

PROGRAMS & ACTIVITIES FOR DECEMBER 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.

DEC. 1 - TUESDAY	9:45 Zumba Gold; 1:30 BINGO ; 2:00 Talespinners; 3:00 SHINE;
DEC. 2 - WEDNESDAY	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus 1; 11:15 Chorus 2; 12:30 Art With Ally; 1:00 Introduction to Ayurveda ; 1:00 Colorist Club; 5:00 Peppermint Ice Cream & Brownie Drive Thru ;
DEC. 3 - THURSDAY	9:00 Senior Boot Camp 4; 10:30 Art With Ally; 1:30 "The Right Stuff";
DEC. 4 - FRIDAY	9:00 SHINE; 9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage; 11:15 Yoga 3;
DEC. 7 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:00 Book Club (virtual) ; 11:45 Glute Workshop 5; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble; 2:30 Veterans' Club;
DEC. 8 - TUESDAY	8:30 Meditation 1; 9:00 Blood Pressure Clinic ; 9:45 Zumba Gold; 2:00 Talespinners; 2:00 Ukulele For Beginners 1; 3:00 SHINE;
DEC. 9 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus 1; 11:15 Chorus 2; 12:30 Art With Ally; 1:00 Colorist Club; 1:00 Ayurveda & Daily Self-Care ; 3:00 Tech 101 "How Your Apple Watch Can Save Your Life" ; 4:15 Hamilton Part 1 ;
DEC. 10 - THURS.	9:00 Senior Boot Camp 4; 10:30 Art With Ally; 10:35 Men's Fitness Class 1; 12:30 Line Dancing; 1:30 "The Right Stuff";
DEC. 11 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage; 11:15 Yoga 4;
DEC. 14 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Glute Workshop 6; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble;
DEC. 15 - TUESDAY	8:30 Meditation 2; 9:45 Zumba Gold; 2:00 Ukulele for Beginners 2; 2:00 Talespinners; 3:00 SHINE;
DEC. 16 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:00 Hearing Health Clinic; 10:15 Chorus 1; 11:15 Chorus 2; 12:30 Art With Ally; 1:00 Mah Jongg; 1:00 Colorist Club; 3:00 Online Registration Tutorial ; 4:15 Hamilton Part 2 ;
DEC. 17 - THURS.	9:00 Senior Boot Camp 6; 10:30 Art With Ally; 10:35 Men's Fitness 2 ; 12:30 Line Dancing; 1:00 Low Vision ;
DEC. 18 - FRIDAY	9:00 Senior Fitness 1; 9:50 Senior Fitness 2; 10:45 Cribbage; 11:15 Yoga 5;
DEC. 21 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 1:00 Mah Jongg; 1:00 Scrabble; 1:00 Knitting; 2:30 Veterans' Club;

DEC. 22 - TUESDAY	8:30 Meditation 3; 9:00 Blood Pressure Clinic ; 9:45 Zumba Gold; 2:00 Ukulele for Beginners 3; 2:00 Talespinners; 3:00 SHINE;
DEC. 23 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus 1; 11:15 Chorus 2; 12:30 Art With Ally; 1:00 Mah Jongg; 1:00 Colorist Club; 3:15 Holiday Winter Parade ;
DEC. 24 - THURS.	10:30 Art With Ally; 10:35 Men's Fitness Class 3;
DEC. 25 - FRIDAY	CHRISTMAS DAY - SENIOR CENTER CLOSED
DEC. 28 - MONDAY	8:30 Chair Yoga A; 9:15 Chair Yoga B; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Posture, Balance, Chairs & Stairs 1; 1:00 Mah Jongg; 1:00 Knitting; 1:00 Scrabble;
DEC. 29 - TUESDAY	8:30 Meditation 4; 9:00 Manicures ; 9:45 Zumba Gold; 2:00 Ukulele for Beginners 4; 2:00 Talespinners; 3:00 SHINE;
DEC. 30 - WED.	8:25 Strength Training 1; 9:15 Strength Training 2; 10:00 Walking 10:15 Chorus 1; 11:15 Chorus 2; 12:30 Art With Ally; 12:30 Conversation With the Town Manager ; 1:00 Colorist Club; 1:00 Mah Jongg; 4:30 Senior Supper Grab & Go ;
DEC. 31 - THURSDAY	9:00 Fix Your Joints 1; 10:30 Art With Ally; 10:35 Men's Fitness Class 4; 11:45 Men's Club; 12:30 Running Wild With Bear Grylls;