

SENIOR CENTER HOLIDAY PARTY

The holidays are on the way, so come join us at the senior center on Thursday, December 10th from 1:00 to 3:00 p.m. as we get together for our Annual Holiday Party. Get into the holiday spirit as we enjoy a special time together filled with treats to eat, music and lots of laughs. The Friends of Foxboro Seniors are sponsoring our musical entertainment by DJ Dave Valerio. Sing along, tap your feet or just sit back and get into the spirit. The price of admission is the donation of a canned or boxed food item/s to the Foxborough Food Pantry or a donation to the Foxborough Discretionary Fund. During this upcoming holiday season, the Food Pantry has listed the following items as suggested donations: beef stew, toilet paper, jelly, juice, fluff and coffee. Seating is limited. If you'd like to join us for this festive event, please call the senior center at 508-543-1252 to sign up.

Monday, November 23

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

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.

Shaws 1:00 p.m.

Tuesday, November 24

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

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “The Good Lie” 12:30 p.m.

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

Talespinners 2:00 p.m.

Wednesday, November 25

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

Stop & Shop in lieu of Friday 8:30 a.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Country Line Dancing 2:00 p.m.

Thursday, November 26

Office Closed

Happy Thanksgiving

Friday, November 20

Office closed

SPECIAL PROGRAMS

JACK CRAIG'S SEASONAL SONG STORIES

Join us on Wednesday, December 2nd at 4:30 p.m. at the senior center as we welcome Jack Craig back to entertain us with some Seasonal Song Stories in honor of the upcoming holiday season. Revel in the spirit of the winter season and learn the stories behind songs that have been passed along through generations. From evergreens to sleigh bells, from dreidels to latkes, and from Santa to silver bells – the stories are fascinating! With traditional music of Chanukah and Christmas and on to other seasonal lighthearted favorites – sing a collage of songs that are central to the celebration of the winter holiday season. This program is being

sponsored by the Friends of Foxborough Seniors. Give us a call at 508-543-1252 to sign up and we'll save you a seat!

GARY HYLANDER'S LITERATURE LECTURE SERIES

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, December 9th at 4:30 p.m. for a literature lecture on the classic novel "*For Whom the Bell Tolls*." In 1937, author Ernest Hemingway traveled to Spain to cover the civil war there for the North American Newspaper Alliance. Three years later he completed the greatest novel to emerge from "the good fight," *For Whom the Bell Tolls*. This is the story of Robert Jordan, a young American in the International Brigades attached to an antifascist guerilla unit in the mountains of Spain, and it tells of loyalty and courage, love and defeat, and the tragic death of an ideal. The entire novel covers a span of just 3 days and it is considered by many to be one of the best war novels of all time. Please call the senior center at 508-543-1252 to sign up and reserve yourself a seat for this interesting and informational program.

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 Tuesday, November 24th 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.

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. Our entertainment will be provided by Eric Weld who will perform a Dean Martin show followed by dancing music with trumpet accompaniment. 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.

RESOURCES AND INFORMATIONAL SERVICES

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.

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.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, December 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.

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, now through 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 December 1st and 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, December 7th. 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

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 November 23rd. 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, November 24th 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.

MOVIE DAY

The Movie Day for the month of November is scheduled for Tuesday, November 24th at 12:30 p.m. and our featured film will be "The Good Lie." This movie is based on a true story. After their village is destroyed and their parents killed by Northern militia, Sudanese orphans Theo, his siblings and other survivors make a difficult journey to a refugee camp in Kenya. Thirteen years later, the group gets a chance to settle in the U. S. They are met in Kansas by Carrie Davis (Reese Witherspoon) who has been charged with finding them jobs. However, seeing how adult they are in 20th century America, Carrie endeavors to help them in rebuilding their shattered lives. Come join us at the senior center to watch the movie 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 508-543-1252 if 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 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, December 16th at 1:00 p.m. Everyone is welcome to attend these informational services.

GREETING CARD-MAKING CLASS

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon. The fee is just \$1 per class and will cover your supplies and the instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

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.

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 18 – Walmart

November 25 – Stop & Shop at 8:30 a.m.

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 23

Sloppy Joe Sandwich
Seasoned Wedges
Mixed Vegetables
Hamburger roll
Mandarin Oranges
Calories 373
Sodium 270

Tuesday, November 24

Chicken Tetrazzini
Winter Blend Vegetables
Multigrain Roll
Fresh Apple
Calories 383
Sodium 237

Wednesday, November 25

Sweet & Sour Meatballs
Whipped Potato
Cut Green Beans
Whole Wheat Bread
Birthday Cake
Calories 380
Sodium 259

Thursday, November 26

Thanksgiving
No Meals Served

Friday, November 27

Fish Sticks
Tartar Sauce
Au gratin Potato
Zucchini & Potato
Snow Flake Roll
Graham Cracker
Calories 452
Sodium 704