

GARY HYLANDER'S HISTORY LECTURE SERIES

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for a series of history lectures on "Dangerous Women: Emma Goldman, Tokyo Rose and Axis Sally." The next lecture in the series, "Emma Goldman: An American Anarchist," will be held on Wednesday, November 9th at 4:30 p.m. Born in Lithuania in 1869, Goldman emigrated to the United States in 1885. Attracted to anarchism after the Haymarket Square Riot in Chicago, Goldman emerged as a fiery proponent of labor unions, political change, women's rights and other social issues. Along with Alexander Berkman, she advocated the "propaganda of the deed," the use of violence to instigate change. After several years in jail she was deported to Russia during the Red Scare. Interest in Goldman's political activities was revived during the feminist movement of the 1970's. Come learn about a chapter in our history. The last lecture in the series will focus on Tokyo Rose and Axis Sally and will be held on Wednesday, November 16th at 4:30 p.m. To reserve your seat, please call the senior center at 508-543-1234 to sign up.

Monday, October 24

Coffee Connection 8:30 a.m. to 3:30 p.m.

Rep. Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Minds in Motion 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, October 25

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Coffee with Chris 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – "Spotlight" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, October 26

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Computer Class 11:30 a.m.

Coffee with the Town Manager 12:30 p.m.

Job Lot/Dollar Store 1:00 p.m.

Colorist Club 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, October 27

Coffee Connection 8:30 a.m. to 3:30 p.m.

A Matter of Balance 9:30 a.m.

Art Class with Barbara 9:30 a.m.

History Lecture with Paolo DiGregorio 12:30 p.m.

Medicare Update with Peg McDonough 2:00 p.m.

Friday, October 28

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

NO Aerobics Class today

Cribbage 10:15 a.m.

Card Making and Scrapbooking Class 10:15 a.m.

MEDITATION AND RELAXATION CLASSES

Our Chair Yoga instructor Michelle Lawlor will be back to the senior center to lead us in a 6-session series of Meditation and Relaxation Workshops. The workshops will be held on the following 6 Mondays from 1:00 to 2:00 p.m.: November 14th, 21st, 28th, December 5th, 12th and 19th. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness. Come join us as we work to get our minds into shape. Class size for the Meditation and Relaxation Workshops is limited, so please call us at 508-543-1234 to reserve your spot. Please bring your own coloring book.

SIGN UP FOR A "DOWNTON ABBEY EXPERIENCE" AT OUR ANNUAL HOLIDAY CELEBRATION AT LAKEVIEW PAVILION

Mark your calendar for Thursday, December 1st for our annual Holiday Celebration at Lakeview Pavilion in Foxborough. This year's holiday party will include a special entertainment treat as we are all invited to take part in the Engagement Gala of Lady Mary and Matthew Crowley for a "Downton Abbey Experience." Lunch will be served at 1:00 p.m. and the menu will include your choice of Chicken Parmigiana with mozzarella cheese, penne pasta and marinara sauce, or New England Scrod with herbs & seasoned breadcrumbs, Lemon Beurre Blanc & Rice Primavera. All meals will include a tossed salad with lemon vinaigrette, the Chef's choice of fresh seasonal vegetables and starch, warm rolls and butter, vanilla bean ice cream with chocolate sauce and whipped cream, with coffee or tea. There will be a cash bar open by 12:45 p.m. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$24 per person and payment will be due on or before Friday, November 4th. This event is for Foxborough residents only. Sign up for our Holiday Party by calling the senior center at 508-543-1234. Come join us as professional character actress Judith Kalaora and her ensemble of players treat us to an unforgettable afternoon where we get to be part of the engagement festivities with the Crowley's at Downton Abbey. Feel free to dress up in your 1920's attire and join in the fun!

MEDICARE UPDATE WITH PEG MCDONOUGH

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 27th at 2:00 p.m. to talk about the options available to beneficiaries for 2017 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 she will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information that you need in time to choose the coverage that you want. Don't wait until it's too late! Call the senior center at 508-543-1234 to let us know if you'll be joining us.

MONEY ALTERNATIVES OF THE CIVIL WAR

During the Civil War, there was a tremendous coin shortage as people hoarded silver coins and copper/nickel cents. Businessmen resorted to using encased postage stamps, tokens, paper scrip and government issued fractional currency. Join us at the senior center on Wednesday, November 2 at 4:30 p.m. when our world traveler Dana Zaiser will be here to present a program about the colorful characters who were behind the privately conceived alternatives to coins at that time in our history. Dana is an amateur Civil War historian, and he has received awards from the Civil War Token Society and the Olde Colony Civil War Round Table in Dedham for his research on this subject. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up in advance and we'll save you a seat.

DECORATIVE GLASS PAINTING WITH DIANE

Come and unlock your hidden talent in a decorative glass painting class using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for this program at the senior center with instructor Diane Cahill on Thursday, November 3 at 1:00 p.m. No painting experience is required. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for permanent finish. This is a great idea for upcoming holiday gift giving. If you'd like to join us please call the senior center at 508-543-1234 to sign up. Use your imagination and have some fun!

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) are providing computer training classes once again for Foxborough's senior citizens. These computer classes are being held at the senior center and are tailored to meet the expressed needs of the seniors in the program. The FRCS students are teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There are also a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

ASSISTIVE LISTENING SYSTEMS ARE HERE

We now have our assistive listening devices in the senior center. Don't miss out any of our programs! If you find that you are having difficulty hearing some of our programs at the senior center, whether it's one of our guest speakers, a class instructor or a face to face conversation with our human services staff, just ask us for one of our listening devices. We'll be happy to help you! We are committed to making our senior center a welcoming place for all.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, October 25th. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for the remainder of 2016.

HISTORY LECTURES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio, one of our most popular lecturers and our favorite history teacher, will be at the senior center on Thursday, October 27 at 12:30 p.m. Paolo is an historian, archeologist and educator with a passion for telling stories and bringing history to life. Paolo will be presenting his final program in the series of programs on "Ancient Empires" with a special look at Greece, Persia and Rome. These programs are being sponsored by the Friends of Foxborough Seniors. If you'd like to join us for this historical lecture, please call the senior center at 508-543-1234 to sign up and reserve your seat.

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 26th 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 508-543-1234 to let us know if you'll be coming.

MOVIE DAY

Movie Day for the month of October is scheduled for Tuesday, October 25th at 12:30 p.m. and our featured film will be "Spotlight." Michael Keaton, Mark Ruffalo and Rachel McAdams lead a critically acclaimed cast in this gripping true story about the Pulitzer-Prize-winning investigation that uncovered a scandal that rocked one of

the world's oldest and most trusted institutions. Delving into allegations of child abuse within the local Catholic Archdiocese, a tenacious team of Boston Globe reporters exposes a decades-long cover-up that reaches the highest levels of Boston's religious, legal and government establishment. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

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, October 26th we'll be enjoying our menu of Macaroni & Cheese, Scalloped Tomatoes with Spinach, Roll, Cake & Ice Cream. 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 508-543-1234 by Monday, October 24th to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on October 24th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, October 25th 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.

MEDICAL INFORMATION AND SERVICES

NORWOOD HOSPITAL WORKSHOPS

Look Good...Feel Better during cancer treatments. Cosmetology professionals will help women undergoing chemotherapy or radiation treatments with makeup applications and hair care at a free workshop in the Heffernan Conference Room at Norwood Hospital on Monday, November 14th from 11:00 a.m. to 1:00 p.m. To reserve your seat, please call 781-278-6022. Also, on the 2nd Tuesday of each month from October through May, there is a meeting of the **Diabetes Support Group** from 6:30 to 7:30 p.m. in the RANI Conference Room, on the main floor of Norwood Hospital's Lorusso Building. This support group is open to all those with diabetes and their family members. For more information or questions, please call 781-278-6022.

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 October 24. In addition to the SHINE program, Community 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 508-543-1234 to set up and appointment.

REGULARLY SCHEDULED

EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every

Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, November 1st from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

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 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

October 26 – Job Lot / Dollar Store

November 2 - Target

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

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

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

Sodium amounts are listed beside each menu item.

Monday, October 24

Apple Cider Beef Stew 240

Mashed Potato 62

Whole Wheat Roll 160

Peaches 4

Sodium 466

Calories 589

Tuesday, October 25

Pasta Bolognese 163

Roman Blend Vegetables 26

Scali Bread 196

Applesauce 20

Sodium 405

Calories 380

Wednesday, October 26

Glazed Chicken Drumstick 290

Red Bliss Potato 4

Oriental Blend Vegetables 27

Oatmeal Bread 121

Sodium 442

Calories 380

Thursday, October 27

Sloppy Joe Sandwich 221
Mixed Vegetables 41
Brown/White Rice 36
Hamburg Bun 230
Mandarin Oranges 6
Sodium 534
Calories 474

Friday, October 28

Tuna Salad 408
Cole Slaw 81
Potato Salad 62
Whole Wheat Pita Bread 135
Banana 1
Sodium 687
Calories 463