

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 Wednesday, August 27th 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 Foxborough. Find out about any new projects going on and get a greater understanding of some of the issues that our town is facing. Please call us at 508-543-1252 to let us know if you’ll be coming.

Monday, August 25

Jay Barrows’ Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Classic Movie – “Gone with the Wind” Part 1 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, August 26

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition Class 11:00 a.m.

Classic Movie – “Gone with the Wind” Part 2 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, August 27

Strength Training 8:30 a.m.

Garden Club 10:00 a.m.

Music with Jack Craig 11:00 a.m.

Kohl’s/Mansfield Crossing 1:00 p.m.

Senior Supper 4:30 p.m.

Thursday, August 28

Cholesterol Clinic 9:00 a.m.

Ceramics 9:00 a.m.

Ice Cream Days – Summer Scoops 1:00 p.m.

Friday, August 29

Payment Due for Scallop Festival

Stop and Shop 8:30 a.m.

YMCA Exercises today 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 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

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic at the senior center on Thursday, August 28th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There will be no separate appointments for blood pressure at the senior center on this day. If you’re interested in scheduling an appointment, please call the senior center at 508-543-1252.

SPECIAL PROGRAMS

SING! THE GREATEST SONGS WITH JACK CRAIG

Jack Craig will be back at the senior center. The “Sing! The Greatest Songs” program contains most of the favorite songs of the 20th century. This program contains around thirty songs to sing and Jack provides anecdotal information that recalls the best years of American song-writing. The program will be held on Wednesday, August 27th at 11:00 a.m. and will include songs that were written in 1953 and 1954. If you’d like to join us for Jack’s fun and entertaining programs of “Music – with Class!” please call the senior center at 508-543-1252 to sign up.

FREE WIFI AT THE SENIOR CENTER

Free WIFI is now available at the senior center. Please stop by the front desk at the center and ask for the code necessary to access the internet on your wireless devices.

ITALIAN CLASSES

Our Intermediate and Advanced Italian classes with Lucy Erhard will be starting up at the senior center once again. Both classes will meet for 10 weeks. Italian 2 (intermediate) will be meeting on Thursdays at 1:30 p.m. for 10 weeks beginning on September 11th through November 13th with an if-needed make-up class on November 20th. Italian 3 (advanced) will meet on Fridays at 1:15 p.m. beginning on September 12th through November 14th with an if-needed make up class on November 21st. If you already know a little Italian and would like to learn more, please call the instructor, Lucia Erhard, at 508-543-7057. With your input, she will place you in the class that is appropriate for you. Everyday conversation will be stressed. The cost for each of these 10-week sessions is \$20 and payment is due at the time of sign up. Space is very limited for each class so please call the senior center at 508-543-1252 if you’d like more information or to check on the availability of space in each class.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday evening each month through October. Come on over for a nice evening meal at the senior center and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, August 27th we’ll be enjoying a meal that includes a Low Salt Hot Dog on a roll, Mustard Packet, Baked Beans, Cole Slaw, Dessert and Milk. The event starts at 4:30 p.m. with supper to be served at 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 a 508-543-1252 to make your reservation and to arrange for transportation, if needed.

ZUMBA GOLD

Zumba classes will be meeting weekly in the senior center once again. Classes will now be held on Tuesday mornings from 9:45 a.m. to 10:45 a.m. beginning on Tuesday, September 9th. 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. The cost for each class is \$2.

WE ALL SCREAM FOR ICE CREAM!

It’s summertime, the weather’s hot, and it’s time to think ice cream, so we’ve planned some ice cream day trips once again! This year’s trips will be scheduled on some Tuesday and Thursday afternoons throughout the summer. On Thursday, August 28th at 1:00 p.m. we’ll be off to Summer Scoops in Plainville. Van space is limited, so be sure to call early if you’d like to sign up and join us. Van transportation is reserved for Foxboro residents only.

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 August 27 and 28 the featured program will be “Prescription Drugs: What you don’t know can hurt you.” Check out our senior exercise videos that are

broadcast on Wednesday and Thursday mornings at 9:00 a.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MEDICAL INFORMATION AND SERVICES

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. Due to the Labor Day holiday, his next visit will be on Monday, September 8th. 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.

FREE AND CONFIDENTIAL BENEFITS CHECK

The Foxborough Council on Aging and Human Services is holding free Benefits Check-Up clinics for Foxborough residents, age 55 and older. Each year, people miss out on State and Federal benefits for which they are eligible, such as cash assistance and help paying for food, health insurance, in-home care, transportation and housing. Using the www.benefitscheckup.org/mcoa website, a COA staff member will help you print and interpret a personalized, but anonymous report of programs for which you may qualify. For best and fastest results, please have the following information available: date of birth; type of home (house, apartment or mobile home; owned or rented); veteran status for self and spouse; estimates of current expenses (mortgage or rent, utilities, out of pocket medical bills, caregiver expenses); estimated current income and assets for self, spouse and others in the household, and; names of prescription meds. Call 508-543-1252 to schedule an appointment at the senior center. If you prefer to do it yourself, go to the website at www.benefitscheckup.org/mcoa. BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington D. C.

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. Appointments are being scheduled for September 2nd and September 18th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up and appointment.

TRAVEL AND ENTERTAINMENT

TRIP TO THE SCALLOP FESTIVAL

On Friday, September 19th at 9:00 a.m. we'll be boarding a motorcoach at St. Mary's parking lot for a trip to the "All New Scallop Festival" at the home of the Barnstable Fair Grounds in Falmouth, Mass. The fair grounds are a new venue for this annual event and will provide more space with larger indoor buildings to accommodate the kitchen and seating area, buildings for entertainment, arts and crafts, and more modern restrooms. We will have the choice of either a Scallop or a Chicken Dinner, and then we'll be off for a 1 hour Harbor Cruise leaving from Hyannis. The cost for this day trip is \$67.00 per person and includes roundtrip transportation, entrance fees to the Scallop Festival, your choice of a Scallop or Chicken Dinner, a 1 hour Hyannis Harbor Cruise and all gratuities. We have started a waiting list, so please call the senior center at 508-543-1252 if you'd like to be added to this list. Payment will be due by Friday, August 29th.

REGULARLY SCHEDULED

CLASSIC MOVIE DAYS

Come join us at the senior center for 2 afternoons at the end of August to watch parts 1 and 2 of the 1939 movie classic "Gone with the Wind." On Monday, August 25th at 12:30 p.m. we'll be watching part 1 of the movie,

and then on Tuesday, August 26th at 12:30 p.m. we'll be showing part 2. "Gone with the Wind" is an epic historical romance film adapted from Margaret Mitchell's Pulitzer-Prize winning 1936 novel. Set in the 19th century American South, the film tells the story of Scarlett O'Hara (Vivian Leigh) and her romantic pursuit of Ashley Wilkes (Leslie Howard) who is married to his cousin, Melanie Hamilton (Olivia de Havilland) and Scarlett's marriage to Rhett Butler (Clark Gable). The film is set against the backdrop of the American Civil War and the Reconstruction era. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. If you'd like to join us, please call 508-543-1252 to sign up.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, August 26th 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, September 2nd from 2:00 p.m. to 3:30 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.

INTERESTED IN PLAYING "HEARTS"?

We are trying to get some "Hearts" card players together to set up some card games at the senior center. If you're interested in joining us to play "Hearts" or if you're interested in learning how to play the card game, please give us a call at 508-543-1252.

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:

August 27 – Kohl's / Mansfield Crossing

September 3 – Dollar Store / Job Lot

WEEKLY SCHEDULED PROGRAMS

CARD MAKING / CERAMICS PAINTING

Lean the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different. Also, if you have some ceramics pieces that you'd like to paint and you'd like to have some fun company while you work on completing your ceramics projects, come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

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 at 11:00 a.m. 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!

SIT & BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 to 10:30 a.m. The cost is \$2 per 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. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). 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. Please call the senior center at 508-543-1252 to sign up.

LIBRARY ACCESS SERVICES

The Foxborough Council on Aging and Human Services and the Boyden Library have a program of delivering library books, CDs, DVDs and other library materials to Foxborough residents who cannot access the library without help. The Council on Aging and Human Services will deliver books and other materials from the library and will return materials when due. Pick-up and delivery is on Tuesdays. Additional dates can be arranged. To be considered, or for information on this program, call the senior center at 508-543-1252 and ask for Ken Levy or Pam McGuire.

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, August 25

BBQ Beef Rib
Macaroni & Cheese
Escalloped Tomato
Whole Wheat Bread
Peaches
Calories 515
Sodium 563

Tuesday, August 26

Vegetarian Chili
Italian-style Penne Pasta
Whole Wheat Roll
Chocolate Pudding
Calories 447
Sodium 200

Wednesday, August 27

Happy Birthday
Roast Turkey & Gravy
Cranberry Sauce

Whipped Potato
Mixed Vegetables
Dinner Roll
Birthday Cake
Calories 360
Sodium 542

Thursday, August 28

Grilled Hawaiian Chicken Breast
Rice Medley
Tossed Salad with Dressing
Multigrain Roll
Fresh Fruit
Calories 305
Sodium 602

Friday, August 29

Meatballs with Pepper & Onion Gravy
Cheesy Mashed Potato
Winter Squash
Wheat Bread
Strawberry Cup
Calories 459
Sodium 434