

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.

Monday, September 1

Office Closed

Labor Day

Tuesday, September 2

Stretch & Balance 8:30 a.m.

SHINE 10:00 a.m.

Nutrition Class 11:00 a.m.

Shaws (in lieu of Monday holiday) 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

Wednesday, September 3

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Dollar Store/Job Lot 1:00 p.m.

Thursday, September 4

NO Ceramics

Friday, September 5

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

SPECIAL PROGRAMS

SERENADING SENIORS

After having a break over the summer months, the Serenading Seniors chorus will be back singing again starting on Wednesday, September 3rd at 10:00 a.m. at the senior center. If you enjoy singing and would like to be a part of this fun and enthusiastic singing group, come join us on Wednesday mornings at 10:00 a.m. New members are always welcome!

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.

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, September 11th at 1:00 p.m. we'll be off to The Big Apple in Wrentham. 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 September 3rd and 4th the featured program will be "Meditation for Stress Reduction and Sleep" with guest speaker Kathryn Henderson. 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.

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. Please call the senior center at 508-543-1252 if you're interested in this trip to the Scallop Fest. Payment will be due by Friday, August 29th.

REGULARLY SCHEDULED **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.

MOVIE DAY

Movie Day for September is scheduled for Tuesday, September 16th at 12:30 p.m. and our featured movie will be "The Grand Budapest Hotel." This comedy/drama recounts the adventures of Gustave H. (Ralph Fiennes), a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune – all against the back-drop of a suddenly and dramatically changing continent. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. 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.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Olive Garden on Wednesday, September 17th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, August 18th. Van transportation is available.

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, September 24th we'll be enjoying a meal that includes Roast Turkey with Gravy, Cranberry Sauce, Whipped Potato, Winter Squash, 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.

MEN'S COOKOUT

The next Men's Cookout will be held on Thursday, September 25th at 12:00 p.m. Our guest speaker this month will be Foxborough's Chief of Police, Ed O'Leary. The cost for the Men's Cookout is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, September 23rd to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

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:
September 3 – Job Lot / Dollar Store
September 10 – Target

MEN'S COOKOUT

The next Men's Cookout will be held on Thursday, September 25th at 12:00 p.m. Our guest speaker this month will be Foxborough's Chief of Police, Ed O'Leary. The cost for the Men's Cookout is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, September 23rd to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, September 9th 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.

KNEE OR HIP PAIN?

Norwood Hospital is the first in the area to offer MAKOplasty – robotic –arm guided partial knee resurfacing and hip replacement. The doctors can treat patients less invasively using this innovative technology. To learn more about MAKO and “Meet the Robot,” attend a free presentation with our orthopedic specialists. A community presentation on knee pain or hip pain will be held on Wednesday, September 10th from 6:00 p.m. to 7:00 p.m. in the Abraham-Sieracki Conference Room at 800 Washington Street in Norwood.

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 an appointment.

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!

NUTRITION

The Nutrition Class meets every Thursday 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.

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.

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. One of our favorite YMCA instructors, 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. The cost is \$2 per 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. We have an instructor from the YMCA to lead 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.

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, September 1

Labor Day

No Meals Served

Tuesday, September 2

Chicken a la King

Mixed Vegetables

Parsley Rice

Whole Wheat Bread

Arctic ice

Calories 393

Sodium 290

Wednesday, September 3

American Chop Suey

Green Beans

Dinner Roll

Pears

Calories 293

Sodium 210

Thursday, September 4

Vegetable Soup

Chicken Piccata

Garlic Mashed Potato

Wheat Bread

Oatmeal Cookie

Calories 409

Sodium 739

Friday, September 5

Krunchy Lite Fish

Tartar Sauce

Lyonnais Potato

Tarragon Carrots

Fruit Muffin

Fresh Fruit

Calories 293

Sodium 421