

PRESENTATION ON DELIRIUM

Delirium is a sudden change in mental status or sudden confusion which develops over hours to days. It is different from dementia and affects more than half of all hospitalized seniors. Join us on Thursday, September 10th at 1:00 p.m. as we learn the ten tips to help avoid confusion in the hospital. Find out why you as a family member or friend can be the best advocate for preventing or mitigating the effects of delirium in a patient. This program will be presented by Pat Gavin of HESSCO Elder Services and Mary McDougall, RN, PhD, Nurse Educator at Norwood Hospital. Please call the senior center at 508-543-1252 to sign up for this program.

Monday, September 7

Labor Day Holiday

Senior Center Closed

Tuesday, September 8

Stretch & Balance 8:30 a.m.

Senior Center Table Top Garden Club 9:45 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “9 to 5” 12:30 p.m.

Shaw’s (in lieu of holiday) 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 9

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing with Jeanne & Faye 11:15 a.m.

Target 1:00 p.m.

Country Line Dancing 2:00 p.m.

Jack Craig 4:30 p.m.

Thursday, September 10

A Matter of Balance 10:00 a.m.

Caring for Loved Ones with Delirium 1:00 p.m.

Friday, September 11

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

ONE MIND, ONE BREATH - MINDFULNESS AND MEDITATION

The Foxborough Council on Aging and Human Services is sponsoring a free 6-week mindful movement and meditation workshop. The workshops will be led by Dr. Sang Kim and will be held every Wednesday from September 30th through November 4th from 4:30 to 5:30 p.m. in the gym at the John J. Ahern Middle School, 111 Mechanic Street. Dr. Kim is recognized as a top martial arts master by his home country of South Korea. He has been practicing martial arts for over 52 years and has written over 25 books on martial arts. This 6-week program is called “MBX-12” and consists of 12 movements that combine meditation, mindfulness, deep breathing and stretching which draws from Dr. Kim’s martial arts training and life experience. At these workshops you will learn: deep breathing techniques for calming the mind and boosting your energy level; gentle stretching exercises to invigorate your internal energy flow, and; ways to promote daily mindfulness,

cope with stressful events and create peaceful moments for yourself. This 6-week program is free and open to Foxborough adults of ages. Sign up has begun and space is limited, so if you'd like to take part in these workshops to reduce stress and boost your energy levels, please register in advance by calling the senior center at 508-543-1252. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

BROADWAY BLOCKBUSTER WITH JACK CRAIG

Join Jack Craig at the senior center on Wednesday, September 9th at 4:30 p.m. and he will tell us about the making of the movie musical "Gigi." MGM producer Arthur Freed convinced Alan Lerner to write a screenplay converting the Colette novella to become the movie "Gigi." Next, Lerner convinced Loewe to write the music for the film, which garnered nine Oscars – including "Best Picture." "Gigi" was filmed in Paris with a cast including Leslie Caron, Louis Jourdan, Hermoine Gingold and Maurice Chevalier, giving us memorable songs including "Thank Heaven for Little Girls," "The Night They Invented Champagne," and "I Remember It Well." Call the senior center at 508-543-1252 to sign up and we'll save you a seat! If you're unable to attend, you can borrow the DVD recording from the senior center or check for the broadcast of this program on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

NEW SENIOR CENTER HOURS

The senior center is open until 6:30 p.m. every Wednesday evening and closes at 12:30 p.m. on Fridays. Check out our September 9th Wednesday schedule which includes: our Strength Training Class with Bobbie Rodman starting at 8:30 a.m.; Chorus at 10:00 a.m.; Line Dancing with Jeanne and Faye at 11:15 a.m.; Van trip to Target at 1:00 p.m.; at 2:00 p.m. kick up your heels at our Country Line Dancing Class, and; at 4:30 p.m. Jack Craig will be back with his program on the musical "Gigi."

LINE DANCING WITH JEANNE AND FAYE

Our line dancing instructors Jeanne Bonneau and Faye Sullivan are back at the senior center to lead us through some line dancing steps and to get us to kick up our heels once again. The steps are uncomplicated and the classes are always lots of fun. This form of line dancing is VERY different than our Country Line Dancing Class. Jeanne and Faye's classes will be held from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: September 9th, 16th, 23rd and 30th. Please call the senior center at 508-543-1252 to sign up.

PAOLO DIGREGORIO'S HISTORY LECTURE SERIES

The "Artifactual Scholar" Paolo DiGregorio will be returning to the senior center on Wednesday, September 16th from 5:00 to 6:00 p.m. to present another program in his history lecture series. He will also be back on Thursday, October 1st and Thursday, October 29th from 1:00 to 2:00 p.m. for 2 additional history lectures. For this series of lectures, Paolo will be speaking on the architectural history of the west starting with the ancient world, the Medieval age and the Renaissance. Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. Please call the senior center at 508-543-1252 if you're interested in attending and would like us to save you a seat. If you're unable to attend, you can borrow the DVD recording from the senior center or check for the broadcast of this program on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

MEN'S COOKOUT

The next Men's cookout will be held on Thursday, September 17th at 12:30 p.m. Our guest speaker this month will be Jack Authelet who will be speaking on "Country to Community." The cost for the cookout is \$3 and if you would like to attend please call the senior center at 508-543-1252 by Monday, September 14th. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

WE ALL SCREAM FOR ICE CREAM!

We'll be off to the Big Apple farm in Wrentham for some ice cream on Thursday, September 17th at 1:30 p.m. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, September 23rd, we'll be enjoying our menu of a ham and cheese croissant, minestrone soup, cake and lemonade. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, September 23rd to make your reservation and to arrange for transportation, if needed.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, September 30th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On September 9th and 10th the featured program will be "Jack Craig Big Band Signature Songs from bandleaders K-Z." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

COUNTRY LINE DANCING

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon at 2:00 p.m. Learn the basic steps, then put what you've learned into action! Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

SENIOR CENTER TABLE TOP GARDEN CLUB

The next Garden Club meeting will be held on Tuesday, September 8th at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group. Also, the Garden Club has made some beautiful gardening boxes that would make great gifts. These boxes are on sale at the senior center for \$10 each, and the proceeds will go to the Garden Club.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens

and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, September 16th at 1:00 p.m. Everyone is welcome to attend these informational services.

TRIP INFORMATION

QUABBIN FOLIAGE TOUR

Join us on Thursday, October 8th as we spend the day traveling along the scenic roads of Central Massachusetts and head to the Quabbin Reservoir area and West Brookfield's Salem Cross Inn. We will be leaving Foxborough via motorcoach at 9:00 a.m. from the rear parking lot of St. Mary's church. Our first stop will be the Salem Cross Inn to enjoy a delicious full course luncheon featuring the soup du jour, a fresh garden salad, an entrée choice of Salem Cross' famous flaky chicken pot pie or maple salmon, and a scrumptious dessert. After lunch, we will be joined by a native tour guide who will take us throughout the Quabbin Reservoir and who will explain how local villages and towns were flooded so that the reservoir, containing billions of gallons of water, could be constructed. We will then visit Brookfield Orchards, one of New England's largest apple growers. While there, we will have a chance to stroll through the shop and you may be tempted to sample a crisp, juicy apple, some cheese or even some delicious fudge. We should arrive back in Foxborough by 5:30 p.m. The cost for this day trip is \$72 per person, including all gratuities, and the payment will be due by Friday, September 18th. If you're interested in joining us, please call the senior center to sign up at 508-543-1252 beginning at 8:00 a.m. on Wednesday, September 2nd.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, September 8th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Tuesday, September 29th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for September 17th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, October 5th. Clients are seen on a first come first serve basis. The cost to see Dr.

Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED **CLASSIC MOVIE DAY**

The featured movie classic for the month of September will be “Nine to Five” and is scheduled for Tuesday, September 8th at 12:30 p.m. Judy Bernly (Jane Fonda), a housewife whose husband has left her for his secretary, begins her own secretarial career at a huge corporation. Violet Newstead (Lily Tomlin), a feisty, veteran office manager, instructs her on the perils and procedures of office life – and of working for Franklin Hart, Jr. (Dabney Coleman), their chauvinistic, sleazy boss. Meanwhile, Hart endlessly attempts to seduce his happily married secretary, Doralee Rhodes (Dolly Parton). When the ladies all get together and concoct hilarious revenge fantasies about killing their boss, a mix-up leads the women to think that they have accidentally poisoned his coffee. Come join us and take in this funny classic movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m., and starting on October 7th, Wednesday’s Zumba classes will be held from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

SHOPPING

We will be going to Shaw’s on Mondays at 1:00 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. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

September 9 – Target

September 16 – Job Lot

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

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. 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, September 7

Labor Day Holiday

No Meals Served

Tuesday, September 8

BBQ chicken

O’Brien Potatoes

Summer Blend Vegetables

Multigrain Roll

Applesauce

Calories 331

Sodium 238

Wednesday, September 9

Spinach & Cheese Omelet
Hash Brown Potato
Chopped Broccoli
Fruit Muffin
Canteloupe
Calories 360
Sodium 498

Thursday, September 10

Open Faced Turkey Sandwich
Cranberry Sauce
Stuffing
Carrots
Mandarin Oranges

Friday, September 11

Beef Patty with Mushroom Gravy
Hot Chick Pea Salad
Jardenierre Veggies
Whole Wheat Roll
Almond Cookie
Calories 453
Sodium 735