

PROGRAM ON TINNITUS: CAUSES AND TREATMENTS

On Thursday, October 23rd at 2:00 p.m., Audiologist Lindsay M. Woods, Au. D., CCCA-A, will present a program on tinnitus. Tinnitus, ringing or buzzing in the ears or head, is one of the most common reasons for referral to audiology and ENT, affecting approximately 25 million Americans daily. Dr. Woods will be here to discuss the various causes and treatment options for those who suffer from this often debilitating disorder. Dr. Woods has extensive experience with evaluation and treatment of hearing disorders for children and adults, including electrophysiology, otoacoustic emissions testing, vestibular/balance testing, hearing aid fitting and verification, and auditory rehabilitation. This is your chance to learn more about this disorder and to ask any questions you may have. Please call the senior center at 508-543-1252 if you would like to join us.

Monday, October 20

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, October 21

Stretch & Balance/EnhanceFitness 8:30 a.m.

Garden Club 9:45 a.m.

Zumba Gold 9:45 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 22

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Walmart 1:00 p.m.

Senior Supper 4:30 p.m.

Thursday, October 23

Men's Breakfast 9:00 a.m.

SHINE by appointment 9:30 a.m.

EnhanceFitness at the YMCA 11:30 a.m.

Intermediate Italian Class 1:30 p.m.

Tinnitus – Causes & Treatment, Audiology Program 2:00 p.m.

Friday, October 24

Stop and Shop 8:30 a.m.

YMCA Exercises/EnhanceFitness 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Advanced Italian Class 1:15 p.m.

Saturday, October 25

Friends of Foxboro Seniors Meeting 9:30 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 PROGRAMS

SIGN UP FOR OUR DECEMBER 4TH HOLIDAY CELEBRATION AT LAKE PEARL LUCIANO'S

It's time once again to start thinking about the upcoming holiday season! Mark your calendar for Thursday,

December 4th for our annual Holiday Celebration to be held at Lake Pearl Luciano's at 299 Creek Street in Wrentham. Jim DePillo of JD's Music Express will once again be providing our entertainment of music and fun to help us all get into the holiday spirit. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include a choice of Fresh Broiled Haddock with a Tomato and Scallion Concasse, Chicken Parmesan with Penne Marinara or Pork Tenderloin Medallions sautéed with dried cherries in a Kirshwasser Brandy Demi-Glace. All meals will include a salad, seasonal mixed vegetables, garlic mashed potatoes, grapenut pudding for dessert, and choice of coffee or tea. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$23 per person and payment will be due on or before Friday, November 7th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252 on Wednesday, October 15th beginning at 8:00 a.m.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Come on over for a nice evening meal at the senior center on Wednesday, October 22nd. We'll be enjoying a meal provided by HESSCO that includes Meatloaf with Gravy, Whipped Potato, Vegetable Medley, Roll, Dessert and Milk. The event starts at 4:30 p.m. with supper to be served at 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 a 508-543-1252 to make your reservation and to arrange for transportation, if needed.

A HALLOWEEN HAPPENING

Come help us to celebrate Halloween at the senior center on Thursday, October 30th at 11:00 a.m. for a program of theatrical storytelling of "Gothic Tales by Candlelight" presented by Rita Parisi from Waterfall Productions, followed by a HESSCO luncheon. This theatrical production will feature stories about Curses, Death and Immortality from 19th century New England writer, Sarah Orne Jewett. Sarah Orne Jewett, a native of South Berwick Maine, was one of New England's most prolific female writers of the 19th century and her stories highlighted the everyday lives of New Englanders, often reflecting the mysterious and supernatural atmosphere of this region. Rita Parisi has been entertaining audiences in the New England area for over 18 years and she will be presenting a trio of Miss Jewett's tales. Following this storytelling program, lunch will be provided by HESSCO for a suggested donation of \$3. The luncheon menu includes turkey breast on croissant, cranberry sauce, pasta salad, milk and dessert. Seating is limited, so please call the senior center at 508-543-1252 if you'd like to sign up for this program.

OPTIONS FOR MEDICARE IN 2015

Peggy McDonough, SHINE Program Regional Director, will be at the senior center on Wednesday, November 5th at 1:00 p.m. to talk about the options available to beneficiaries for 2015 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7th provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans and information about improvements to Medicare under the Affordable Care Act. In addition, Peggy will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information you need in time to choose the coverage that you want. Don't wait til it's too late! Call the senior center at 508-543-1252 to let us know if you'll be joining us.

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, October 29th 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 Foxborough. 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 October 22nd and 23rd the featured program will be

“Your Scene/Your Center” with COA Director Vicki Lowe, Town Manager Bill Keegan. They will be discussing the Town Hall Project. Check out our senior exercise videos that are broadcast on Wednesday and Thursday mornings at 9:00 a.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

ZUMBA GOLD

Zumba classes will be meeting weekly in the senior center once again. Classes will now be held on Tuesday mornings from 9:45 a.m. to 10:45 a.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. The cost for each class is \$2.

LINE DANCING

It’s not too early to start getting into shape for the holidays, so come get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through some line dancing steps at the senior center. The steps are uncomplicated and the classes are lots of fun. The physical activity of dancing offers protection against dementia and, according to a study in the New England Journal of Medicine, dancing actually makes us smarter! So come and have some fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 a.m. on the following Wednesdays: October 22nd, and 29th. Please call the senior Center at 508-543-1252 to sign up.

MEN’S BREAKFAST

The next Men’s Breakfast will be held on Thursday, October 23rd at 9:00 a.m. Our guest speaker this month will be Foxborough’s Town Manager Bill Keegan. The topic of discussion will be the Town Hall project. The cost for the Men’s Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, October 21st to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

CLASSIC MOVIE DAY

The classic movie for the month of October is scheduled for Tuesday, October 28th at 12:30 p.m. and our featured film will be “Some Like It Hot.” Some Like It Hot is a comedy classic from Director Billy Wilder. When Chicago musicians Joe (Tony Curtis) and Jerry (Jack Lemmon) accidentally witness a gangland shooting, they quickly board a southbound train to Florida, disguised as Josephine and Daphne, two of the newest and homeliest members of an all-girl jazz band. Their cover is perfect until a lovelorn singer (Marilyn Monroe) falls for Josephine, an ancient playboy (Joe E. Brown) falls for Daphne, and a mob boss (George Raft) refuses to fall for their hoax. Come join us to watch this comedy. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Please call 508-543-1252 if you’d like to sign up.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, October 28th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

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:

October 22 – Walmart

October 29 – Luncheon Outing at Bertucci’s

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Bertucci's in Mansfield on Wednesday, October 29th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, October 27th. Van transportation is available.

SCAM ALERT

PREVENT IDENTITY THEFT

Identity theft is one of the fastest growing crimes in the US. Following are 4 things that you should do to protect yourself from identity theft: 1 - Contact Experian, Equifax and TransUnion and freeze your identity. Criminals who have gotten your identity information will be prevented from opening credit cards and taking out loans in your name; 2 - Get rid of your debit card. It offers NO protection if your account is emptied. Credit cards have a limit of \$50 that you are responsible for; 3 - Never give out your Social Security number without a REALLY good reason, thus minimizing the possibility of it being stolen. If you must supply a number, use your driver's license number. Banks, insurance companies and government agencies are the only organizations that require you to supply a Social Security number, and; 4 - Do not carry your Medicare card with you as it shows your Social Security number. Photocopy the card and black out your SSN on the copy.

MEDICARE ALERT

The Executive Office of Elder Affairs is warning seniors that Medicare is NOT telephoning seniors. An elder reported receiving a phone call informing her that a "Dr. X" would be at her home on the following day to ensure that proper services were being provided. This call was NOT from a Medicare representative and the elder was told that it was a scam..and that when they got to her house they would more than likely try to sell her insurance products.

MEDICAL INFORMATION AND SERVICES

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. Due to the Labor Day holiday, his next visit will be on Monday, November 3rd. 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.

CHILDREN'S BEREAVEMENT PROGRAM

Kids' Club is a children's bereavement program designed to help children ages 5-13 deal with the loss of a parent, sibling, grandparent, aunt, uncle, friend, classmate or other significant person in their life. Guided by experienced grief specialists, the children explore and express their feelings as they participate in activities, such as crafts, fabric painting, creating memory books and sharing. A supportive and understanding atmosphere is provided along with snacks. They are currently accepting registration for the next Kids' Club Program which is offered free and is open to the public on Saturday, October 25th and December 6th from 9:30 a.m. to 12:00 p.m. at the Community VNA, 10 Emory Street, Attleboro. To register, call 508-222-0118 or 800-220-0110 ext.1373 and for more information check the website at www.communityvna.com.

BLADDER ISSUES PROGRAM

There will be a free informational session on Pelvic Floor Muscle Rehabilitation on Tuesday, November 4th from 6:00 p.m. to 7:00 p.m. at OB/GYN Associates of Attleboro, at 687 North Main Street in Attleboro. Pelvic Floor Muscle Rehabilitation (PFMR) treats a wide range of bladder disorders in a non-invasive, painless way. Dr. Barbara Stricker, board certified Obstetrician-Gynecologist, as well as Barbara Baxter and Mel Delger, board certified Physician Assistants from the Center for Bladder & Pelvic Health at OB/GYN Associates of Attleboro will be the presenters for this program. Please register by Friday, October 31st by calling 508-236-

8020. A question and answer session will follow the presentation and the event will also include light refreshments and a raffle.

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment now, please call the senior center at 508-543-1252.

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. Appointments are being scheduled for November 4th and 21st. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up an appointment.

WEEKLY SCHEDULED PROGRAMS

SIT & BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 to 10:30 a.m. The cost is \$2 per class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. The cost is \$2 per class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

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, October 20

Cheese Ravioli with Tomato Basil Sauce

Green & Wax Beans

Whole Wheat Roll

Pears

Calories 277

Sodium 589

Tuesday, October 21

California Style Chicken Salad

Italian Pasta Salad

Beet Salad

Pita Pocket

Fresh Orange

Calories 434

Sodium 536

Wednesday, October 22

Shepherd's Pie

Genoa Blend Vegetables

Multigrain Roll

Almond Cookie

Calories 479

Sodium 309

Thursday, October 23

Turkey Stew with Vegetables

Parley Boiled Potato

Dinner Roll

Applesauce

Calories 337

Sodium 654

Friday, October 24

BBQ Beef Rib

Brown Rice

Jardiniere Blend Vegetables

Whole Wheat Bread

Strawberry Cup

Calories 330

Sodium 665