

PROGRAMS & ACTIVITIES FOR JUNE 2019

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.

JUNE 3 - MONDAY	9:15 Veterans' Breakfast Club; 9:15 Chair Yoga; 10:30 Tai Chi; 11:00 Book Club; 12:30 SHINE; 12:30 Scrabble; 1:00 Knitting; 1:00 Stop & Shop; 1:00 Mah Jongg Free Play; 2:15 Diabetes Prevention Program;
JUNE 4 - TUESDAY	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 12:30 Ukulele 2; 1:30 BINGO; 2:00 Talespinners; 4:00 Silk Painting For All; 4:30 Surviving Aging;
JUNE 5 - WED.	8:30 Strength Training; 10:00 Chrous; 11:30 Chickie Flynn's; 1:00 Shopping at Mansfield Crossing; 2:00 Colorist Club; 3:30 Performance Appreciation Club; 4:00 Silk Painting For All;
JUNE 6 - THURSDAY	8:30 Art With Ally; 9:00 Reverse the Aging Process; 10:45 Mah Jongg Lessons & Free Play; 11:00 Gary Hylander "D-Day at 75"; 12:30 Soup & Sandwich; 1:00 Movie "Driving Miss Daisy";
JUNE 7 - FRIDAY	9:00 Senior Fitness with Joyce; 9:00 Walmart; 10:15 Cribbage; 11:00 Maximazing the Value of Your Home;
JUNE 10 - MONDAY	9:00 Senator Feeney Coffee Hour; 9:15 Chair Yoga; 10:30 Tai Chi; 12:30 SHINE; 12:30 Scrabble; 1:00 Mah Jongg Free Play; 1:00 Stop & Shop; 1:00 Knitting; 2:15 Diabetes Prevention Program;
JUNE 11 - TUESDAY	8:30 Stretch & Balance; 9:00 Professional Foot Care (by appt.) 9:45 Table Top Garden Club; 9:45 Zumba Gold; 10:00 Blood Pressure; 11:00 Nutrition; 12:00 Farewell Maureen; 12:30 Ukulele 2; 2:00 Talespinners; 4:45 Cancer Prevention;
JUNE 12 - WED.	8:30 Strength Training; 10:00 Chrous; 11:30 Public Safety Information Cookout; 1:00 Walmart; 2:00 Colorist Club;
JUNE 13 - THURSDAY	8:30 Art With Ally; 9:00 Reverse the Aging; 10:45 Mah Jongg Lessons & Free Play; 2:00 Cornhole;
JUNE 14 - FRIDAY	9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage; 11:00 Preparing for a Move;
JUNE 15 - SATURDAY	9:30 Friends of Foxboro Seniors Meeting
JUNE 17 - MONDAY	9:15 Veterans' Club Breakfast; 9:15 Chair Yoga; 10:30 Tai Chi; 12:30 SHINE; 12:30 Scrabble; 1:00 Mah Jongg Free Play; 1:00 Knitting; 1:00 Stop & Shop; 2:15 Diabetes Prevention Program
JUNE 18 - TUESDAY	8:30 Stretch & Balance; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 11:00 Nutrition; 1:30 Memory Café; 2:00 Talespinners; 4:00 Learn About the Perkins Library;
JUNE 19 - WED.	8:30 Strength Training; 10:00 Chorus; 1:00 Luncheon Outing - Olive Garden; 1:00 TRIAD; 2:00 Colorist Club; 4:00 Marilyn Rodman PAC/Senior Center Series "Pippin";

JUNE 20 - THURS.	8:30 Art With Ally; 9:00 Reverse the Aging; 10:45 Mah Jongg Lessons & Free Play; 12:30 Soup & Sandwich; 1:00 Movie "Green Book";
JUNE 21 - FRIDAY	9:00 Walmart; 9:00 Senior Fitness; 10:15 Cribbage; 11:00 When is Memory Care Needed;
JUNE 23 - SATURDAY	DEPART FOR QUEBEC CITY 7:30 A.M.
JUNE 24 - MONDAY	9:00 Jay Barrow's Office Hour; 9:15 Chair Yoga; 10:30 Tai Chi; 12:30 SHINE; 12:30 Scrabble; 1:00 Stop & Shop; 1:00 Knitting; 1:00 Mah Jongg Free Play; 2:15 Diabetes Prevention Program
JUNE 25 - TUESDAY	8:30 Stretch & Balance; 9:45 Zumba Gold; 10:00 Manicures; 11:00 Nutrition; 1:00 Low Vision Support Group; 2:00 Talespinners; 4:45 Anemia & Chronic Renal Failure;
JUNE 26 - WED.	8:30 Strength Training; 10:00 Hearing Health; 10:00 Chorus; 12:30 Coffee & Conversation with the Town Manager; 1:00 Job Lot/Dollar Store; 2:00 Colorist Club; 4:30 Senior Supper; Quebec Trip Returns 6:30 p.m.
JUNE 27 - THURSDAY	Downton Abbey Exhibition Trip 9:15a.m. - 3:00p.m. 8:30 Art With Ally; 9:00 Men's Breakfast; 9:00 Reverse the Aging Process; 10:45 Mah Jongg and Free Play; 12:30 Soup & Sandwich; 1:00 Movie "Mary Poppins Returns"; 2:00 Cornhole; 3:00 COA/HS Advisory Board Meeting at senior center
JUNE 28 - FRIDAY	9:00 Shaw's; 9:00 Senior Fitness; 10:15 Cribbage