

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!

Monday, November 9

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 10

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classis Movie Day –“Kramer vs. Kramer” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, November 11

Veterans' Day

Office Closed

Thursday, November 12

Veterans' Day Breakfast 9:00 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

18th ANNUAL PRE-THANKSGIVING DINNER AT NICKY'S

The management of Nicky's Restaurant located at 460 Franklin Street in Wrentham, invites Foxboro seniors to participate in their annual pre-Thanksgiving dinner on Monday, November 23rd 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 508-543-1252 on Wednesday, November 18th 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.

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.

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.

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 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!

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

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, November 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

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 11th & 12th the featured program will be the Men's Cookout with guest speaker Jack Authelet. 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.

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, 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 November 19th and December 1st. 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.

REGULARLY SCHEDULED **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 Streep) 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.

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.

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!

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 11 – Veterans’ Day, Office Closed
November 18 - Walmart

WEEKLY SCHEDULED PROGRAMS

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 9

Swedish Meatballs with Noodles

Beets

Honey Wheat Bread

Pineapple Chunks

Calories 402

Sodium 518

Tuesday, November 10

Macaroni & Cheese

Escalloped Tomatoes

Multigrain roll

Mandarin Oranges

Calories 443

Sodium 546

Wednesday, November 11

Veterans' Day

No Meals Served

Thursday, November 12

Teriyaki Chicken

Asian Rice

Oriental Vegetables

Oatmeal Bread

Butterscotch Pudding

Calories 263

Sodium 597

Friday, November 13

Salmon with Lemon Dill Sauce

Red Bliss Potato

Fall Blend Vegetables

Whole Wheat Bread

Mixed Fruit

Calories 266

Sodium 197