

VIDEO LECTURE SERIES: "MARK TWAIN" COMING IN SEPTEMBER

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center beginning September 4th through November 20th from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self, 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this noteworthy series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

Monday, August 26

Jay Barrows' Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, August 27

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, August 28

Strength Training 8:30 a.m.

Jack Craig-Bacharach & David 11:00 a.m.

Luncheon Outing @ Morin's 1:00 p.m.

Thursday, August 29

Ceramics 9:00 a.m.

Cool Classic "Shoes of the Fisherman" 11:00 a.m.

Ice Cream Days-Ice Cream Machine 1:30 p.m.

Friday, August 30

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 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

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

"Men's Cookout: Foxboro's SWAT Team Members" will be this week's senior center programming shown on August 28th & August 29th. 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.

ZUMBA CLASSES

Have you seen "Dancing with the Stars?" You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Zumba is an exercise program inspired by

Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

Beginning in September, our Zumba classes will be held at the senior center for a 4 week session on Wednesdays (9/4, 9/11, 9/18, and 9/25) from 1:00 p.m. to 2:00 p.m. The cost for this session will be \$8.00, with payment due by the start of the session. Come and join the fun!

REGULARLY SCHEDULED **SERENADING SENIORS**

The Serenading Seniors will resume their regular schedule beginning Wednesday, September 4th. Rehearsals are held at the Senior Center on Wednesdays from 10:00 a.m.-11:15 a.m. It's a friendly, fun group and you DO NOT need to read music to be a member. Currently we have openings for new members, both men and women. If you enjoy singing, you are invited to come on September 5th to observe or join in the fun. Please call Jeanne Bonneau at 508-543-8940 if you have any questions.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, September 3rd from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on August 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, August 29th at 11:00 a.m. and see "Shoes of a Fisherman." A Pope contends with the prospects of nuclear world destruction in this Cold-War saga of religious faith and international politics. Anthony Quinn plays a Russian priest who has spent 20 years in a Siberian labor camp. When Russian and Chinese relations deteriorate, Russian Premier Kamenev (Laurence Olivier) releases him and he is made a cardinal. Kamenev wishes to have a representative at the Vatican in Rome for future political situations. When the Pope (John Gielgud) dies, a series of events makes the Russian priest the first Pope from a communist country. Taking the name of the saint who spread the gospel to Russia, he becomes Pope Kiril Lakota. He often leaves the Vatican in disguise to mingle with the people to remain in touch with the poor and the needy. When millions of Chinese face starvation, the Pope offers to sell the riches of the church on order to feed the hungry, and he asks that all wealthy countries do the same. David Janssen is the television reporter stationed in Rome whose wife receives counseling from Kiril, unaware he is the Pope. In a symbolic gesture, Kiril offers his crown as a down payment in an attempt to bring world peace and end the starving of millions. Enjoy this fine drama with an internationally renowned cast. Please give us a call at 508-543-1252 to let us know that you will be coming.

LUNCHEON OUTING

Our next luncheon outing will be to Morin's in Attleboro on Wednesday, August 28th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, August 27th. Van transportation is available.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., 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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would

like to go on the van, please call the senior center to arrange a ride.

August 28 Luncheon Outing @ Morin's in Attleboro

September 4 Dollar Tree/Ocean State Job Lot

September 11 Target

TRAVEL AND ENTERTAINMENT

YELLOWSTONE TRIP DOCUMENTS PARTY

We will have a documents party for the Yellowstone trip on Friday, August 23rd at 1:00 p.m. at the Foxboro Senior Center, 75 Central Street, Foxboro, MA. For all those planning to go on this trip, please attend to receive important information and documents for your upcoming trip.

ATTENTION GAME ENTHUSIASTS....

The Sharon COA is seeking players for their Super Scrabble and Wii games. If you are interested in joining their groups of avid players, call the Sharon COA at 781-784-8000 for more information.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, September 3rd. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

SAFE DRUG DISPOSAL PROGRAM

Over half of first-time opiate use now involves drugs taken out of the medicine cabinets of family or friends. In addition, drugs from landfills and flushed down household toilets are being detected in groundwater. Through a program sponsored by District Attorney, Michael Morrissey, twenty five local police stations now offer free disposal of drugs you no longer need. No questions asked. Examples of accepted drugs are prescription medicines; over the counter medicines; pet medications; prescription liquids in unbreakable, leak-proof containers; pills, capsules & patches; prescription ointments; and vitamins. **NO SHARPS WILL BE ACCEPTED.** Collected drugs will be safely destroyed free of charge by Covanta Energy. Foxborough's collection location is at the Public Safety Building. A complete list of towns that are apart of this program, is posted at the senior center.

MEDICARE PRESCRIPTION DRUG FINDER

Go to www.medicare.gov, click on "Compare Medicare Prescription Drug Plans" and you will be provided with a personalized chart comparing the Massachusetts Medicare drug plans. This interactive tool allows you to narrow your search for a Medicare prescription drug plan based on your personal preferences such as cost, coverage, and convenience. If you need assistance or don't have a computer at home, our SHINE counselor, Judy Murphy, will make a time to meet with you at the senior center in the Computer Lab to input your information. Call 508-543-1252 to arrange an appointment.

MEDICATION AND SAFETY VISITS

VNA Care Network and hospice is offering medication and safety visits in the homes of chronically ill, frail seniors. A nurse will visit the senior at home to evaluate their prescription medications, over-the-counter drugs, and herbal remedies for interactions and related safety concerns. The nurse will also assess the risk of falling and make recommendations for reducing the chance of a fall. This is a free service and is open to residents of Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole, Westwood, and Wrentham. For more information about medication and safety visits, contact Maureen Sendrowski, RN, MPH, at msendrowski@vnacarenetwork.org or 888-663-3688, ext. 5603 OR call Noreen Sherys at the senior center at 508-543-1252.

“PRESCRIPTION ADVANTAGE”

Do you have a prescription plan, but think you are still paying too much for your prescriptions? You may be paying more than you need to. You may be eligible for the Commonwealth’s “Prescription Advantage” plan, which is currently enrolling new members. You may be able to reduce some of your prescription expenses, and you can apply at any time. There is no ‘open enrollment’ limitation for “Prescription Advantage.” You can reach “Prescription Advantage” by calling 1-800-AGE-INFO or visit them online at www.800ageinfo.com. Call Noreen Sherys at the senior center, 508-543-1252, to find out more or to apply.

“HEALTH BEAT” SERIES ON FCATV

Watch for the “Health Beat” series on Foxboro Cable Access with Maureen Cardarelli, Public Health Nurse, and Vicki Lowe, Executive Director of the Council on Aging and Human Services as they explore relevant health issues like Lyme disease and shingles. These programs will be aired on Foxboro Cable Access on Channel 22 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. during “Your Scene, Your Center.” “Your Scene” refers to information pertinent to seniors. “Your Center” refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage, or check out our DVD lending library to view our taped programs at the senior center.

SPECIAL EVENTS AND PROGRAMS

CONVERSATIONAL ITALIAN CLASSES COMING IN SEPTEMBER!

Have you always wanted to learn to speak Italian? Now is the time! Our very popular Italian Classes taught by our fabulous instructor, Lucy Erhard, will resume in September. Enroll in these classes and you will learn to speak this beautiful language. Classes will be held on Thursdays, beginning September 12, 2013 through November 21, 2013 with no class being held on November 14th. Italian 1 classes will be held from 11:00 a.m. to noon, and Advanced Italian (for those students who have completed Italian 1 previously) will be from 1:00 p.m. to 2:00 p.m. at the senior center. Classes are \$2 each for a 10-week session. Please come to the senior center to make your \$20 payment for the full session prior to the beginning of the classes. Students will begin to develop listening and speaking skills. Topics include: alphabet, greetings, numbers, time, family, body, and food. Please bring a notebook and pen to class. Lucy Erhard will be the instructor for these classes. Lucy worked at Dedham High School where she developed and implemented the Italian program. She was also an instructor of Italian at Wheaton College. In addition, she has taught Italian in local adult education programs, including Foxboro’s Adult Education program. Please call 508-543-1252 to register for this wonderful opportunity.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year’s ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to The Ice Cream Machine in Cumberland, RI on Thursday, August 29th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

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. Suggested donation is \$2.50. 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 26

Cheese Tortellini W/Alfredo Sauce
Mixed Vegetables
Multigrain Roll
Fresh Orange

Tuesday, August 27

BBQ Chicken
O'Brien Potato
Tarragon Carrots
Wheat Bread
Mixed Fruit

Wednesday, August 28

Happy Birthday

Meatloaf W/Gravy
Garlic Mashed Potatoes
Beets
Whole Wheat Bread
Birthday Cake

Thursday, August 29

Turkey Divan W/Broccoli
Confetti Rice
Whole Wheat Roll
Pears

Friday, August 30

Salmon Boat W/Dill Sauce
Whipped Potatoes W/Chives
Cut Green Beans
Finger Roll
Peaches