

## **SAFETY & SELF DEFENSE CLASS FOR WOMEN OF ALL AGES**

Unfortunately, anyone can become a victim at any age. Don't be helpless. Join us on Tuesday, Aug. 20 from 5 to 6:15 p.m. and learn tips to keep you and your loved ones safe. This program will cover basic self-defense techniques you could use if you should ever become the victim of an assault. The focus will be on avoiding an attack and this class is taught in a very safe manner. All participation is optional. This class will be taught by Jeanne Donnelly who began teaching self-defense classes while working as a Rape Crisis Counselor. She has trained in many styles of martial arts and is licensed as a mental health counselor. The cost is \$10 per person and you must call us to register in advance.

### **Monday, Aug 5**

Veterans Breakfast Club 9:15 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Mah Jongg Free Play 1 p.m.

### **Tuesday, Aug. 6**

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.; Beginner Painting on Canvas Class 3 p.m.; SHINE by appt. 3 p.m.; Introduction to Reiki 4 p.m.

### **Wednesday, Aug. 7**

Strength Training Class 8:30 a.m.; Kohl's 1 p.m.; Colorist Club 1 p.m.; Movement for Pain Relief class 2:45 p.m.; Singo 4 p.m.

### **Thursday, Aug. 8**

Art with Ally 9 a.m.; Lower Body Stability Class 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Cornhole 2 p.m.; Ping Pong 2 p.m.

### **Friday, Aug. 9**

Ping Pong 8:30 a.m.; Senior Fitness 9 a.m.; Shaw's 9 a.m.; Cribbage 10:15 a.m.

## **INTRODUCTION TO REIKI**

A brief history of Reiki Energy Medicine will be held at the senior center on Tuesday, Aug. 6 at 4 p.m. Our Reiki program presenter will also give us some insight into her background and experience. A question and answer period will be followed by mini-Reiki (5 minute) sessions to interested parties. If this program draws enough interest, the Foxborough Senior Center will consider offering regular Reiki appointments in the future. Registration is required for this event, so join us!

## **ROCK N ROLL MONSTER MASH HALLOWEEN PARTY**

Join us at the senior center for a Rock n Roll Monster Mash Halloween Party with Jim the DJ guy on Friday, Oct. 4 from 6 to 8 p.m. We'll be having sandwiches, soda, coffee/tea and dessert. Costumes are optional, but there will be a costume contest, trivia games and other fun activities! This party is free and is sponsored by the Council on Aging/Human Services Advisory Board. Call to sign up by Sept. 20.

## **TECH 101 – IPHONE BASICS**

Do you have an iPhone? Are you constantly confused by the most basic functions of your phone? Join us on Wednesday, Aug. 21 at 5 p.m. for our next Tech 101 class where we will explore the basic applications on your phone. Additionally, we will explore tips and tricks to get the most out of your device. This class is taught in a group setting, therefore we won't have enough time for individual lessons. Call to sign up.

## **“ESCAPE TO MARGARITAVILLE” AT PROVIDENCE PAC**

On Tuesday, Oct. 1 at 4:45 p.m. we'll be traveling to the Providence Performing Arts Center for a performance of the musical “Escape to Margaritaville.” This musical uses Jimmy Buffett's familiar catalog and new songs to tell the story of a relaxed island paradise and its inhabitants – including a carefree bartender and a visiting,

career-minded scientist who challenges his worldview. We will depart from the senior center at 4:45 p.m., and there will be time for dinner on your own before the 7 p.m. show. The cost is \$41 per person. We have started a waiting list for this performance.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. A SHINE counselor is available on Aug 5 & 6. 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.

### **BLOOD PRESSURE CLINICS**

Starting on Tuesday, August 13, Blood Pressure Clinics will be held at the senior center once again. The clinics will be offered on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 10 a.m. to noon and will be hosted by Deputy Fire Chief Kenvin. These clinics are free and are open to the public. Call to schedule an appointment.

### **HEALTHY DIET & NATURAL PRODUCTS FOR PREVENTING & CURING DISEASES**

A good healthy diet and a variety of foods are important factors in maintaining a strong immune system, but a biochemical assessment of each individual is a crucial component of nutritional care. On Tuesday, Aug. 13 at 4:45 p.m., come hear Dr. Naseem Ahmend speak about the importance of a healthy diet. He'll talk about how plant products and natural substances could be used for the treatment of certain disease conditions. Call us to sign up.

### **CHAIR MASSAGE APPOINTMENTS**

Amy Rogers has been a licensed Massage Therapist for 19 years and has had the privilege of working with a wide variety of clients with different needs. She will be at the senior center on Wednesday, Aug. 14 from 10 a.m. to noon, and 1 p.m. to 3 p.m. to provide chair massages for those who are interested. Her goal is to customize a massage specific to the needs of each individual. The cost is \$15 for each block of 15 minute appointments and you can choose to stack up to 45 minutes of massage time. Call to schedule an appointment.

### **REGAIN YOUR BALANCE CLASS**

This class was originally held at the senior center as "Reverse the Aging Process," but is now called "Regain Your Balance." The 6-week program will be held at 11:45 a.m. on Mondays, Aug. 19, 26 and Sept. 9, 16, 23 and 30 and costs \$36 per person, due at the time you register. The program is designed to help individuals regain their balance. Participants will work on their balance, their sense of balance and proprioception. "Regain Your Balance" is the first part of the "Reverse the Aging Process" series, but it is open to everyone. The program is facilitated by Steve Avellino CFT, CES. This is a NEW session for NEW students and will fill up quickly! Sign up ASAP!

### **FARMERS' MARKET COUPONS**

A limited number of Farmers' Market Coupons are available for Foxborough senior citizens. Each participant will receive \$25 worth of coupons to spend at local Farmers' Markets. **In order to qualify to receive these coupons, you must be at least 60 years of age, be a resident of Foxborough and have an income level at or below \$23,107 for an individual and \$31,284 for a couple.** Due to the limited number of coupon books that will be available, you must come in person to the senior center to sign the self-declaration agreement that you meet the eligibility requirements. Coupon books will be awarded on a first-come, first-serve basis.

### **MARILYN RODMAN PAC SENIOR CENTER SERIES**

Each month the Marilyn Rodman Performing Arts Center (Orpheum) showcases their upcoming show with a selection of performances presented at the senior center. We are offering an opportunity on Wednesday, Aug. 14 at 4 p.m. to hear some songs and purchase advance tickets for the upcoming performance of "Fame." Call to sign up.

### **SOUP/SANDWICH AND A MOVIE**

At 12:30 p.m. on Thursday, Aug. 15 we'll be serving a light lunch of soup and a sandwich at the senior center, for a suggested donation of \$3. Following lunch at 1 p.m., we will be showing the movie "Extremely Wicked, Shockingly Evil and Vile." Please give us a call to sign up and let us know if you are coming to just lunch or just the movie, or both. Transportation is available.

### **FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on Tuesday, Aug. 6 from 1:30 to 3 p.m. and every 1<sup>st</sup> 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: Aug. 7 – Kohl's, Aug. 14 - Walmart  
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.