

SIGN-UP ON SEPTEMBER 15TH FOR ROCKETTES TRIP

Start your holiday season off with a trip to the Providence Performing Arts Center to see the “Radio City Christmas Spectacular” starring the World Famous Rockettes on Friday, November 19, 2010. A cast and crew of nearly 100 people will come to Providence to deliver a holiday show experience that will leave you with a lifetime of memories! Be enchanted by the live entertainment as the teddy bears dance, wooden soldiers come to life, and reindeers fly. The show will also include the inspirational “Living Nativity.” Before arriving at the theatre, you will enjoy an “all-you-can-eat” chicken dinner at Wright’s Chicken Farm. Your meal will include Tossed Salad, Roasted Chicken, Shell Pasta with Homemade Marinara Sauce, French Fries, Coffee or Tea, and Dessert. Your motor coach will depart from St. Mary’s Church parking lot at 10:30 a.m. and return at approximately 5:00 p.m. The cost for this excursion is \$87 per person (driver’s tip *not* included). Payment will be due by Friday, October 15th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, September 15th.

Monday, August 30

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

Tuesday, August 31

Beginners Walking Club 8:30 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 1

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Lunch at Chickie Flynn’s 11:30 a.m.

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

Thursday, September 2

Ceramics 9:00 a.m.

American Red Cross-“Preparing for the Unexpected” 11:00 a.m.

Book Club 1:00 p.m.

Friday, September 3

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Massage, Reiki & Reflexology 10:00 a.m.

Wii Games 11:00 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

FALL TEA PARTY

Treat yourself to a special Fall Tea Party hosted by Joanne Pratt on Thursday, September 30th from 12:30 p.m.-2:00 p.m. Tea sandwiches and delectable goodies along with assorted teas will be served. Sample the delicious

food offerings, enjoy the company and conversation, and relax over a cup tea. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, September 27th, or until all spots are filled, whichever comes first. As always, bring your favorite tea cup.

BASIC SELF DEFENSE CLASS

What could be more important than your personal safety? Come to the senior center on Thursday, September 16th for a basic self defense class from 1:00 p.m. to 2:00 p.m. Chris Rappold, Founder of Personal Best Karate, will demonstrate and teach the basic skills necessary to protect yourself at any age. Chris is generously offering this class FREE of charge for us. Please call 508-543-1252 to sign-up for this great opportunity.

WORDS AND MUSIC

Beginning this Fall on Tuesday mornings from 10:00 a.m. to 11:00 a.m., we will be offering “Words and Music,” a new class starting on September 7th. Exercise your mind while having fun with anagrams, cryptograms, word rebuses, and other clever twists of the English language gathered by our volunteer leader, Annette Fisher. Musical play includes “Name That Tune” and song parodies using tunes from the 1890s to the 1980s. Pre-registration is required, so please call 508-543-1252 to let us know that you will be coming or to arrange for a ride on the Van-Go.

PREPARE FOR THE UNEXPECTED

The best way to protect your family is to be ready for the unexpected before it happens. The American Red Cross will be giving a presentation entitled “Preparing for the Unexpected” at the senior center on Thursday, September 2nd at 11:00 a.m. This 45 minute presentation is offered FREE of charge. Come and learn what to do if disaster strikes. Please call us at 508-543-1252 to let us know that you will be coming.

SERENADING SENIORS

The Serenading Seniors will resume their regular schedule beginning Wednesday, September 1st. Rehearsals are held at the Senior Center on Wednesdays from 10:00 a.m.-11:15 a.m. It’s a friendly, fun group and you DO NOT need to read music to be a member. Currently we have openings for a few new members, both men and women. If you enjoy singing and are interested in joining, please call Barbara Durst at 774-215-5083.

MOVIE CLASSICS

Beat the heat and humidity by coming to the senior center for some ‘cool’ movie classics. Take advantage of our nice air-conditioned environment while you watch an oldie-but-goodie movie, enjoy some refreshments, and socialize with each other. The movies will be shown on Thursdays at either 11:00 a.m. or 1:00 p.m. Please feel free to bring your lunch along to have either before or after the film. Please give us a call at 508-543-1252 to let us know that you will be coming. The remaining schedule is as follows:

September 9th at 11:00 a.m. “An Affair to Remember”

September 23rd at 1:00 p.m. “How Green Was My Valley”

October 7th at 11:00 a.m. “Room at the Top”

INFORMATION AND SERVICES

REGISTER OF DEEDS

Norfolk County Register of Deeds, William P. O’Donnell, will hold scheduled office hours in the Gala Meeting Room at Town Hall, 40 South Street, Foxborough, Massachusetts, on Wednesday, September 22, 2010 from 10:00 A.M. to 12:00 P.M. The Register and his staff will be on hand to answer questions or concerns about any Registry of Deeds matter. The Register will have information about the Massachusetts Homestead Act as well as an internet computer and printer that can be used to confirm the status of a mortgage discharge, confirm that a document has been recorded, print out a deed, or demonstrate how the Registry’s website works. No appointment is necessary. The Registry of Deeds can be contacted via telephone at 781-461-6101, or at www.norfolkdeeds.org.

“KEEP MOVING” WALKS

The "Keep Moving" Program invites you to participate in their upcoming Regional Autumn Walks:

Thursday, September 16th at Hopkinton State Park, 268 Cedar Street, Hopkinton, MA

Friday, October 1st at Look Park, 300 North Main Street, Florence, MA

Tuesday, October 5th at Shining Sea Bikeway, Depot Street Lot, Falmouth, MA

The walks begin with registration and warm-up at 10:30 a.m. and will be held rain or shine. There are one-mile and three-mile walking routes. Pre-registration is required. The Department of Public Health and Blue Cross Blue Shield support the "Keep Moving" program in partnership with the Executive Office of Elder Affairs and the Councils on Aging and Senior Center Directors. For more information contact Ed Pomfred at 617-624-5972 or email him at edward.pomfred@state.ma.us. Registration forms and directions to the walks are available at the senior center.

THE 2010 CENSUS

The Census Bureau may call or visit a small percentage of households to clarify answers, confirm geographic location of responses, or resolve suspected duplicate addresses. If your household is one of those that are re-interviewed, please take a few minutes with the census taker to help ensure the quality of the 2010 Census.

REGULARLY SCHEDULED

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, September 7th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

FREE LEGAL CLINIC

Mary Roque, Esquire is available at the senior center on the 2nd Wednesday of each month from 9:30 a.m. to 11:30 a.m. to provide a FREE legal clinic. Her next visit will be on September 8th. Attorney Roque owns and manages a law practice which concentrates in elder law issues, and she conducts volunteer legal clinics at other area Councils on Aging. She will consult with individuals for up to 15 minutes about their legal questions and concerns. If further consultation is necessary, follow-up will be provided through Noreen Sherys, Community Social Worker, who can assist with referrals to community legal resources. Please call 508-543-1252 for your appointment.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, per the YMCA's policy. The 2010 Fall 1 Session runs from September 13th through October 31st. This is a 7-week session and will cost \$35. Payment is due at sign-up. Call 508-543-1252 with any questions.

FREE LUNCH!

Apparently there is such a thing as a free lunch! Chickie Flynn's Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our first luncheon will be on Wednesday, September 1st at 11:30 a.m. at Chickie Flynn's located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Cheesecake or Ice Cream, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Transportation will be on your own and space is limited for the luncheon. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, August 31st.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, September 2nd at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 1 Wal-Mart

September 8 Dollar Tree Store

September 15 Target

September 22 Walpole Mall

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E. – TUESDAY, SEPTEMBER 7TH, 2010

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, September 7th at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

SAVINGS IN MEDICARE PRESCRIPTION DRUG COVERAGE GAP

If you have reached the coverage gap or 'donut hole' in your Medicare prescription drug coverage in 2010, you may qualify for a one-time, tax-free \$250 rebate to help you with your prescription drug costs. This important new benefit, included in the Affordable Care Act, is the first step toward closing the Medicare prescription drug coverage gap. If you qualify and reach the coverage gap, Medicare will **automatically** send you a check. You don't need to fill out any forms or provide any personal information to get the rebate check. Do not provide your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE to report anyone who does this. To learn more about the \$250 coverage gap rebate, visit www.medicare.gov.

TRAVEL AND ENTERTAINMENT

EAST HILL FARM AND CATHEDRAL OF THE PINES

Come along with the group from the senior center to New Hampshire for the day to visit East Hill Farm and the Cathedral of the Pines on Thursday, October 14th. Your day will begin with a stop at the Petersboro Basket Company Outlet Store where you will find a wide selection of baskets and other gifts, including punched tin ware. Next enjoy lunch at East Hill Farm in Troy, NH, where you will be served a hearty, family style luncheon including both pot roast and turkey. Originating in 1834, the Inn is nestled at the base of picturesque Mt. Monadnock on 150 acres. After lunch you will visit Coll's Farm Stand in Jaffrey, NH, where you can select from a variety of fresh fruits and vegetables as well as apple cider and maple syrup. Then you will visit the Cathedral of the Pines. This unique, inspirational landmark seats 200 and is a place of spiritual nourishment for people of all faiths. Formed by tall pines, the cathedral is a living memorial to those who gave their lives for our country. Your motor coach will depart from St. Mary's Church parking lot at 7:30 a.m. and return at approximately 5:30/6:30 p.m. The cost for this excursion is \$58 per person (driver's tip *not* included). Payment will be due by Friday, September 17th. Sign-up for this trip by calling the senior center at 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marge at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, August 30

SWEET & SOUR PORK RIB
SCALLOPED POTATOES
ORIENTAL BLEND VEGGIES
WHOLE WHEAT ROLL
FRESH FRUIT

Tuesday, August 31

CHICKEN PATTY
PASTA & TOMATO SAUCE
BROCCOLI
ITALIAN BREAD
PINEAPPLE

Wednesday, September 1

MACARONI & CHEESE
ESCALLOPED TOMATOES
FRUIT MUFFIN
SMOOTHIE

Thursday, September 2

ROAST TURKEY W/ GRAVY
CRANBERRY SAUCE
PARSLEY WHIPPED POTATOES
WINTER SQUASH
WHEAT BREAD
BREAD PUDDING

Friday, September 3

BEEF & CABBAGE CASSEROLE
FLUFFY RICE
MULTIGRAIN ROLL
PEACHES