

MASSOPTIONS LINK TO COMMUNITY SERVICES

A new service for elders and individuals with disabilities called MassOptions has been launched. This is a free resource linking elders, family members, caregivers, and individuals with disabilities to services throughout the state that better allow them to live independently in the setting of their choice. MassOptions partners with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC), as well as state agency partners. They work with individuals to find and choose the services and supports that best fit their needs. Trained specialists are available by phone or by online chat, 7 days a week 8:00 a.m. to 8:00 p.m. Call toll free at 1-844-422-6277 or visit the website at www.MassOptions.org for more information.

Monday, November 30

Coffee Connection 8:30 a.m. to 3:30 p.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, December 1

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

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, December 2

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

Jack Craig "Seasonal Song Stories" - 4:30 p.m.

Thursday, December 3

Holiday Party at Lakeview Pavilion 12:30 p.m.

Friday, December 4

Stop & Shop 8:30 a.m.

Aerobic Exercise 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

SPECIAL PROGRAMS

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.

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!

CLASSIC MOVIE DAY

The featured movie classic for the month of December will be "The Bishop's Wife" and is scheduled for Tuesday, December 8th at 12:30 p.m. When Episcopalian bishop Henry Broughman (David Niven) prays for divine guidance in his efforts to raise the necessary funds for a new cathedral, his prayers are answered in the form of a handsome, personable guardian angel named Dudley (Cary Grant). Establishing himself as a Yuletide guest in the Broughman home, Dudley arouses the ire of Henry, who, unaware that his visitor is from Up Above, assumes that Dudley has designs on the bishop's wife Julia (Loretta Young). Eventually, the lives of both Henry and Julia are agreeably altered by the presence of the affable angel. Henry regains the "common touch" he'd almost lost, while Julia realizes anew how much she truly loves her husband. So feel free to bring your lunch to enjoy ahead of time in our Coffee Connection at the senior center and then enjoy a great film classic. If you'd like to join us, please call 508-543-1252 to sign up.

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.

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, December 16th, we'll be enjoying our menu of boneless stuffed chicken breast, red bliss potato, vegetable medley and holiday pie. 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, December 14th to make your reservation and to arrange for transportation, if needed.

WEEKLY SCHEDULED PROGRAMS

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.

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.

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.

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.

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!

SCAM ALERT

SCAM PHONE CALLS

The Massachusetts Councils on Aging (MCOA) has received a notice that the MA Department of Public Utilities (DPU) is warning customers/consumers about a telephone “solar developer” scam. The caller will appear to be from the MA DPU main telephone number (617-305-3500) on caller ID system. The caller may inform you that you owe money to the DPU (or other entity). Beware of this scam. You are advised not to provide the caller with any personal information and you should immediately hang up. You are encouraged to report the scam to the DPU’s consumer Division at 1-877-886-5066 (toll free).

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 December 28th. 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, December 29th 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.

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, December 1 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.

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:

December 2 – Christmas Tree Shop

December 9 - Walmart

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 30

Penne Pasta with Meat Sauce

Italian Blend Vegetables

Scali Bread

Strawberry Cup

Calories 319

Sodium 150

Tuesday, December 1

Potato Parm Soup

Glazed Chicken Drumstick

Carrots

Oatmeal roll

Mandarin Oranges

Calories 327

Sodium 601

Wednesday, December 2

Lasagna Roll-up

Tomato Sauce

Jardiniere Blend Vegetables

Scali Bread

Peaches

Calories 267

Sodium 373

Thursday, December 3

Turkey Divan with Broccoli

Boiled Potato

Multigrain Roll

Brownie

Calories 414

Sodium 372

Friday, December 4

Beef Picadillo

White Rice

Cauliflower Supreme

Whole Wheat Bread

Pears