PROGRAMS & ACTIVITIES FOR OCTOBER 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.

OCT. 1 - THURSDAY	9:00 Circuit Training 2; 9:30 Socially Distant Social Time; 10:30 Art With Ally 1; 12:15 Hamilton Video ; 2:00 Cornhole; 2:00 Ping Pong;
OCT. 2 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social
	Time; 10:30 Yoga 4;
OCT. 5 - MONDAY	8:30 Chair Yoga A; 9:15 Veterans' Club; 9:15 Chair Yoga B;
	9:30 Socially Distant Social Time; 10:00 Beginner Tai Chi;
	10:45 Tai Chi; 11:00 Book Club; 11:45 Move Pain Free 3;
	12:30 Scrabble; 1:00 Knitting;
OCT. 6 - TUESDAY	9:30 Socially Distant Social Time; 9:45 Zumba; 9:45 Table Top
	GardenClub; 11:00 Nutrition; 1:30 BINGO; 2:00 Talespinners;
	3:00 SHINE;
OCT. 7 - 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 Hearing
	Clinic; 1:00 Colorist Club; 3:00 CBD Oil: Fact or Fiction;
	5:00 "The Hate You Give" Book Discussion;
OCT. 8 - THURSDAY	9:00 Circuit Training 3; 9:30 Socially Distant Social Time; 10:30 Art
	With Ally; 11:30 Charlie Card for Seniors; 12:15 Hamilton Video;
	2:00 Ping Pong; 2:00 Cornhole;
OCT. 9 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social
	Time; Yoga 5;
OCT. 12 - MONDAY	COLUMBUS DAY HOLIDAY - SENIOR CENTER CLOSED
OCT. 13 - 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;
	12:15 Tech 101 - Cut the Cord; 2:00 Talespinners; 3:00 SHINE;
OCT. 14 - 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; 2:00 The Irishman" Part 1;
	5:00 "The Hate You Give" Book Discussion;
	5:00 History With Paolo;
OCT. 15 - THURSDAY	9:00 Circuit Training 4; 9:30 Socially Distant Social Time; 10:30 Art
	With Ally; 1:30 The Right Stuff (A); 2:00 Ping Pong; 2:00 Cornhole;
	2:45 The Right Stuff (B);
OCT. 16 - FRIDAY	9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social
	Time; 10:30 Yoga 6;
OCT. 19 - MONDAY	8:30 Chair Yoga A; 9:15 Veterans' Club; 9:15 Chair Yoga B;
	9:30 Socially Distant Social Time; 10:00 Beginner Tai Chi;
	10:45 Tai Chi; 11:45 Move Pain Free 4; 12:30 Scrabble; 1:00 Knitting;
OCT. 20 - TUESDAY	
OST. ZO TOLOBAT	9:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top
OGI. 20 TOLODAT	9:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE;

9:30 Socially Distant Social Time; 10:15 Chorus 1; 10:00 Walking Club; 11:30 Chorus 2; 1:00 Colorist Club; 1:00 Luncheon Outing to Citizen Crust; 2:00 "The Irishman" Part 2; 4:30 Senior SupperGrab and Go; 5:00 "The Hate You Give" Book Discussion; OCT. 22 - THURSDAY 9:00 Circuit Training 5; 9:30 Socially Distant Social Time; 10:30 Art With Ally; 1:30 "The Right Stuff" (A2); 2:00 Ping Pong; 2:00 Cornhole; 2:45 "The Right Stuff" (B2); OCT. 23 - FRIDAY 9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially Distant Social Time; 10:30 Yoga 7; OCT. 26 - MONDAY 8:30 Chair Yoga A; 9:15 Chair Yoga B; 9:30 Socially Distant Social Time; 10:00 Beginner Tai Chi; 10:45 Tai Chi; 11:45 Move Pain Free 5 12:30 Scrabble; 1:00 Knitting; OCT. 27 -TUESDAY 9:00 Manicures; 9:00 Blood Pressure Clinic; 9:30 Socially Distant Social Time; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 2:00 Talespinners; 3:00 SHINE;		
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9:30 Socially Distant Social Time; 10:15 Chorus 1; 10:00 Walking Club; 10:00 Hearing Health; 11:30 Chorus 2; 12:30 Conversation With The Town Manager; 1:00 Colorist Club; 1:00 Low Vision Support Group via Conference Call; 2:00 "The Irishman" 4:30 Drive Through Trick or Treat; 5:00 "The Hate You Give" Book Discussion; OCT. 29 - THURSDAY 9:00 Circuit Training 6; 9:30 Socially Distant Social Time; 10:30 Art With Ally; 12:00 Men's BBQ; 1:30 "The Right Stuff" (A3); 2:00 Cornhole; 2:00 Ping Pong; 2:45 "The Right Stuff" (B3); 3:00 COA/HS Advisory Board Meeting; OCT. 30 - FRIDAY 9:00 SHINE; 9:00 Senior Fitness; 9:15 Horseshoes; 9:30 Socially		
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Distant Social Time; 10:30 Yoga 8;	OCT. 30 - FRIDAY	· · · · · · · · · · · · · · · · · · ·
		Distant Social Time; 10:30 Yoga 8;