

PROGRAMS & ACTIVITIES FOR SEPTEMBER 2021
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.

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| SEPT. 1 - WED. | 8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Club - Bike Path - Woods Hole; 11:30 Theater Workshop; 1:00 Hearing Clinic; 1:00 Mah Jongg Free Play; 2:00 Transportation Options Presentation; 4:00 Summer's End Luau; |
| SEPT. 2 - THURS. | 8:30 Cornhole; 9:00 Neck & Shoulder Training; 9:30 Plymouth Belle Cruise; 10:00 Senior Sandwiches; 10:30 Art With Ally; 12:30 Canasta; 1:00 Movie Day "Sherlock Holmes"; |
| SEPT. 3 - FRIDAY | 8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga 10:45 Cribbage; |
| SEPT. 6 - MONDAY | LABOR DAY HOLIDAY - SENIOR CENTER CLOSED |
| SEPT. 7 - TUESDAY | 8:30 Tai Chi; 8:30 Cornhole; 9:45 Table Top Garden Club; 9:45 Zumba; 11:00 Nutrition Class; 12:00 Meditation; 1:30 BINGO; 2:00 Ukulele Class 2; 2:00 Talespinners; 3:00 SHINE; |
| SEPT. 8 - WED. | 8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Club - Roger Williams Park; 10:15 Chorus; 11:30 Theater Workshop; 1:00 Mah Jongg Free Play; 1:00 Movie Day "Into the Heights"; 4:00 Sundae Party; |
| SEPT. 9 - THURS. | 8:30 Cornhole; 10:00 Senior Sandwiches; 10:30 Art With Ally; 12:30 Canasta; 1:00 Movie Day "Sherlock Holmes 2 - Game of Shadows"; 2:00 Card Making Class; |
| SEPT. 10 - FRIDAY | 8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga 10:45 Cribbage; |
| SEPT. 13 - MONDAY | 8:30 Cornhole; 9:15 Chair Yoga; 11:00 Book Club; 11:45 Neck & Shoulder Training; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club; |
| SEPT. 14 - TUES. | 8:30 Tai Chi; 8:30 Cornhole; 9:00 Blood Pressure Clinic; 9:45 Table Top Garden Club; 9:45 Zumba; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Talespinners; 2:00 Ukulele Classes 2; 3:00 SHINE; |
| SEPT. 15 - WED. | 8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Discovery Club - American Heritage Museum; 10:15 Chorus; 11:30 Theater Workshop; 1:00 Hearing Clinic; 1:00 Mah Jongg Free Play; 4:30 Celebrate Guacomole Day; |

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| SEPT. 16 - THURS. | 8:30 Cornhole; 9:00 Movement Patterns for Brain Health; 10:00 Senior Sandwiches; 10:30 Art With Ally; 10:35 Men's Fitness; 12:30 Canasta; 1:00 Low Vision Support Group; |
| SEPT. 17 - FRIDAY | 8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage; |
| SEPT. 20 - MONDAY | 8:30 Cornhole; 9:15 Chair Yoga; 11:45 Neck & Shoulder Training; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club; 2:30 Veterans' Club; |
| SEPT. 21 - TUES. | 8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba; 9:45 Table Top Garden Club; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Ukulele Class 2; 2:00 Talespinners; 3:00 SHINE; |
| SEPT. 22 - WED. | 8:25 Strength Training1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Club - Newport; 11:30 Theater Workshop; 1:00 Mah Jongg Free Play; 2:00 Mackinac Trip Information Presentation; 4:00 Feasibility Study Site Tour; |
| SEPT. 23 - THURS. | 8:30 Cornhole; 9:00 Movement Patterns for Brain Health; 10:00 Senior Sandwiches; 10:30 Art With Ally; 10:35 Men's Fitness; 12:00 Men's BBQ; 12:30 Canasta; 1:00 Movie Day "Enola Holmes"; 3:00 COA/HS Advisory Board Meeting; |
| SEPT. 24 - FRIDAY | 8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 No Yoga Today; 10:45 Cribbage; |
| SEPT. 27 - MONDAY | 8:30 Cornhole; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health; 1:00 Scrabble; 1:00 Mah Jongg; 1:00 Knitting; 2:05 Downton Abbey Club; |
| SEPT. 28 - TUES. | 8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Zumba; 9:45 Table Top Garden; 11:00 Nutrition; 12:00 Meditation; 2:00 Talespinners; 3:00 SHINE; |
| SEPT. 29 - WED. | 8:25 Strength Training1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Club; 11:30 Theater Workshop; 12:30 Conversation With The Town Mgr.; 1:00 Mah Jongg Free Play; 4:45 History With Paolo "Dissenters & Nonconformists"; |
| SEPT. 30 - THURS. | 8:30 Cornhole; 9:00 Movement Patterns for Brain Health; 10:00 Senior Sandwiches; 10:30 Art With Ally; 10:35 Men's Fitness; 12:30 Canasta; 1:00 Movie Day "Mr. Holmes"; 1:00 Luncheon Outing to Jake 'n Joe's; 2:15 History of the Doolittle Home; |