

# PROGRAMS & ACTIVITIES FOR OCTOBER 2019

## 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 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 10:30 Beginner Ukulele Class; 11:00 Nutrition; <b>1:30 BINGO</b> ; 2:00 Talespinners; 3:00 SHINE; <b>4:45 "Escape to Margaritaville" at PPAC; 4:45 Home Improvement Contractors; 5:00 Charlie Cards for Seniors;</b>
<b>OCT 2 - WEDNESDAY</b>	8:30 Strength Training; 10:00 Chorus; <b>11:15 Line Dancing; 12:40 Downton Abbey Movie @ Showcase Cinemas at Patriot Place;</b> 1:00 Colorist Club; 1:00 Patriot Place South Marketplace
<b>OCT 3 - THURSDAY</b>	<b>8:00 Sign Up For Ireland Trip</b> 9:00 Upper Body Mobility; 9:00 Art With Ally; <b>10:30 Pickle Ball Lessons;</b> 10:45 Mah Jongg Lessons & Free Play; <b>12:30 Soup &amp; Sandwich; 1:00 Movie Day "Rocket Man";</b> 1:00 Canasta; 2:00 Computer Class With FRCS;
<b>OCT. 4 - FRIDAY</b>	9:00 Walmart; 9:00 Senior Fitness; 10:15 Cribbage; 10:30 Yoga; <b>6:00 Rock n Roll Monster Mash Halloween Party;</b>
<b>OCT. 7 - MONDAY</b>	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; <b>10:00 Shakespeare's King Lear;</b> 10:30 Tai Chi; <b>11:00 Book Club;</b> 11:45 Lower Body Stability 12:30 Scrabble; 12:30 SHINE; 1:00 Mah Jongg Free Play; 1:00 Knitting; <b>1:00 Chronic Disease Self Management;</b> 1:00 Stop & Shop;
<b>OCT. 8 - TUESDAY</b>	8:30 Stretch & Balance; <b>9:00 Blood Pressure Clinic;</b> 9:45 Zumba Gold; 9:45 Table Top Garden Club; 10:30 Beginner Ukulele Class; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE; <b>4:45 Understanding Credit &amp; Debit;</b>
<b>OCT. 9 - WED.</b>	8:30 Strength Training; 10:00 Chorus; <b>11:15 Line Dancing;</b> 1:00 Walmart; 1:00 Colorist Club; <b>4:00 Drum Circle;</b>
<b>OCT. 10 - THURSDAY</b>	<b>8:30 Mt. Washington Cog Railway Trip</b> <b>9:00 Osteoporosis &amp; Muscle Loss Class;</b> 9:00 Art With Ally; <b>10:30 Pickleball Lessons;</b> 10:45 Mah Jongg Lessons & Free Play; 1:00 Canasta; <b>1:00 Reiki;</b> 2:00 Cornhole; 2:00 Computer Class w/FRCS
<b>OCT. 11 - FRIDAY</b>	9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage; 10:30 Yoga; <b>10:30 Tech 101 -Transloc - Gatra on Demand;</b>
<b>OCT. 14 - MONDAY</b>	<b>COLUMBUS DAY HOLIDAY - Senior Center Closed</b>
<b>OCT. 15 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 10:30 Beginner Ukulele Class; 11:00 Nutrition; <b>1:00 Stop &amp; Shop;</b> 1:30 Memory Café; 2:00 Talespinners; 3:00 SHINE; <b>4:45 Shopping Rights Program;</b>
<b>OCT. 16 - WED.</b>	8:30 Strength Training; 10:00 Chorus; <b>11:15 Line Dancing;</b> 1:00 Mansfield Crossing; 1:00 Colorist Club; <b>1:00 TRIAD;</b> <b>2:00 Physical Therapy Screening; 4:30 History With Paolo;</b>

<b>OCT. 17 - THURSDAY</b>	9:00 Art With Ally; <b>9:00 Chair Massage</b> ; 9:00 Osteoporosis & Muscle Loss Class; <b>10:30 Pickleball Lessons</b> ; 10:45 Mah Jongg Lessons & Free Play; <b>12:30 Soup &amp; Sandwich</b> ; <b>1:00 Movie Day "Bohemian Rhapsody"</b> ; 1:00 Canasta; 2:00 Computer Class With FRCS;
<b>OCT. 18 - FRIDAY</b>	9:00 Walmart; 9:00 Senior Fitness; 10:15 Cribbage; 10:30 Yoga; <b>11:00 Rick Steve's Italy's Amalfi Coast</b> ;
<b>OCT. 19 - SATURDAY</b>	9:30 Friends of Foxboro Seniors Meeting at McGinty Room
<b>OCT. 21 - MONDAY</b>	9:15 Chair Yoga; 9:15 Veterans' Breakfast Club; <b>10:00 Shakespeare's King Lear</b> ; 10:30 Tai Chi; 11:45 Lower Body Stability; 12:30 Scrabble; 12:30 SHINE; <b>1:00 "Guy's &amp; Dolls" Auditions</b> ; <b>1:00 Chronic Disease Self Management</b> ; 1:00 Knitting; 1:00 Mah Jongg Free Play; 1:00 Stop & Shop;
<b>OCT. 22 - TUESDAY</b>	8:30 Stretch & Balance; <b>9:00 Blood Pressure Clinic</b> ; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; <b>1:00 Low Vision Support Group</b> ; 2:00 Talespinners; 3:00 SHINE; <b>4:45 Identity Theft &amp; Fraud Prevention</b> ;
<b>OCT. 23 - WED.</b>	8:30 Strength Training; 10:00 Chorus; 10:00 Hearing Health; <b>10:30 Commuter Rail Trip to Boston</b> ; <b>11:15 Line Dancing</b> ; 1:00 Luncheon Outing - Olive Garden; 1:00 Colorist Club; <b>2:00 SINGO</b> ; <b>4:30 Pumpkin Carving</b> ;
<b>OCT. 24 - THURSDAY</b>	9:00 Osteoporosis & Muscle Loss Class; 9:00 Art With Ally; <b>10:30 Pickleball Lessons</b> ; 10:45 Mah Jongg Lessons & Free Play; 1:00 Canasta; 2:00 Cornhole; 2:00 Computer Class w/FRCS; <b>2:00 Equifax Data Breach Information Session</b> ; <b>3:00 COA/HS Advisory Board Meeting</b> ;
<b>OCT. 25 - FRIDAY</b>	<b>9:00 EFT Tapping Circle</b> ; 9:00 Senior Fitness; 9:00 Shaw's; 10:15 Cribbage; 10:30 Yoga;
<b>OCT. 28 - MONDAY</b>	<b>9:00 Jay Barrow's Office Hour</b> ; 9:15 Chair Yoga; <b>10:00 King Lear</b> ; 10:30 Tai Chi; 11:45 Lower Body Stability; 12:30 Scrabble; 12:30 SHINE; <b>1:00 Chronic Disease Self Management</b> ; 1:00 Mah Jongg Free Play; <b>1:00 Guys &amp; Dolls</b> ; 1:00 Stop & Shop; <b>1:00 The Afterworld: What I Wish I'd Known</b> ;
<b>OCT. 29 - TUESDAY</b>	8:30 Stretch & Balance; 9:45 Zumba Gold; <b>10:00 Manicures</b> ; 11:00 Nutrition; 1:00 Knitting (in lieu of 10/28) 2:00 Talespinners; 3:00 SHINE; <b>4:45 Online Safety Program</b> ;
<b>OCT. 30 - WED.</b>	8:30 Strength Training; 10:00 Chorus; <b>12:30 Coffee With The Town Mgr.</b> ; 1:00 Colorist Club; 1:00 Job Lot/Dollar Store; <b>4:30 Senior Supper</b> ;
<b>OCT. 31 - THURSDAY</b>	9:00 Osteoporosis & Muscle Loss Class; 9:00 Art With Ally; <b>9:00 Men's Breakfast</b> ; <b>10:30 Pickleball Lessons</b> ; 10:45 Mah Jongg & Free Play; 1:00 Canasta; 2:00 Cornhole; 2:00 Computer Class With FRCS;