

SENIOR SERVICES OPEN HOUSE

Come join us on Thursday, October 16th from 9:00 a.m. to noon for our Senior Services Open House at the Foxborough Senior Center. This is your opportunity to meet with non-profit vendors who serve seniors living at home. Participants in the Senior Services Fair will include: the Norfolk County Sheriff's TRIAD program, Foxborough Fire Department and Board of Health, HESSCO Elder Services, the Commission for the Deaf, YMCA Health and Wellness, CVNA/Public Health Nurse, Foxboro Food Pantry, Prescription Advantage, Better Business Bureau, American Credit Counseling, Metro West Legal Services, AARP and more. Refreshments will be provided by Foxboro TRIAD members. This program is open to all, so bring a friend.

Monday, September 29

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 30

Stretch & Balance/EnhanceFitness 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold 9:45 a.m.

Nutrition Class 11:00 a.m.

Movie Day – “The Odd Couple” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 1

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

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

Thursday, October 2

EnhanceFitness at the YMCA 11:30 a.m.

Harvest Tea Social 11:30 a.m.

Intermediate Italian Class 1:30 p.m.

Friday, October 3

Stop and Shop 8:30 a.m.

YMCA Exercises/Enhance Fitness 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

SPECIAL PROGRAMS

HARVEST TEA SOCIAL

Come join us on Thursday, October 2nd 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.

FALL LUNCHEON AT RAFFAEL'S

On Wednesday, October 22nd, the Walpole Co-operative Bank is sponsoring a Fall Luncheon at Raffael's, 1601 Main Street in Walpole, from noon to 3:00 p.m. Lunch will be served promptly at noon. There will be a variety of speakers and entertainment. Programs and participants at this event will include: HESSCO – Money Management Program, Partners Health Group Brigham and Women's in Foxborough, Norfolk County RSVP Program, Dean College School of Performing Arts in Franklin and Norfolk County Agricultural School in Walpole. There will be raffles and door prizes awarded throughout the day. If you're interested in attending, please call the senior center at 508-543-1252 to sign up.

PROGRAM ON TINNITUS: CAUSES AND TREATMENTS

On Thursday, October 23rd at 2:00 p.m., Audiologist Lindsay M. Woods, Au. D., CCCA-A, will present a program on tinnitus. Tinnitus, ringing or buzzing in the ears or head, is one of the most common reasons for referral to audiology and ENT, affecting approximately 25 million Americans daily. Dr. Woods will be here to discuss the various causes and treatment options for those who suffer from this often debilitating disorder. Dr. Woods has extensive experience with evaluation and treatment of hearing disorders for children and adults, including electrophysiology, otoacoustic emissions testing, vestibular/balance testing, hearing aid fitting and verification, and auditory rehabilitation. This is your chance to learn more about this disorder and to ask any questions you may have. Please call the senior center at 508-543-1252 if you would like to join us.

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 1st, 8th, 15th, 22nd, and 29th. 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 October 1st and 2nd the featured program will be "Jack Craig Presents: Sing the Greatest Songs of 1950-1952." 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.

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, October 27th. 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.

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, October 7th 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.

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.

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:

October 1 – Job Lot / Dollar Store

October 8 – Christmas Tree Shop / Patriot Place

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING CLINIC

A free dental screening clinic for seniors will be held on Saturday, October 18 from 8:45 a.m. to 1:00 p.m. at the Norwood Senior Center. At the free screening clinic, dentists from our area have volunteered to examine patients for problems with their teeth, gums and dentures. Patients can ask the dentists questions and discuss their concerns. Participants will also be screened for oral cancers and free denture cleaning and labeling will be provided by Massasoit Community College's Dental Assistant Program. Students from Mt. Ida College Dental Hygiene Program will be on hand to offer tips and answer questions about good oral hygiene. 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 \$29,175 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. The Elder Dental Program also received funding from Bristol Elder Services, United Way of Greater Attleboro/Taunton, Bank of Canton, and Walpole Cooperative Bank.

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 Attleboro. This one-day (4 hour total) 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. Some states offer discounts on automobile insurance rates by attending this class, so call your insurance agent to see if your state participates in this program. Light refreshments will be served. Class size is limited and registration is necessary so 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 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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, October 14th 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.

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 October 9th and 16th. 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

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 Tuesday 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.

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 29

Swedish Meatballs
Penne Pasta
Rivera Blend Vegetables
Wheat Bread
Mandarin Orange
Calories 481
Sodium 420

Tuesday, September 30

Beef Burgundy
Confetti Rice
Glazed Carrots
Whole Wheat Roll
Strawberry Cup
Calories 425
Sodium 402

Wednesday, October 1

Meatloaf with Gravy
Whipped Parsley Potatoes
Mixed Vegetables
Fruit Muffin
Chocolate Pudding
Calories 360
Sodium 334

Thursday, October 2

Broccoli Cheddar Soup

Oven Roasted Chicken

Red Bliss Potatoes

Multigrain Roll

Fresh Fruit

Calories 385

Sodium 687

Friday, October 3

Fish Taco with Sour Cream

Tomato & Pepper Salsa

Black Beans & Rice

Tortilla Shell

Pears

Calories 401

Sodium 446