

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$33,126 for a one-person household, \$43,319 for two people, \$53,511 for three people, \$63,704 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Beginning on November 2nd, call the senior center at 508-543-1252 for information on this program or to make an appointment to fill out an application for the upcoming winter season.

Monday, November 2

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, November 3

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

SHINE by appointment 10:00 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, November 4

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Christmas Tree Shop 1:00 p.m.

Country Line Dancing 2:00 p.m.

Mindful Movement and Meditation at the Ahern 4:30 p.m.

Thursday, November 5

CPR/AED Training for staff 8:30 a.m.

Friday, November 6

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

CELEBRATING OUR VETERANS IN NOVEMBER

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center on Thursday, November 12th at 9:00 a.m. with a catered breakfast to honor our veterans and families of veterans. Following breakfast, Eric Weld will be here to entertain us with a musical medley of patriotic songs. If you'd like to join us for this special event honoring our veterans, please call the senior center at 508-543-1252 and we'll reserve you a seat. Also, the month of November marks the 70th anniversary of the end of World War II and at 1:00 p.m. on Wednesday, November 18th and at 1:00 p.m. on Thursday, November 19th, historian Paolo

DiGregorio will be back at the senior center to present a 2-part lecture series on the Second World War. Part 1 on Wednesday will focus on the role of the United States in fighting World War II, and part 2 on Thursday will focus on the effect of the war at home and how the average American participated in the war effort. Join us for this informative series as we continue the celebration of our veterans and veterans' families in November. Please call the senior center in advance at 508-543-1252 to sign up. And Attention All Veterans - the following local restaurants will be honoring veterans with a free meal on Veterans' Day, November 11th: Applebee's, Chili's and the Texas Roadhouse!

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, and 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.

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, November 18th, we'll be enjoying our menu of a Roast Pork with Gravy, Whipped Potatoes, Winter Squash and Dessert. 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, November 16th to make your reservation and to arrange for transportation, if needed.

SIGN UP FOR OUR DECEMBER 3RD HOLIDAY CELEBRATION AT LAKEVIEW PAVILION

It's time to start thinking about the upcoming holiday season! Mark your calendar for Thursday, December 3rd for our annual Holiday Celebration to be held at the new Lakeview Pavilion in Foxborough. DJ Dave Valerio will be providing our entertainment of music and fun to help get us all into the holiday spirit. We should arrive at the restaurant around 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include your choice of Chicken Veloute which is baked chicken with cornbread stuffing and veloute cream sauce, or Baked Scrod encrusted with seasoned bread crumbs and lemon cream sauce. All meals will include the Chef's Choice of seasonal vegetables, hot rolls and butter, vanilla ice cream with strawberry or chocolate sauce and whipped cream, coffee or tea. There will be a cash bar open from noon to 3:00 p.m. 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 by Friday, November 6th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252.

EMERGENCY PREPAREDNESS

The Foxborough Council on Aging and Human Services is gathering pertinent data from people with critical needs in Foxborough who would like to be entered into the Public Safety database to be contacted in the event of a town-wide emergency. We are making every effort to reach all Foxborough residents who want to be identified as needing assistance in case of a town-wide evacuation or emergency. We particularly want to include those who are most vulnerable during an emergency. Forms are available at the Foxborough Senior Center. To request assistance or arrange for a home visit, call 508-543-1252 to speak with our Human Services staff.

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 November 4th & 5th the featured program will be Jack Craig's program on the Broadway musical "Gigi." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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.

MEDICAL INFORMATION AND SERVICES

FLU SHOT INFORMATION

Although the Town of Foxborough is NOT holding public flu clinics this year, it is still very important for people to get vaccinated against influenza yearly. The CDC recommends ALL people, ages 6 months and older, get vaccinated for flu, but especially the elderly, children and any persons with chronic health problems. Flu vaccine is readily available at doctors' offices and pharmacies, and many other retail stores such as supermarkets and department stores. In addition, the Board of Health nurse can provide a flu shot to any uninsured people or homebound people who live in Foxborough. Appointments can be made by calling Maureen Cardarelli at 508-222-0118, extension 1367.

BRIGHAM AND WOMEN'S PROGRAM ON MANAGING LOW BACK PAIN

On Monday, November 9th from 7:00 to 8:30 p.m. there will be a class on "Managing Low Back Pain" to be held at Brigham and Women's/Mass General Health Care Center at 20 Patriot Place in Foxborough in the 2nd floor Conference Room. This program will focus on how pain is a disease and not only a symptom, transition from acute to chronic pain, and evaluation/treatment options available for low back pain. This program is free, but registration is required. To learn more and to register, please call 866-378-9164.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, November 10th 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.

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 2016: **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 for 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, please call the senior center at 508-543-1252.

CHECK YOUR DRUG PLAN DURING MEDICARE'S OPEN ENROLLMENT

Medicare's Open Enrollment period will continue until December 7th. It is important that you check your drug plan to make sure that your current medications will still be covered for the next year. A SHINE counselor can help you to find a new plan if needed, or you can also look on the Plan Finder at www.medicare.gov or call Medicare 24/7 at 1-800-633-4227.

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 November 3rd and 19th. 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 and appointment.

REGULARLY SCHEDULED

BINGO

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. Our next Bingo afternoon will be on Tuesday, November 3 from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

CLASSIC MOVIE DAY

The featured movie classic for the month of November will be "Kramer vs. Kramer" and is scheduled for Tuesday, November 10th at 12:30 p.m. Manhattan housewife Joanna Kramer (Meryl Street) walks out on her workaholic ad man husband Ted (Dustin Hoffman), leaving their young son Billy (Justin Henry) in Ted's less than capable hands. Through trial and error, Ted learns how to take care of Billy, devoting more energy to his family than to his work, and finally losing his high-powered job because of his new priorities. When Joanna returns with her own lucrative job and the intent to take custody of Billy, Ted finds employment that won't interfere with his paternal duties. Even though he proves that he can do it all, Joanna still wins in court. Joanna, however, rethinks her desires when she finally grasps how close father and son have become. Come join us and take in this 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 Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings 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.

AEROBICS

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, let by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

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. YMCA-certified instructor 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 and there is a \$2 charge for each 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. YMCA-certified instructor Bobbie Rodman leads 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.

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:

November 4 – Christmas Tree Shop

November 11 – Veterans’ Day, Office Closed

November 18 - Walmart

WEEKLY SCHEDULED PROGRAMS

TALESPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. “Talespinners” meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our “creations” even if you don’t write.

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who’d like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we’ll supply the yarn.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays from 10:15 a.m. to 12:00 noon. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

NUTRITION

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

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, November 2

Spanish Cheese Omelet

Chopped Broccoli

Hash Brown Potato

Muffin

Mixed Fruit

Calories 319

Sodium 530

Tuesday, November 3

Beef Barley Soup

Honey Mustard chicken

Chuck Wagon Vegetables

Whole Wheat roll

Strawberry Cup

Calories 391

Sodium 646

Wednesday, November 4

Meatloaf with Rosemary Gravy

Whipped Potato

Peas

Whole Wheat Bread

Brownie

Calories 547

Sodium 361

Thursday, November 5

Chicken Stew with Vegetables

Fluffy White Rice

Snowflake roll

Fresh Orange

Calories 343

Sodium 294

Friday, November 6

Low Salt Hot Dog with Roll

Mustard Packet

Vegetarian Beans

Hot German Slaw

Pears

Calories 428

Sodium 762