

## **LINE DANCING CLASS WITH JEANNE AND FAYE**

It's time to get moving, so let's do some dancing! Our line dancing instructors, Jeanne Bonneau and Faye Sullivan, will be at the senior center in October to lead us through some line dancing steps. The steps are uncomplicated, the classes are fun, and beginners are always welcome. According to the New England Journal of Medicine, dancing is not just great physical exercise, but it can even improve your brain power! So join us every Wednesday in Oct. from 11:15 a.m. to 12:15 p.m. Call us to sign up.

### **Monday, Sept. 17**

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, Sept. 18**

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.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Sept. 19**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Luncheon Outing at Horse & Carriage 1 p.m.; TRIAD 1 P.M.; Colorist Club 2 p.m.; Iceland Trip Documents Meeting 2 p.m.

### **Thursday, Sept. 20**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.

### **Friday, Sept. 21**

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

## **ICELAND TRIP DOCUMENTS MEETING**

There will be a trip documents meeting at 2 p.m. on Wednesday, Sept. 19 at the senior center for all those who will be traveling with us to Iceland. A representative from Conway Tours will be here with your trip documents and will be available to answer any questions you may have. Call us if you are unable to attend the meeting.

## **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.

## **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 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.

## **MEN'S CLUB COOKOUT**

Gentlemen, join us for our Men's Club Cookout on Thursday, Sept. 27 at noon. The cost for lunch is \$3 per person. This will be an opportunity for everyone to meet our new director, Marc Craig, socialize and catch up with friends over a good meal. The caterer's deadline is Friday, Sept. 21, so please call to sign up no later than noon on Sept. 21. Payment is due by that time.

### **“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 11a.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 14<sup>th</sup>.

### **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.

### **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. Sept 20 and Oct. 10. 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.

### **REP. JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows' next visit to the senior center will be on Monday, Sept. 24 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, Sept. 26 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.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Sept. 25 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. Call us to make your appointment.

### **SHOPPING**

Our upcoming Wednesday afternoon outings will be: Sept. 19 – Horse & Carriage Restaurant, Sept. 26 – Job Lot/Dollar Store. 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.