

## **SIGN-UP ON OCTOBER 9<sup>TH</sup> FOR OUR LAKEVIEW PAVILION HOLIDAY CELEBRATION**

Believe it or not, it's time to start thinking about the upcoming holiday season! Mark your calendar on Thursday, December 5<sup>th</sup> for our annual Holiday Celebration to be held at the Lakeview Pavilion in Foxboro this year. Jim DePillo of JD's Music Express will 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 an entrée choice of Chicken Veloute which is baked chicken and cornbread stuffing with Valoute cream sauce, or the choice of Scrod encrusted in bread crumbs with lemon cream sauce. All meals will include freshly baked rolls and sweet butter, chef's choice of fresh vegetable, potato or rice, a tossed garden salad, coffee or tea, and vanilla ice cream with strawberry or chocolate sauce for dessert. The Van-Go will be available for the transportation of all of our regular van riders. The cost for this event is \$23.00 per person and payment will be due on or before Friday, November 8<sup>th</sup>. 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 9<sup>th</sup> beginning at 8:00 a.m.

### **Monday, October 7**

Sit & Be Fit 9:30 a.m.  
Tai Chi 10:45 a.m.  
Book Club 1:00 p.m.  
Knitting 1:00 p.m.  
Shaw's 1:00 p.m.

### **Tuesday, October 8**

Stretch & Balance 8:30 a.m.  
Blood Pressure Clinic 10:00 a.m.  
Garden Club 10:00 a.m.  
Nutrition 11:00 a.m.  
Movie Day – "Hitchcock" 12:30 p.m.  
Discussion Group 1:00 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, October 9**

Sign up for the Lakeview Pavilion Holiday Celebration  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Line Dancing 11:15 a.m.  
Video Lecture Series – "Mark Twain" 12:30 p.m.  
Walmart 1:00 p.m.

### **Thursday, October 10**

Essex Steam Train/Riverboat Tour – departs at 8:00 a.m. from St. Mary's parking lot  
Ceramics 9:00 a.m.  
Italian 1 11:00 a.m.  
Advanced Italian 1:00 p.m.

### **Friday, October 11**

Stop & Shop 8:30 a.m.  
YMCA Exercises 9:30 a.m.  
Cribbage 11:00 a.m.  
Card Making 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](http://www.foxboroughma.gov)

## **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

“Jack Craig Presents: Sammy Cahn” will be this week’s senior center programming shown on October 9 and October 10. 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.

## **REGULARLY SCHEDULED**

### **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Monday 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 Community Social Worker, Pam McGuire. Our next meeting is on Monday, October 7<sup>th</sup> at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

### **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, October 8<sup>th</sup> at 12:30 p.m. when our feature presentation will be “Hitchcock” starring Anthony Hopkins as Alfred Hitchcock, Helen Mirren as Hitchcock’s wife Alma Rivelles, and Scarlett Johansson as Janet Leigh. Hitchcock centers on the relationship between director Alfred Hitchcock and his wife Alma Rivelles during the making of the film “Psycho,” a controversial horror film that became one of the most acclaimed and influential works in the filmmaker’s career. Please call 508-543-1252 to sign up.

### **LINE DANCING**

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>. Please call the senior center at 508-543-1252 to sign-up.

### **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 services. 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, a senior citizen run and directed group, 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, October 16 at 1:00 p.m. Everyone is welcome to attend these informational sessions.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on October 17<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **LUNCHEON OUTING**

On one Wednesday afternoon each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau restaurant in Norton on Wednesday, October 30<sup>th</sup> at 1:00 p.m. Seating is limited, so if you would like to join us, please call the senior center at 508-543-1252 to sign up by Tuesday, October 29<sup>th</sup>. Van transportation is available.

### **VIDEO LECTURE SERIES: "MARK TWAIN" – TIME CHANGE FOR OCTOBER**

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center through November 20<sup>th</sup> from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

### **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.

October 9 Wal-Mart

October 16 Dollar Tree Store/Ocean State Job Lot

October 23 Target

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, October 8<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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.

#### **SHINE PROGRAM ON MEDICARE'S ANNUAL OPEN ENROLLMENT**

Medicare is stronger than ever with more benefits, better choices and lower costs to beneficiaries. Expanded Medicare benefits under the health care law continue to be available, including certain free preventive benefits, cancer screenings and an annual wellness visit. Whether you choose Original Medicare or a Medicare Advantage plan, take advantage of Open Enrollment to review cost, coverage or both for 2014. Open Enrollment for Medicare will be from October 15<sup>th</sup> through December 7<sup>th</sup>. Take time to review your prescription drug and health insurance needs. Your health needs change from year to year and your health plan may change the benefits and costs each year as well. It is important to evaluate your Medicare choices regularly and Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

We will have an informational presentation by Peggy McDonough, Director of the HESSCO Elder Services SHINE Program, at the senior center on **Thursday, October 31<sup>st</sup> at 10:00 a.m.** to discuss "Open Enrollment, One Care, and Observation Days". Please join us for this program that will provide crucial information for seniors to know and understand about Medicare's upcoming Open Enrollment.

#### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Elders) 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings as well as some additional times during

“Open Enrollment”. The next available appointments will be on Thursday, October 17<sup>th</sup>; and Monday, October 21<sup>st</sup>. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. To sign-up for SHINE appointments or the Open Enrollment presentation at the senior center, please call 508-543-1252.

### **BEWARE OF MEDICARE SCAMS**

The Medicare Open Enrollment period is a time when there is a higher risk for fraudulent activities. If you already have Medicare, you *already have* health insurance! The new Marketplace health insurance offerings are only for people who have NO health insurance. It is against the law for someone who knows that you have Medicare to sell you a Marketplace plan. Medicare “Open Enrollment” is from October 15<sup>th</sup> to December 7<sup>th</sup>. You have always been able to change your Medicare prescription drug plan or Medicare Advantage plan during that time. If someone calls and suggests you purchase one of the new plans, it *could be* a scam! Please take down the phone number and call SHINE at **1-800-243-4363** to confirm the authenticity of the insurance offer. There are scams that cost dearly if you reveal personal information to the wrong party!

### **PUBLIC SAFETY INFORMATION**

#### **AARP DRIVER SAFETY PROGRAM**

Sturdy Memorial Hospital will host a FREE AARP Driver Safety Program on Friday, November 1<sup>st</sup> from 10:00 a.m. to 3:15 p.m. in the Auditorium. This one-day course is designed to help motorists refresh their driving skills, and includes information about new traffic laws and rules of the road, vision changes, medication and driving, as well as defensive driving. For more information and to register, call 508-236-8020.

### **BEWARE OF DELIVERY MEN BEARING GIFTS**

Home invaders may pose as deliverymen or utility workers in order to lower your defenses and have you open your front door. Check out deliverymen who may come to your door, especially if they are requesting payment of a fee and are requiring that the payment be made by a debit or credit card. Scammers posing as deliverymen may ask you to swipe your card on a “mobile credit card machine” that will actually store your security information, such as your PIN, to create a “dummy” card. Trust your instincts and ask for the name of the company they work for and an address, then call to verify the information yourself. You can tell the delivery person to come back the next day, or until the information you have received has been verified. Don’t pay for something you didn’t order, even if it looks good. If you use your debit card, use it as a credit card, then you may have the credit card zero-liability protection that many cards offer. You should NEVER use your PIN.

### **NEW SCAM/FRAUD SCHEME**

Residents have been receiving calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested. Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the [Federal Trade Commission](#) or with the [FBI](#). If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the [FBI](#) website.

### **TOGETHER WE’RE READY: MASSACHUSETTS PREPARED**

In an effort to be prepared for emergencies, the Massachusetts Department of Public Health is launching a campaign to help you get ready. Here are the steps you can follow:

#### **Week 1-Get Ready-Individual and Family Preparedness**

Assess your family’s needs. Develop a kit for shelter-in-place and evacuation. Know how to communicate with your family. Pick up your Emergency Preparedness Handbook available at the Foxborough Senior Center.

#### **Week 2-Get Involved-Join the Response**

Know you are needed no matter your skills. Sign-up and get trained. Respond if you can.

**Week 3-We're all in this Together-Considerations for Individuals with Access and Functional Needs**

Some of us have specific medical, transportation and communication needs. Identify needs and plan for them. If you are someone with critical needs, you can register with our Public Safety Database to be contacted in the event of a town-wide emergency, such as extended power outages or evacuation. We would like to reach all Foxborough residents who want to be identified as needing assistance in case of an emergency. Forms are available at the Foxboro Senior Center. Call the senior center at 508-543-1252 with any questions.

**Week 4-Get Vaccinated-Fight the Flu**

Get your shot. Wash your hands. Cover your cough. Stay home when sick.

To learn more, visit: [www.mass.gov/dph/ready](http://www.mass.gov/dph/ready)

**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 7**

Macaroni & Cheese  
Escalloped Tomato  
Whole Wheat Roll  
Oatmeal Cookie

**Tuesday, October 8**

Honey & Lime Glazed Chicken Fillet  
Rice Pilaf  
Jardiniere Vegetables  
Fruit Muffin  
Fresh Fruit

**Wednesday, October 9**

Meatloaf with Mushroom Gravy  
Whipped Potato  
Glazed Carrots  
Wheat Bread  
Pears

**Thursday, October 10**

Roast Turkey with Gravy  
Cranberry Sauce  
Herbed Potato  
Squash  
Whole Wheat Bread  
Peaches

**Friday, October 11**

Turkey Ham with Raisin Sauce  
Penne  
Genoa Blend Vegetables  
Wheat Bread  
Pineapple