

JUDITH KALAORA' S PROGRAM "CHALLENGER: SOARING WITH CHRISTA McAULIFFE"

History At Play Founder, Artistic Director and Actor, Judith Kalaora, will be back at the senior center on Thursday, September 15th at 1:00 p.m. to present a 30th anniversary tribute to teacher and astronaut Christa McAuliffe. Ask anyone about Christa McAuliffe and they will tell you exactly where they were when the Challenger shuttle launched; however, few people understand who Mrs. McAuliffe really was. America's teacher in space was an educational pioneer and her goals and accomplishments are explored in this multi-media experience, which honors the 30th anniversary of the Challenger launch. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like to join us for this special program with Judith, please call the senior center at 508-543-1234 to sign up in advance and reserve your seat.

Monday, September 5

Office Closed

Labor Day

Tuesday, September 6

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 9:30 a.m.

Table Top Garden Club 9:45 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, September 7

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Travels with Dana Zaiser 4:30 p.m.

Thursday, September 8

Coffee Connection 8:30 a.m. to 3:30 p.m.

A Matter of Balance 9:30 a.m.

Art Class with Barbara 9:30 a.m.

History Lecture with Paolo DiGregorio 1:00 p.m.

Friday, September 9

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics Class 9:00 a.m.

Cribbage 10:15 a.m.

Card Making and Scrapbooking Class 10:15 a.m.

MINDS IN MOTION – EXERCISE FOR YOUR BRAIN HEALTH

Do you feel like challenging your mind and stretching your imagination? Join us at the senior center where Jerry Cianciolo will be back by popular demand to present his "Minds in Motion" program. This program is a series of eight all-new, hour-long "courses." Each week we'll be focusing on a different and challenging topic, and at every class there will be handouts and exercises that are designed to expand your thinking abilities. "Minds in Motion" is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. These classes will be held at 1:00 p.m. on the following Monday afternoons: September 12th, 19th & 26th and October 3rd, 17th, 24th & 31st and November 7th. This program is being funded by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up. Class size is limited and due to

the popularity of Jerry's first series of "Minds in Motion" programs it is important to sign up in advance to reserve your seat.

A MATTER OF BALANCE

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, "A Matter of Balance: Managing Concerns About Falls" is a program for you. This free eight-week evidence based workshop is being held at the senior center from 9:30 a.m. to 12:00 noon on the following Thursdays: September 8, 15, 22, 29 and October 6, 13, 20 and 27. A free luncheon will be included for all participants. The "A Matter of Balance" program is designed to help people to improve their quality of life and remain independent by reducing the fear of falling and increasing activity levels. People who develop this fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults experience increased isolation and depression when they limit their interactions with family and friends. Participants in this workshop will learn to set realistic goals to increase strength and balance. There is a voluntary donation of \$2 per class. If you're interested in participating in the program, you must commit to at least 6 of the 8 weeks of classes. Incentives are built in to reward you for your attendance. Seating for this program is limited, so please call the senior center at 508-543-1234 to sign up in advance to reserve your spot. This program is by a grant from HESSCO Elder Services.

"SERENADING SENIORS" CHORUS

The Foxborough Senior Center has its own chorus, known as the "Serenading Seniors." The chorus meets at the senior center on Wednesday mornings, from 10:00 to 11:00 a.m. If you enjoy singing and are interested in becoming part of this friendly and fun group, please call Chorus Director Jeanne Bonneau at 508-543-8940 for more information. Performances by the Serenading Seniors are held at the local schools and area nursing homes and you don't have to know how to read music to become a member.

ART CLASSES WITH BARBARA GAGE-MULFORD

Join Barbara at the senior center for a fun, stress-free series of art workshops that will be held at 9:30 a.m. on the following Thursday mornings: September 8, 15 & 22, October 6, 13 & 27 and November 3. Students in these workshops may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. These classes are being offered free of charge and all materials are provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). Class size is limited, so please call the senior center at 508-543-1234 to sign up in advance. This class is funded through gifts made to the Foxborough Council on Aging and Human Services.

HISTORY LECTURE WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio, one of our most popular lecturers, will be at the senior center on Thursday, September 8th at 1:00 p.m. Paolo is an historian, archeologist and educator with a passion for telling stories and bringing history to life. He makes history both interesting and fun, so come join us on September 8th. The topic of Paolo's program will be "The Cold War." Please call the senior center at 508-543-1234 to sign up and reserve your seat.

TRAVEL SERIES WITH DANA ZAISER

World traveler, Dana Zaiser, will be back at the senior center in September to present "Travels with Dana;" a 3-part series of programs. These programs will be held on the following Wednesday afternoons from 4:30 to 5:30 p.m.: September 7th, 14th and 21st. On September 7th, ride along with Dana through the famous Amazon Rain Forest and the Brazilian City of Manaus. During this hour-long presentation, you will learn about life along the Rio Negro, one of the major tributaries of the Amazon River. See some of the amazing animals, colorful birds and learn to fish for piranhas. Please call the senior center at 508-543-1234 to sign up in advance and join us on these travel adventures.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. Join us at the Foxborough Senior Center on Tuesday, September 20th and on the 3rd Tuesday of each month from 1:30 to 3:00 p.m. at the Pleasant Moments Memory Café of Foxborough. Relax, socialize and share pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

SCRAPBOOKING AND GREETING CARD-MAKING CLASS

The Greeting Card-Making Class has expanded to include Scrapbooking and this class will start meeting again at 10:30 a.m. every Friday morning, beginning on Friday, September 9th. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class, and other embellishments and supplies will be provided. Also, if you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends in the class as you work on your projects, come join us. Our volunteer instructor, Helen Rice, is teaching both card-making and scrapbooking during class.

CLASSIC MOVIE DAY

Classic Movie Day for the month of September is scheduled for Tuesday, September 13th at 12:30 p.m. and our featured film will be "You Can't Take It With You." This classic screwball comedy is about the trials and tribulations of a very eccentric family during the Depression. The story centers around the impending marriage of Tony Kirby (Jimmy Stewart) and Alice Sycamore (Jean Arthur) and the complications that arise due to her very unconventional family, headed by her kind and loving grandfather (Lionel Barrymore). Everyone in her family does pretty much as they please, defying convention and unafraid to enjoy life to its fullest. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

LOW VISION SUPPORT GROUP

The Low Vision Support Group meets at the senior center on the 3rd Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, September 15th. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

REGULARLY SCHEDULED

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, September 6th from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m.

and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at The Horse and Carriage Restaurant on Wednesday, September 28th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Monday, September 26th. Van transportation is available, but transportation arrangements must be made by Monday the 26th.

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 a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:
September 7 – Walmart
September 14 - Target

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING CLINIC IN NORWOOD

A free dental screening clinic for seniors will be held on Saturday, October 15th from 8:45 a.m. to 1:00 p.m. at the Norwood Senior Center. At the free screening, dentists from our area have volunteered to examine patients for problems with their teeth, gums, and dentures. Patients can ask questions and discuss their concerns, and participants will also be screened for oral cancers and free denture cleaning. During the screening clinic, participants can also apply and learn more about the Elder Dental Program, which helps low income seniors to access local dental services provided at reduced fees based on a sliding scale. Area residents age 60 and over whose annual incomes are less than \$29,425 a year, may qualify for this program. Anyone aged 60 or over from any town is welcome to attend the clinic. Appointments must be arranged in advance by calling the Norwood Senior Center at 781-762-1201. The screening clinic is organized by the Elder Dental Program, a project of Community VNA. Funding for the Free Screening Clinic is provided by the Norwood Senior Center, as part of their initiative to keep older adults free of dental disease.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, September 13th 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 508-543-1234 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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for September 6th and 15th. In addition to the SHINE program, Community 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 508-543-1234 to set up and appointment.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 5

Labor Day Holiday

No Meals Served

Tuesday, September 6

American Chop Suey 211

Roman Blend Vegetables 26

Dinner Roll 160

Chocolate Pudding 191

Sodium 595

Calories 503

Wednesday, September 7

Gypsy Soup 169

Roast Pork 71

with Apple Gravy 111

Mashed Potato 62

Multigrain Bread 190

Applesauce 20

Sodium 612

Calories 720

Thursday, September 8

Meatloaf with Mushroom Gravy 520

Sweet Potato 33

Peas 3

Oatmeal Bread 121

Mandarin Oranges 8

Sodium 491

Calories 607

Friday, September 9

Turkey Stew with Vegetables 571

Mashed Potato 63

Whole Wheat Roll 160

Chocolate Chip Cookie 171

Sodium 1012

Calories 718