

## **COMPUTER CLASSES AT THE SENIOR CENTER**

On Thursday afternoons at 2 p.m., students from the Foxborough Regional Charter School (FRSC) are 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.

### **Monday, Nov. 12**

Closed in Observance of Veterans' Day

### **Tuesday, Nov. 13**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Stop & Shop in lieu of Monday holiday 9 a.m.; Zumba Gold 9:45 a.m.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.

### **Wednesday, Nov. 14**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; SHINE by appt. 10 a.m.; Chorus 10 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.

### **Thursday, Nov. 15**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.; Computer Class with Charter School Students 2 p.m.

### **Friday, Nov. 16**

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

## **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

On Tuesday, Nov. 20 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is "open" on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire at the senior center.

## **SENIOR SUPPER CLUB**

Senior Supper Club will be held at the senior center on Wednesday, Nov. 28 at 4:30 p.m. Our menu will include seafood salad with croissant, minestrone soup, coleslaw and almond cake. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Nov. 20 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products and the cost is \$10. Call us to make your appointment.

## **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.

### **SIGN UP FOR AZORES TRIP IN 2019**

The sign up has begun for our 2019 trip to the island of Sao Miguel in the Azores from Sept. 15 through Sept. 22, 2019. 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! If you'd like to join us, 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 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. 14 – Walmart, Nov. 21 – Shaws at 9 a.m. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](http://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](http://www.foxboroughma.gov) or call at 508-543-1234.