

SIGN UP FOR AZORES TRIP IN 2019

If you'd like to join us on our 2019 trip to the island of Sao Miguel in the Azores from Sept. 15 through Sept. 22, 2019, **you must call the senior center to sign up** beginning at 8 a.m. on Wednesday Nov. 7. Sao Miguel is an exotic Azorean island only 4 ½ hours from Boston, and we will be spending a memorable week exploring breathtaking volcanic craters, luxuriant gardens, mineral hot springs and incredible costal vistas amid an ideal climate. The cost for this 8 day/6 night trip is \$2,428 per person double/triple occupancy and \$2,818 per person for a single. It has been said that this destination encompasses the best of Hawaii and Ireland, all rolled into one incredible vacation! Sign up begins on Nov. 7th.

Monday, Nov. 5

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Movie – “The Deep End of the Ocean” 12 noon; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, Nov. 6

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Nov. 7

Sign up for Azores Trip 8 a.m.; Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Kohl's 1 p.m.; Colorist Club 2 p.m.; Register of Deeds Program 4 p.m.

Thursday, Nov. 8

Coffee Connection 8:30 a.m. to 3:30 p.m.; NO Art with Allie today; SHINE by appt. 9 a.m.; Veterans' Day Breakfast 9:30 a.m.; Computer Class with the Charter School Students 2 p.m.

Friday, Nov. 9

Coffee Connection 8:30 a.m. to noon; Shaw's 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

NORFOLK COUNTY REGISTER OF DEEDS

Norfolk County Register of Deeds, William P. O'Donnell, will be at the senior center on Wednesday, Nov. 7 at 4 p.m. His short speaking program will touch on the historical nature of the Registry and the Register's efforts to modernize and computerize the vast number of real estate records in Norfolk County. Following his remarks, the Register will be available to answer individual questions. Members of the Register's staff will also be available to assist in providing information about the Massachusetts Homestead Act. On-site work stations will be available to provide the status of a mortgage discharge, print a copy of your deed or provide a demonstration on how the Registry's On-Line Land Records Database works. Call us to sign up.

21st ANNUAL PRE-THANKSGIVING FEAST AT NICKY'S

The management of Nicky's restaurant, located at 460 Franklin Street in Wrentham, invites Foxborough seniors to join them for their annual pre-Thanksgiving dinner on Monday, November 19 at 11 a.m. There is no charge for this event generously provided by Nicky's. Seating is very limited. **Reservations are required** and will be made on a first-come-first-serve basis by calling the senior center. **DO NOT** call the restaurant directly. Limited transportation is available, and must be arranged in advance.

ANNUAL HOLIDAY PARTY AT LAKEVIEW

The holidays are approaching, so mark your calendar for Thursday, Dec. 6 from 12:30 to 4 p.m. for our annual Holiday Celebration at Lakeview Pavilion in Foxboro. This year's holiday party will include entertainment by “The Reminisants.” The Reminisants have been entertaining audiences of all ages throughout New England since 1973. The band specializes in music from the 1950's through the 90's, playing a collection of great music for all kinds of musical tastes and generations. They have performed for just about every type of event and have shared the stage with many legends of Rock-N-Roll including The Beach Boys, The Drifters and Chubby

Checker, to name a few. Doors will **not** open until 12:30 p.m. and lunch will be served at 1 p.m. The menu includes your choice of Pan Seared Boneless Chicken, Caramelized Mushrooms & Sweet Madiera Sauce or New England Scrod, Herbs & Seasoned Breadcrumbs, Lemon Beurre Blanc & Rice Primavera. All meals will include a tossed salad, the chef's choice of fresh seasonal vegetables and starch, warm rolls and butter, vanilla bean ice cream with rich chocolate sauce and whipped cream. There will be a cash bar open by 12:45. Transportation is available, but must be reserved in advance. The cost is \$26 per person, and payment is due at the time of sign up. Sign up with your payment by Friday, Nov. 16. This event is for Foxborough residents only.

VETERANS' DAY BREAKFAST

Compliments of the Rotary Club of Foxborough, on Thursday, Nov. 8 from 9:30 a.m. to 11:30 a.m., we will be celebrating Veterans' Day at the senior center with a catered breakfast to honor our Foxborough veterans and families of veterans. Following breakfast, there will be a guest speaker. Call to sign up by Nov. 1.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Nov. 6 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

COMPUTER CLASSES AT THE SENIOR CENTER

On Thursday afternoons at 2 p.m., students from the Foxborough Regional Charter School (FRSC) will be at the senior center to provide computer training classes. We have WIFI here so bring your laptops, Ipads, smart phones, or use our on-site computer lab and join us for one-on-one computer instruction. The students are here to answer all your questions. Call to sign up.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Nov. 13 from 1 to 2 p.m. The Low Vision Support Group meets on the 2nd Tuesday of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Nov. 13 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for 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. SHINE counselors are available on Thurs. Nov. 8, Wed. Nov. 14 and Thurs. Nov. 15. This 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. Call for an appointment.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$35,510 for a one-person household, \$46,437 for two people, \$57,363 for three people, \$68,289 for a four-person household, and so forth. You may also qualify for reduced utility rates, and weatherization services. If you need assistance with an application or recertification, please call Christina or Pam to set up an appointment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Nov. 7 – Kohl's, Nov. 14 - Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

WEEKLY EXERCISES

Chair Yoga, Mondays at 9:15 a.m.; Senior Fitness, Fridays at 9 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

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

To view the monthly mealsite menu, log on to the HESSCO website at www.hessco.org If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at www.foxboroughma.gov or call at 508-543-1234.