

## **HARVEST TEA SOCIAL**

Come join us on Thursday, October 2<sup>nd</sup> from 11:30 a.m. to 1:00 p.m. for our Harvest Tea Social at the senior center. Joanne Pratt will be hosting this get together as we welcome in the fall. Tea sandwiches and desserts will be served along with our cups of tea. Seating space is limited, so please call the senior center at 508-543-1252 if you'd like to sign up for this special event.

### **Monday, September 22**

Jay Barrows Office Hour 9:00 a.m.

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 23**

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Garden Club 9:45 a.m.

Nutrition Class 11:00 a.m.

Nashville Trip Documents Meeting 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, September 24**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Coffee and Conversation with the Town Manager 12:30 p.m.

Walmart 1:00 p.m.

Senior Supper club 4:30 p.m.

### **Thursday, September 25**

Men's Cookout with Police Chief O'Leary 12:00 noon

Intermediate Italian Class 1:30 p.m.

### **Friday, September 26**

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.

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)

## **LINE DANCING**

It's not too early to start getting into shape for the holidays, so come get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through some line dancing steps at the senior center. The steps are uncomplicated and the classes are lots of fun. The physical activity of dancing offers protection against dementia and, according to a study in the New England Journal of Medicine, dancing actually makes us smarter! So come and have some fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 a.m. on the following Wednesdays: October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>. Please call the senior Center at 508-543-1252 to sign up.

## **SPECIAL PROGRAMS**

### **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 24<sup>th</sup> 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 24<sup>th</sup> 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 24<sup>th</sup> and 25<sup>th</sup> the featured program will be "Every Other House a Tavern: Society, Drink and Revolution in Colonial New England" with guest speaker Paolo DiGregorio. 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**

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> 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.

### **MEN'S COOKOUT**

The next Men's Cookout will be held on Thursday, September 25<sup>th</sup> 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 23<sup>rd</sup> 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.

### **CLASSIC MOVIE DAY**

The classic movie for the month of September is scheduled for Tuesday, September 30 at 12:30 p.m. and our featured film will be "The Odd Couple." Compulsive neatnik Felix Unger (Jack Lemmon) is thrown out of his house by his divorce-bound wife. He wanders aimlessly through the streets of New York City, toying with the idea of suicide, before gravitating to the apartment of his friend, the incorrigibly sloppy sportswriter, Oscar Madison (Walther Matthau). Worried that Felix will try something desperate, Oscar, himself in the process of being divorced by his wife, invites Felix to move in with him. Within a few days this mismatched pair is on the verge of mutual murder. Felix cannot abide Oscar's slovenliness, while Oscar is being driven insane by Oscar's

obsession with cleanliness. Come join us to watch this comedy. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Please call 508-543-1252 if you'd like to sign up.

### **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.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, September 30<sup>th</sup> 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 24 - Walmart

### **MEDICAL INFORMATION AND SERVICES**

#### **AARP DRIVER SAFETY PROGRAM**

Sturdy Memorial Hospital will host a FREE AARP Driver Safety Program on Tuesday, October 7<sup>th</sup> from 10:00 a.m. to 3:15 p.m. in the Hospital Auditorium. The hospital is located at 211 Park Street in 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.

#### **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 15<sup>th</sup> to December 7<sup>th</sup>, 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. Appointments are being scheduled for October 7<sup>th</sup> and 16<sup>th</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**

### **TALESPINNERS**

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

### **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!

### **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.

## **VOLUNTEER OPPORTUNITY**

### **FRIENDLY VISITOR**

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Pam McGuire, Community Social Worker at 508-543-1252.

### **FISH DRIVERS**

FISH is a non-profit organization with volunteer drivers who bring Foxborough seniors and ailing residents in need of transportation to medical appointments within an 11 mile radius of Foxborough. Thanks to the efforts

of Ms. Bea O'Hara and her dedicated drivers, many elderly and ailing residents have greatly benefited from this transportation service. FISH is currently in need of volunteer drivers to keep this program running at full capacity. If you are looking for a rewarding volunteer opportunity, rich in a history of goodwill and fellowship, please call Bea at 508-543-8549. To request transportation, please call 508-698-3729 and leave your name, address, phone number, and appointment date and time. Please provide 2 days advance notice of your transportation request and you will be called the evening before your appointment to confirm your ride.

**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 22**

Grilled BBQ Chicken  
Country Style Vegetables  
Au Gratin Potatoes  
Whole Wheat Roll  
Pineapple  
Calories 391  
Sodium 627

**Tuesday, September 23**

Italian Style Pasta with Meat Sauce  
Tuscany Vegetables  
Whole Wheat Bread  
Peaches  
Calories 397  
Sodium 249

**Wednesday, September 24**

Roast Pork with Apple Gravy  
Whipped Potato  
Beets  
Wheat Bread  
Birthday Cake  
Calories 435  
Sodium 397

**Thursday, September 25**

Corned Beef Sandwich on a Finger Roll  
Tri-Color Pasta Salad  
Cole Slaw  
Cantaloupe  
Calories 304  
Sodium 764

**Friday, September 26**

Turkey Stew with Vegetables  
Cheesy Mashed Potatoes  
Multigrain Roll

Vanilla Pudding

Calories 350

Sodium 689