

## **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 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, December 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>. 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.

### **Monday, November 7**

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

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Podiatrist 12:00 noon

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Minds in Motion 1:00 p.m.

Stop & Shop 1:00 p.m.

### **Tuesday, November 8**

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

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie – “East Side, West Side” 12:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, November 9**

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Walmart (No Stop & Shop trip on Friday, but grocery shopping available here) 1:00 p.m.

Colorist Club 2:00 p.m.

Gary Hylander Lecture 4:30 p.m.

### **Thursday, November 10**

Veterans' Day Breakfast 9:30 a.m.

Senior Center Closes at 12:30 p.m.

### **Friday, November 11**

Office Closed

Veterans' Day

## **TRANSPORTATION TO POLLS ON ELECTION DAY**

For those seniors who need transportation assistance, the VanGo will be available to take you to the polls on election day, Tuesday, November 8<sup>th</sup>, from 9:30 a.m. to 11:30 a.m. **You must call the senior center at 508-543-1234 before 11 a.m. on Monday, November 7<sup>th</sup> to schedule your ride.**

## **VETERANS' DAY BREAKFAST**

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center on Thursday, November 10<sup>th</sup> from 9:30 a.m. to 11:30 a.m. with a catered breakfast to honor our veterans and the families of veterans. Following breakfast, our guest speaker will be Dana Zaiser who will present his program on "Short Stories of the Civil War." In this fact-based program, you will learn about Army Sutlers, Love Tokens (jewelry) and unusual unknown stories of ordinary but heroic soldiers just doing their duty. If you'd like to join us for this special Veterans' Day breakfast and program sponsored by the Rotary Club, you must call the senior center at 508-543-1234 by Monday, November 7<sup>th</sup> to sign up and reserve your seat.

## **19<sup>TH</sup> ANNUAL PRE-THANKSGIVING FEAST AT NICKY'S**

The management of Nicky's Restaurant, located at 460 Franklin Street in Wrentham, invites Foxborough seniors to join them for their annual pre-Thanksgiving dinner on Monday, November 21 at 11:00 a.m. There is no charge for this event generously provided by Nicky's Restaurant. Seating is very limited. **Reservations are required** and will be made on a "first-come-first-serve" basis by calling the senior center at 508-543-1234 on Wednesday, November 9<sup>th</sup> beginning at 8:00 a.m. Please **DO NOT** call the restaurant directly. The VanGo is available for those seniors who need transportation assistance. Call the senior center to arrange for your ride.

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

Mark your calendar for Thursday, December 1<sup>st</sup> 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 4<sup>th</sup>. 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!

## **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, November 7<sup>th</sup>. 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 508-543-1234 to set up an appointment for a ride.

## **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 9<sup>th</sup> 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 16<sup>th</sup> at 4:30 p.m. To reserve your seat, please call the senior center at 508-543-1234 to sign up.

## **JACK CRAIG'S SEASONAL SONGBOOK**

Get into the holiday spirit before going to our Holiday Party at Lakeview Pavilion and join us at the senior center as Jack Craig presents his "Seasonal Songbook" program on Thursday, December 1<sup>st</sup> at 10:00 a.m. Jack will provide us all with a booklet that contains more than 100 of the most popular carols, secular songs and standards of the winter, Christmas and Hannukah season. Audience members will peruse the booklet and pick their favorite songs for the group to sing. Then you'll hear the stories behind the songs with Jack's informative anecdotes. If you'd like to be a part of the wonderful holiday songfest, please call us at 508-543-1234 to sign up and reserve yourself a seat.

## **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, November 15<sup>th</sup> from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is "open" at the senior center on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

## **CLASSIC MOVIE DAY**

Classic Movie Day for the month of November is scheduled for Tuesday, November 8th at 12:30 p.m. and our featured film will be "East Side, West Side." Wealthy New York investment banker Brandon Bourne is a compulsive philanderer much to the consternation of his wife Jessie (Barbara Stanwyck). When Brandon re-ignites an affair with his old mistress Isabel (Ava Garner), Jessie seeks consolation with Mark Dwyer (Van Heflin), a policeman turned journalist. Then Isabel is found dead and both Brandon and Jessie are suspected of the murder. 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.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, November 22<sup>nd</sup> 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.

## **LOW VISION SUPPORT GROUP**

The Low Vision Support Group meets at the senior center on the 3<sup>rd</sup> Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, November 17<sup>th</sup>. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

## **MEDICAL INFORMATION AND SERVICES**

### **MEDICARE OPEN ENROLLMENT DEADLINE IS HERE!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (now through December 7), you will have a chance to CHANGE your plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Be sure you have the coverage that best meets your needs! Call to get a SHINE appointment during Open Enrollment! If you would like to schedule a SHINE appointment at the senior center, please call 508-543-1234, and for more information please check [www.800ageinfo.com](http://www.800ageinfo.com).

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, November 8<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> 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 508-543-1234 to set up an appointment.

## **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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for November 17<sup>th</sup>. 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 an 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.

## **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 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, November 16 at 1:00 p.m. Everyone is welcome to attend these informational services.

## **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at The Chateau Restaurant on Wednesday, November 16<sup>th</sup> at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Monday, November 14<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Monday the 14<sup>th</sup>.

## **SHOPPING**

We will be going to Stop & Shop on Mondays at 1:00 and 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:

November 9 - Walmart

November 16 – The Chateau Restaurant

## **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, November 7**

Curry Chicken 375  
Couscous 44  
California Veggies 27  
Oatmeal Bread 121  
Chocolate Chip Cookie 171  
Sodium 738  
Calories 520

**Tuesday, November 8**

Beef Bordelaise 247  
Egg Noodles 35  
Tarragon Carrots 77  
Multigrain Bread 190  
Tropical Fruit 10  
Sodium 559  
Calories 495

**Wednesday, November 9**

Chicken Chow Mein 253  
White Rice 36  
Multigrain Roll 190  
Mandarin Orange 6  
Sodium 485  
Calories 278

**Thursday, November 10**

Salisbury Steak 250  
Mushroom Gravy 148  
Garlic Mashed Potato 62  
Genoa Veggies 13  
Whole Wheat Bread 160  
Mixed Fruit 10  
Sodium 643  
Calories 512

**Friday, November 11**

Veterans' Day  
No Meals Served