

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.

Monday, Nov. 19

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, Nov. 20

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.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Nov. 21

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Shaws in lieu of Friday's office closure 9 a.m.; NO Chorus today; TRIAD 1 p.m.; Colorist Club 2 p.m.

Thursday, Nov. 22

Office Closed – Happy Thanksgiving!

Friday, Nov. 23

Office Closed for the Holiday weekend

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 3rd 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.

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. Early reservations are eligible for a \$50 per person discount! 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.

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. The cost is \$10. Call us to make your appointment.

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.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Nov. 26 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Nov. 28 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you'd like to discuss.

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.

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.

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. Dec. 12 and Thurs. Dec. 20. 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.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Dec. 4 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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Nov. 21 – Shaws at 9 a.m., Nov. 28 – Job Lot/Dollar Store. 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.