

PROGRAMS & ACTIVITIES FOR NOVEMBER 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.

NOV. 1 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:00 Book Club ; 11:45 Movement Patterns for Brain Health; 1:00 HESSCO Presentation ; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club; 2:30 Veterans' Club;
NOV. 2 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba; 9:45 Table Top Garden Club; 11:00 Nutrition Class 12:00 Meditation; 1:30 BINGO ; 2:00 Talespinners; 3:00 SHINE (by appt.);
NOV. 3 - Wednesday	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 11:30 Theater Workshop; 12:30 Mah Jongg Lessons; 1:00 Mah Jongg Free Play; 1:00 Hearing Clinic; 2:00 Fish or Fish Oil; A Cholesterol Story; 4:00 Meet The New Department Administrator ;
NOV. 4 - Thursday	8:30 Cornhole; 9:00 Movement Patterns for Brain Health 2; 10:00 Senior Sandwiches; 10:30 Art With Ally; 10:35 Men's Fitness; 12:30 Canasta; 1:00 Movie Day "Fauci"; 2:00 Card Making Class ;
NOV. 5 - FRIDAY	8:30 Cornhole; 8:25 Senior Fitness 1; 9:15 Senior Fitness 2; 10:45 Cribbage;
NOV. 8 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health; 1:00 Scrabble; 1:00 Knitting; 2:00 Meet the Registered Dietitian ; 2:05 Downton Abbey Club;
NOV. 9 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Zumba; 11:0 Nutrition Class; 12:00 Meditation; 1:00 Falls Prevention ; 2:00 Talespinners; 2:30 Ukulele Class; 3:00 SHINE (by appt.);
NOV. 10 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 11:30 Theater Workshop; 12:30 Mah Jongg Lessons; 1:00 Mah Jongg Free Play; 2:00 Pre-Town Meeting Info Session; 4:30 Downsize or Stay Program ;
NOV. 11 - THURS.	VETERANS DAY - SENIOR CENTER CLOSED
NOV. 12 - FRIDAY	8:30 Cornhole; 8:25 Senior Fitness 1; 9:15 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
NOV. 15 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health; 1:00 Knitting; 1:00 Scrabble; 1:00 Revocable Trusts ; 2:05 Downton Abbey Club; 2:30 Veterans' Club;
NOV. 16 - TUESDAY	8:30 Tai Chi; 8:30 Cornhole; 9:45 Zumba; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Talespinners; 2:30 Ukulele Class; 3:00 SHINE (by appt.);

NOV. 17 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 11:30 Theater Workshop; 12:30 Mah Jongg Lessons; 1:00 Mah Jongg Free Play; 1:00 Hearing Clinic; 1:00 Luncheon Outing - Conrads; 3:00 Diabetes Awareness;
NOV. 18 - THURS.	8:30 Cornhole; 9:00 Movement Patterns for Brain Health 2; 9:00 Chair Massage; 10:00 Senior Sandwiches; 10:30 Art With Ally; 10:35 Men's Fitness; 12:00 Mens' BBQ; 12:30 Canasta; 1:00 Low Vision Support Group; 1:00 Movie Day "Miracle Landing on the Hudson;
NOV. 19 - FRIDAY	8:30 Cornhole; 8:25 Senior Fitness 1; 9:15 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
NOV. 22 - MONDAY	8:30 Cornhole; 9:00 Rep. Jay Barrows' Office Hour; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health 2; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club;
NOV. 23 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Zumba; 11:00 Nutrition Class; 12:00 Pie Giveaway; 12:00 Meditation; 2:00 Talespinners; 2:30 Ukulele Class; 3:00 SHINE (by appt.); 4:00 Friendsgiving;
NOV. 24 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 11:30 Theater Workshop; 12:30 Senior Center Closed for Holiday Weekend;
NOV. 25 - THURS.	Thanksgiving Day - Senior Center Closed
NOV. 26 - FRIDAY	Thanksgiving Holiday Weekend - Senior Center Closed
NOV. 29 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Movement Patterns for Brain Health; 1:00 Knitting; 1:00 Scrabble; 2:05 Downton Abbey Club;
NOV. 30 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba; 11:00 Nutrition Class; 12:00 Meditation; 2:00 Talespinners; 3:00 SHINE (by appt.);