

## **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.

### **Monday, September 8**

Sit and Be Fit 9:30 a.m.  
Tai Chi 10:30 a.m.  
Book club 11:00 a.m.  
Podiatrist 12:00 noon  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.

### **Tuesday, September 9**

Stretch & Balance 8:30 a.m.  
Zumba Gold 9:45 a.m.  
Blood Pressure Clinic 10:00 a.m.  
Nutrition Class 11:00 a.m.  
Discussion Group 1:00 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, September 10**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Target 1:00 p.m.

### **Thursday, September 11**

Ice Cream Days at the Big Apple 1:00 p.m.  
Intermediate Italian Class 1:30 p.m.

### **Friday, September 12**

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)

## **SPECIAL PROGRAMS**

### **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. beginning on Tuesday, September 9<sup>th</sup>. 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.

## **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 10<sup>th</sup> and 11<sup>th</sup> the featured program will be “Taking Control of Your Future.” 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**

### **MOVIE DAY**

Movie Day for September is scheduled for Tuesday, September 16<sup>th</sup> 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 17<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.

### **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 18<sup>th</sup>. 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 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on Monday, September 22<sup>nd</sup>. 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.

### **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 10 – Target

September 17 – Olive Garden Restaurant

## **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.

### **KNEE OR HIP PAIN?**

Norwood Hospital is the first in the area to offer MAKOplasty – robotic –arm guided partial knee resurfacing and hip replacement. The doctors can treat patients less invasively using this innovative technology. To learn more about MAKO and “Meet the Robot,” attend a free presentation with our orthopedic specialists. A community presentation on knee pain or hip pain will be held on Wednesday, September 10<sup>th</sup> from 6:00 p.m. to 7:00 p.m. in the Abraham-Sieracki Conference Room at 800 Washington Street in Norwood.

### **FREE SKIN CANCER SCREENING**

Early detection and removal of skin cancers is the surest way to a cure. Norwood Hospital is offering a Free Skin Cancer Screening with John E. Fattore, M.D. on Tuesday, September 16<sup>th</sup> from 2:00 p.m. to 5:00 p.m. at Norwood Hospital, 800 Washington Street in Norwood. For a free skin cancer screening appointment, please call to register at 1-800-488-5959.

### **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 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.

### **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 September 18<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.

## **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. We have started a waiting list for this trip. Please call the senior center at 508-543-1252 if you'd like to add your name to this list.

## **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 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.

### **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 8**

Lasagna with Tomato Sauce

Italian Blend Vegetables

Multigrain Roll

Peaches

Calories 261

Sodium 425

**Tuesday, September 9**

Grilled Chicken with Apricot Sauce

Peas

Oven Roasted Potatoes

Wheat Bread

Blond Brownie

Calories 395

Sodium 345

**Wednesday, September 10**

Greek Meatballs

Rice Florentine

Summer Blend Vegetables

Whole Wheat Bread

Butterscotch Pudding

Calories 399

Sodium 488

**Thursday, September 11**

Roast Turkey with Gravy

Cranberry Sauce

Mashed Potato

Winter Squash

Dinner roll

Banana

Calories 397

Sodium 603

**Friday, September 12**

Pork Tetrazzini

Jardeniere Blend Vegetables

Whole Wheat roll

Strawberry Cup

Calories 473

Sodium 201