAY - SENIOR CENTER CLOSED
SEPT 8 - TUESDAY	9:00 Blood Pressure Clinic ; 9:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 1:00 Yellow Dot Program ; 2:00 Talespinners; 3:00 SHINE by appt.
SEPT. 9 - WED.	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1; 10:00 Walking Club; 11:15 Chorus 2; 1:00 Colorist Club; 5:00 What is Remote Learning? ;
SEPT. 10 - THURSDAY	9:00 Move Pain Free 6; 9:00 Art With Ally; 9:30 Socially Distant Social Time; 2:00 Ping Pong; 2:00 Cornhole;
SEPT. 11 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 1;
SEPT. 14 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 9:30 Socially Distant Social Time; 10:00 Tai Chi Beginner; 10:45 Tai Chi 2; 11:00 Book Club ; 11:45 Posture, Balance, Chairs & Stairs 6; 12:30 Scrabble; 1:00 Knitting;
SEPT. 15 - TUESDAY	9:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 12:00 Hot Dogs @ Annon Ct. ; 2:00 Talespinners; 3:00 SHINE by appt.;
SEPT. 16 - WED.	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1; 10:00 Walking Club; 11:15 Chorus 2; 1:00 Colorist Club; 5:00 Gary Hylander on the Common "The Constitution" ;
SEPT. 17 - THURSDAY	9:00 Art With Ally; 9:00 Move Pain Free 6; 9:30 Socially Distant Social 12:00 Hamilton ; 2:00 Ping Pong; 2:00 Cornhole;
SEPT. 18 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 2;
SEPT. 21 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 9:15 Veterans Club; 9:30 Socially Distant Social Time; 10:00 Tai Chi Beginner; 10:45 Tai Chi 2; 11:45 Posture, Balance, Chairs & Stairs1; 12:30 Scrabble; 1:00 Knitting;

SEPT. 22 - TUESDAY	9:00 Blood Pressure Clinic; 9:30 Socially Distant Social Time; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 1:00 Low Vision Support Group; 2:00 Talespinners; 3:00 SHINE by appt.;
SEPT. 23 - WED.	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1; 10:00 Walking Club; 10:00 Hearing Health; 11:15 Chorus 2; 1:00 Colorist Club; 5:00 "The Hate You Give" Book Discussion; 5:00 End of Summer Drive Through BBQ.
SEPT. 24 - THURSDAY	9:00 Circuit Training 1; 9:00 Art With Ally; 9:30 Socially Distant Social Time; 12:00 Men's BBQ; 2:00 Ping Pong; 2:00 Cornhole;
SEPT. 25 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 3;
SEPT. 28 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 9:30 Socially Distant Social Time; 10:00 Tai Chi Beginner; 10:45 Tai Chi 2; 11:45 Posture, Balance, Chairs, & Stairs 2; 12:30 Scrabble; 1:00 Knitting;
SEPT. 29 - TUESDAY	9:00 Manicures; 9:30 Socially Distant Social Time; 9:45 Zumba Gold; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE by appt.;
SEPT. 30 - WED.	8:30 Strength Training; 9:30 Socially Distant Social Time; 10:00 Chorus 1; 10:00 Walking Club; 11:15 Chorus 2; 12:30 Conversation With the Town Manager; 1:00 Colorist Club; 4:30 Senior Supper; 5:00 "The Hate You Give" Book Discussion;