

PROGRAMS & ACTIVITIES FOR OCTOBER 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.

OCT. 1 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
OCT. 4 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:00 Book Club ; 11:45 Movement Patterns for Brain Health; 1:00 Knitting; 1:00 Scrabble; 1:00 Mah Jongg; 2:05 Downton Abbey Club; 2:30 Veterans' Club;
OCT. 5 - TUESDAY	8:30 Tai Chi; 8:30 Cornhole; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition Class; 1:30 BINGO ; 2:00 Talespinners; 3:00 SHINE;
OCT. 6 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Van - Woods Hole; 11:30 Theater Workshop; 1:00 Hearing Clinic; 1:00 Mah Jongg Free Play; 4:15 The History of Howard Johnson's ;
OCT. 7 - THURSDAY	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 Lancaster Trip Meet & Greet ; 12:30 Canasta; 1:00 Movie Day "Fatherhood" ;
OCT. 8 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 NO Yoga Today ; 10:45 Cribbage;
OCT. 11 - MONDAY	Columbus Day Holiday - Senior Center Closed
OCT. 12 - TUESDAY	8:30 Tai Chi; 8:30 Cornhole; 9:00 Blood Pressure Clinic ; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition Class; 12:00 Apple Cider Doughnut Giveaway ; 2:00 Talespinners; 2:30 Ukulele 2 Class; 3:00 SHINE;
OCT. 13 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Van - Colt State Park/Bristol, RI; 11:30 Theater Workshop; 12:30 Mah Jongg Lessons; 1:00 Mah Jongg Free Play; 2:00 Feasibility Study Site Tour ; 4:30 Rendezvous With Rachel Revere ;
OCT. 14 - 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 "Into the Wild" ; 2:00 Card Making Class ;
OCT. 15 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
OCT. 18 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health; 1:00 Knitting; 1:00 Mah Jongg; 1:00 Medicare Open-Enrollment Program ; 1:00 Scrabble; 2:05 Downton Abbey Club; 2:30 Veterans' Club;
OCT. 19 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition Class; 12:00 Mackinac Island Registration ; 2:00 Talespinners; 2:30 Ukulele 2 Class ; 3:00 SHINE;

OCT. 20 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Van - Newport; 12:30 Mah Jongg Lessons; 1:00 Mah Jongg Free Play; 1:00 Hearing Clinic; 1:00 Luncheon Outing - Olive Garden; 3:00 Laughter is the Best Medicine;
OCT. 21 - 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 Low Vision Support Group with Mass. Commission for the Blind (Public Invited); 3:00 COA/HS Advisory Board Meeting;
OCT. 22 - FRIDAY	8:30 Cornhole; 8:45 - 12:30 Flu Shot Clinic; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
OCT. 25 - MONDAY	Lancaster Trip Departs at 7:00 A.M. 8:30 Cornhole; 9:00 Rep. Jay Barrows Office Hour; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health; 1:00 Knitting; 1:00 Mah Jongg; 1:00 Scrabble; 2:05 Downton Abbey Club;
OCT. 26 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Table top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition Class; 2:00 Talespinners; 2:30 Ukulele 2 Class ; 3:00 SHINE;
OCT. 27 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 10:15 Discovery Van - Winery; 11:30 Theater Workshop; 12:30 Conversation With the Town Manager; 12:30 Mah Jong Lessons; 1:00 Mah Jong Free Play; 2:00 Meet the Sheriff; 4:00 Senior Supper;
OCT. 28 - 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; 1:30 Music With Jack Craig "Songs of the 50's"; 2:30 "It's Time To Say Goodbye";
OCT. 29 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;