

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Sept. 11 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.

Monday, Sept. 10

Coffee Connection 8:30 a.m. to 3:30 p.m.; Senator Paul Feeney Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book club 11 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.

Tuesday, Sept. 11

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.; Table Top Garden 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, Sept. 12

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

Thursday, Sept. 13

Trip to Castle in the Clouds 7:15 a.m.; Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.

Friday, Sept. 14

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

SIGN UP FOR BRUNCH AND BREWERY TOUR

On Thursday, Oct. 11 we will be on our way up to New Hampshire for a "Brunch and Brewery" tour. We'll be traveling by motorcoach and leaving from the side parking lot of St. Mary's Church, 58 Carpenter St. in Foxboro at 9 a.m. After arriving at Parker's Maple Barn, we will feast on a fantastic brunch that will include fresh maple syrup, maple ham, pancakes, eggs and more! After brunch, a staff member will take us on a tour of the facility where we will learn about the sugaring process and how maple syrup is made. After the tour, we will depart for the Anheuser-Busch Brewery in Merrimack. We will discover how some of the world's greatest beers are carefully brewed and packaged. See and learn about the world-famous Budweiser Clydesdales when you visit the Clydesdale Hamlet. These majestic giants have appeared in some of the most memorable Super Bowl commercials over the years and represent a special part of Anheuser-Busch's history. The cost is \$71 per person, gratuities included, and payment is due no later than Friday, Sept. 28. Call to sign up.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Sept. 10 and every 2nd Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Sept. 18 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.

“SERENADING SENIORS” CHORUS

The Foxborough Senior Center has its own chorus, known as the ‘Serenading Seniors.’ The chorus meets at the senior center on Wednesday mornings, from 10 to 11 a.m. If you enjoy singing and are interested in becoming part of this fun and friendly group, please call Chorus Director Jeanne Bonneau at 508-543-8940 to inquire or to sign up. Performances by the Serenading Seniors are held at local schools and area nursing homes and you don’t have to know how to read music to become a member.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Sept. 19 at 1 p.m. at the Horse & Carriage Restaurant. Sign up is required by Friday, Sept. 14. Van transportation arrangements must be made by Friday, the 14th.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Sept. 26 at 4:30 p.m. Our menu will include chicken with peach salsa, Spanish rice, vegetable medley and dessert. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat. Elder Law Attorney Vera Ochea will be at the senior center at this time if you have any questions you’d like to ask.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Sept. 11 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 Wed. Sept. 12 and Thurs. Sept 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.

TRIAD

TRIAD will be meeting on Wednesday, Sept. 19 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

TRANSPORTATION RESOURCES

We have a dedicated contact person at the senior center to coordinate all transportation requests for our clients. The Foxboro Council on Aging provides transportation to Foxboro residents on the VanGo, our 14 passenger van, or the CarGo, a full-size sedan, to destinations within Foxboro and on scheduled trips outside of town. To schedule a ride, please call the senior center at 508-543-1234 Monday through Friday from 9 a.m. to 11 a.m. and speak with the transportation manager. You must call with your request for a ride by 11 a.m. on the day before your ride is needed. For Monday transportation requests, call by 11 a.m. on the preceding Friday. As always, we will try to accommodate your needs in an extenuating situation, if possible.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Sept 12 – Walmart, Sept. 19 – Horse & Carriage Restaurant. 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.