

## **ENHANCEFITNESS® INFORMATIONAL PROGRAM**

The Hockomock Area YMCA and the Foxboro Council on Aging are excited to partner to offer an evidence based program called EnhanceFitness® at the Foxboro Senior Center. EnhanceFitness is a proven community based fitness and arthritis management program. Its purpose is to help older adults become more active, energized and empowered for independent living. EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging.

The program consists of low impact exercise classes that are safe and challenging for older adults of all fitness levels. EnhanceFitness exercises focus on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. Our certified YMCA instructor leads classes at a pace that works for each participant. We recognize that our current exercise programs provide these benefits. However, EnhanceFitness bundles three of our existing classes into a structured exercise program to give you maximum results with an evidence based curriculum. Participants will commit to three designated programs per week and one pre-fitness assessment, with post fitness assessments every 16 weeks thereafter. This data will establish how EnhanceFitness is helping participants reach fitness goals. Current class participants who elect not to sign up for EnhanceFitness will see minimal to no change to their class structure. The classes will continue at the rate of \$2 per class

For more information about the program and to fill out the necessary registration form, please attend the EnhanceFitness informational session on Tuesday, August 12<sup>th</sup> at 9:30 a.m. at the senior center. Enrollment for this exercise program will begin on Tuesday, August 19<sup>th</sup> from 8:30 a.m. to 9:30 a.m. The program will start on September 9<sup>th</sup>. Pre-registration will be required. For additional information and to register, you can contact [phl@hockymca.org](mailto:phl@hockymca.org) or call the senior center at 508-543-1252.

### **Monday, August 11**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, August 12**

Stretch & Balance 8:30 a.m.

EnhanceFitness Informational Program 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition Class 11:00 a.m.

Movie Day – “Captain Phillips” 12:30 a.m.

Discussion Group 1:00 p.m.

Ice Cream Day at Yogurt Beach 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, August 13**

Strength Training 8:30 a.m.

Garden Club 10:00 a.m.

Zumba 10:30 a.m.

### **Thursday, August 14**

Ceramics 9:00 a.m.

Cookout and Quiz Show with Mr. DJ 11:30 a.m.

### **Friday, August 15**

Stop and Shop 8:30 a.m.

NO YMCA Exercises today

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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **ITALIAN CLASSES**

Our Intermediate and Advanced Italian classes with Lucia 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 11<sup>th</sup> through November 13<sup>th</sup> with an if-needed make-up class on November 20<sup>th</sup>. Italian 3 (advanced) will meet on Fridays at 1:00 p.m. beginning on September 12<sup>th</sup> through November 14<sup>th</sup> with an if-needed make up class on November 21<sup>st</sup>. 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 Tuesday, August 12<sup>th</sup> at 1:00 p.m. we'll be off to Yogurt Beach 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.

### **COOKOUT AND QUIZ SHOW**

Save the date of Thursday, August 14<sup>th</sup> when the Wrentham COA will be joining us at the Foxborough Senior Center at 11:30 a.m. for a cookout followed by some friendly competition as we play "Mr. DJ's Hollywood Quiz Show." The BBQ luncheon will include a hotdog with roll, pasta salad, cole slaw and some watermelon for dessert. There is a suggested donation of \$3.00 per person for the meal. Then get ready for some fun with Mr. DJ's Hollywood Quiz Show. This "as seen on TV" treat will engage, entertain and provide therapeutic benefits as we stroll down memory lane with quiz show topics like Hollywood actors, geography, US history, radio commercials, as well as familiar game shows. You can be a spectator or a game show contestant – your choice! We will participate along with the Wrentham COA in this friendly competition. Come join the fun! Please call the senior center at 508-543-1252 by Monday, August 11<sup>th</sup> to make your reservation.

### **SING! THE GREATEST SONGS WITH JACK CRAIG**

Jack Craig will be back for two programs at the senior center in August. The "Sing! The Greatest Songs" programs contain most of the favorite songs of the 20<sup>th</sup> century. Each program contains around thirty songs to sing and Jack provides anecdotal information that recalls the best years of American song-writing. The first program in this series will be held on Wednesday, August 20<sup>th</sup> at 11:00 a.m. and will include songs that were written from 1950 through 1952. The second program will be held on Wednesday, August 27<sup>th</sup> 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.

### **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 13 and 14 the featured program will be "Food Safety" with Maureen Cardarelli. 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.

### **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 27<sup>th</sup> 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.

### **TRAVEL AND ENTERTAINMENT** **TRIP TO THE SCALLOP FESTIVAL**

On Friday, September 19<sup>th</sup> 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. If you are interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment will be due by Friday, August 29<sup>th</sup>.

### **JOIN US THIS FALL FOR SOME COUNTRY MUSIC & THE SMOKY MOUNTAINS**

If you've been thinking of joining us for our trip to the country music capital of the world this fall, don't miss this opportunity to sign up while we still have openings for our trip to Nashville and the Smoky Mountains. On October 9<sup>th</sup>, we will be flying to Nashville, Tennessee where we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4<sup>th</sup> day, we'll be traveling to Pigeon Forge, Tennessee for dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Oktoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14<sup>th</sup>, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip has begun and will continue to be on-going, so please call the senior center at 508-543-1252 if you are interested in joining us. All payment checks should be made payable to "Tours of Distinction."

### **REGULARLY SCHEDULED** **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.

### **MOVIE DAY**

August's Movie Day is scheduled for Tuesday, August 12<sup>th</sup> at 12:30 p.m. and our featured movie will be "Captain Phillips" starring Tom Hanks. This movie is based on the true story of Richard Phillips, a U.S. cargo-ship captain who surrendered himself to Somali pirates so that his crew would be freed. Captain Phillips (Hanks) and his crew are carrying freight around the Horn of Africa when four Somali pirates forcefully take over their ship, the MV Maersk Alabama. When Phillips offers the captors the \$30,000 that's been locked in

the ship safe, the pirates agree to take the cash and flee in the Maersk's lifeboat. At the last minute, they kidnap Phillips in the hope of supplementing their take with a sizable ransom – a decision that leads to a tense standoff with the U.S. Navy, who would sooner see the lifeboat sunk with Phillips inside than allow it to reach Somalia. 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 Applebee's Restaurant on Wednesday, August 20<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 508-543-1252 to sign up by Monday, August 18<sup>th</sup>. Van transportation is available.

### **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.

### **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 13 – Walmart

August 20 – Applebee's Restaurant

### **TRANSPORTATION RESOURCES**

#### **VAN-GO / CAR-GO**

Don't forget that starting on Monday, August 11<sup>th</sup> we will have a dedicated contact person to coordinate all rides for our clients. We feel this will streamline our process to better serve you! We are also pleased to be able to offer individual transportation requests in our Car Go on Fridays from 8:30 a.m. to 2:30 p.m. To schedule a transportation request, please call the senior center Monday through Friday from 9:00 a.m. to 11:00 a.m. to speak with a transportation coordinator. On Mondays through Fridays please call by 11:00 a.m. the day before your ride is needed. For Monday transportation, please call the senior center on Friday by 11:00 a.m. As always, we will try, if possible, to accommodate your needs in an extenuating situation. The Foxborough Council on Aging provides transportation to Foxborough residents on the Van-Go, our 14 passenger van, or the Car-Go, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. The schedule is as follows:

**Monday – Mornings** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw's in Sharon. \* On Monday holidays this shopping trip is moved to Tuesday afternoon.

**Tuesday – All Day** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

**Wednesday – Mornings** – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

**Thursday – All Day** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

**Friday – Mornings** – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 noon on Fridays. Individual rides are available between the hours of 8:30 a.m. to 2:30 p.m. in the Car Go.

## **HUMAN SERVICES**

Our Human Services staff is available to assist with transportation. Starting on August 11<sup>th</sup>, please make these transportation requests from 9:00 a.m. through 11:00 a.m. on Monday through Friday with our Transportation Manager. Call 508-543-1252 to schedule your transportation request. Seventy-two hour advanced notice is required for medical appointments. To find out more or to schedule a transportation request, call 508-543-1252 and ask to speak to our Human Services Department.

## **MEDICAL INFORMATION AND SERVICES**

### **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](http://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](http://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, August 12<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 508-543-1252 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. Appointments are being scheduled for August 21<sup>st</sup>. 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.

## **WEEKLY SCHEDULED PROGRAMS**

### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting class meets at the senior center on Monday afternoons at 1:00 p.m. These classes are for beginners, 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.

### **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.

**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 11**

Teriyaki Chicken Breast

Asian Rice

Oriental Vegetables

Whole Wheat Bread

Pineapple Chunks

Calories 273

Sodium 697

**Tuesday, August 12**

Swedish Meatballs

Noodles

Tossed Salad with Dressing

Whole Wheat Roll

Fresh Fruit

Calories 398

Sodium 430

**Wednesday, August 13**

Baked Ham with Raisin Sauce

Au Gratin Potato

Beets

Dinner Roll

Tapioca Pudding

Calories 343

Sodium 1456

**Thursday, August 14**

Shepherd's Pie

California Blend Vegetables

Wheat Bread

Brownie

Calories 456

Sodium 308

**Friday, August 15**

Turkey Stew with Vegetables

Whipped Potato

Multigrain Roll

Strawberry Cup

Calories 344

Sodium 666