

MEN'S COOKOUT

The last Men's Cookout of the season will be held on Thursday, September 25th at noon. 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.

Monday, September 15

Sit and Be Fit 9:30 a.m.
Tai Chi 10:30 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, September 16

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Nutrition Class 11:00 a.m.
Movie Day – "The Grand Budapest Hotel" 12:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, September 17

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Luncheon Outing – The Olive Garden 1:00 p.m.
TRIAD 1:00 p.m.

Thursday, September 18

SHINE 10:00 a.m.
Low Vision Support Group 1:00 p.m.
Intermediate Italian Class 1:30 p.m.
COA/HS Advisory Board Meeting 5:00 p.m.

Friday, September 19

Scallop Festival Trip leaving 8:15 a.m. from St. Mary's
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.
Advanced Italian Class 1:15 p.m.

Saturday, September 20

Friends of Foxboro Seniors Annual Meeting 9:30 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

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has

openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, September 17th at 1:00 p.m. Everyone is welcome to attend these informational services.

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, September 24th 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 in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you’ll be coming.

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.

SERENADING SENIORS

The Serenading Seniors chorus meets every Wednesday morning 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. New members are always welcome!

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 17th and 18th the featured program will be “Building Stronger Bones” with guest speaker Maureen Sendrowski. 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.

REGULARLY SCHEDULED

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. 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.

INTERSTED 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

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, September 15th. Van transportation is available.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on September 18th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, September 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, September 30th 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:
September 17 – Olive Garden Restaurant
September 24 - Walmart

MEDICAL INFORMATION AND SERVICES

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment now, please call the senior center at 508-543-1252.

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 18th and October 7th. 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.

AARP DRIVER SAFETY PROGRAM

Sturdy Memorial Hospital will host a FREE AARP Driver Safety Program on Tuesday, October 7th from 10:00 a.m. to 3:15 p.m. in the Hospital Auditorium. The hospital is located at 211 Park Street in North Attleboro. This one-day course is designed to help motorists refresh their driving skills, and includes information about new traffic laws and rules of the road, vision changes, medication and driving, as well as defensive driving. For more information and to register, call 508-236-8020.

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.

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 15

Meatloaf with Onion Gravy
Chive Whipped Potato
California Blend Vegetables
Whole Wheat Bread
Almond Cookie
Calories 473
Sodium 405

Tuesday, September 16

Cheese Tortellini with Alfredo Sauce
Green Bean/Carrot Medley
Multigrain Roll
Pineapple
Calories 324
Sodium 617

Wednesday, September 17

Kale Soup
Breaded chicken
Buttered Noodles
Fruit Muffin
Strawberry Cup
Calories 471
Sodium 752

Thursday, September 18

Hot Dog with Roll
Mustard Packet
Beans Bonanza
Hot German Potato Salad
Fresh Fruit
Calories 365
Sodium 691

Friday, September 19

Salmon Filet with Teriyaki Sauce
Rice Pilaf
Scandinavian Vegetables
Wheat Bread
Mandarin Oranges
Calories 278
Sodium 373