

YOGA CLASSES

Yoga is the union between body, mind and spirit. Join us for 8 weeks of Yoga classes on Fridays, Sept. 6 through Nov. 1 (excluding Sept. 27) from 10:30 to 11:45 a.m. Everyone is welcome and there are no fitness prerequisites to be able to develop a very meaningful and effective yoga practice, however participants should be comfortable on the ground for extended periods of time. Please bring your own Yoga mat. Space is limited. The cost is \$53 per person and is due at the time of registration.

Monday, Aug 26

Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 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. 27

NO Stretch and Balance Class today; 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.; SHINE by appt. 3 p.m.

Wednesday, Aug. 28

Strength Training Class 8:30 a.m.; Hearing Clinic by appt. 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot 1 p.m.; Colorist Club 1 p.m.; Movement for Pain Relief class 2:45 p.m.; Senior Supper 4:30 p.m.

Thursday, Aug. 29

Art with Ally 9 a.m.; Upper Body Mobility Class 9 a.m.; Mah Jongg Free Play 10:45 a.m.; Men's Cookout 11 a.m.; Ping Pong 2 p.m.; Corn Hole 2 p.m.

Friday, Aug. 30

Ping Pong 8:30 a.m.; NO Senior Fitness today; Shaws 9 a.m.; COA/HS Advisory Board Open Forum 9 a.m.; Cribbage 10:15 a.m.; Online Registration Tutorial 11 a.m.

BEGINNER UKULELE CLASS

Starting Tuesday, Sept. 10 there will be a new 6-week Beginner Ukulele Class at the senior center. These classes will be held at 10:30 a.m. on Tuesdays, Sept. 10, 17, 24, Oct. 1, 8 & 15. During this 6-week program, participants will learn the parts of the ukulele, basic chords, 4 or 5 strum patterns and 8 to 10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. If you need to purchase a ukulele, please email Lisa at LICohen@comcast.net. The cost is \$75 per person and is due at the time you sign up.

“WHEN THEY SEE US” Viewing and Discussion

Join us on Wednesdays, Sept. 4, 11, 18 & 25 at 12:30 p.m., to watch the 4-part, Emmy Nominated Netflix Series “When They See Us” followed by a guided discussion on each episode. In 1989, a jogger was assaulted and raped in Central Park and 5 young people were charged with the crime. The quintet, labeled the Central Park Five, maintained their innocence and spent years fighting the convictions. This 4-part series spans a quarter of a century, from 1989 to their exoneration and ultimately to the settlement reached with the city of New York in 2014. We will watch one episode each week, followed by a group discussion. Note: Although the content and language are explicit at times, this well-acted and captivating series is one not to be missed! Call to sign up.

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.

SAGE SCHOOL PARTNERSHIP

Eighth grade students from the Sage School for gifted students in Foxborough are participating in a unique project that involves getting to know and building relationships with seniors in the community. The students will meet and talk with seniors and document their interesting life stories through videography, collaborative research and art installation. The hope is that students and seniors can both learn from each other. These projects will culminate with a community celebration of the students showcasing their projects. Join us at the senior center on Friday, Sept. 6 at 11:30 a.m. to kick off this project and meet the students.

SENIOR SUPPER CLUB

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

JACK CRAIG – FAVORITE ITALIAN-AMERICAN SINGERS AND SONGS

Jack Craig will be at the senior center on Thursday, Sept. 5th at 12:30 p.m. for his program “Favorite Italian-American Singers and Songs.” As Italian-American immigrants grew in numbers, so did the number of Italian song favorites. Just a few of the Italian-American singers included in this program are Dean Martin, Connie Francis, Frank Sinatra, Mario Lanza and Frankie Laine, and the songs will include classics such as “O Sole Mio” and “Santa Lucia.” This program is designed for all, but may be particularly interesting to those traveling with us to Italy. Call us to sign up.

REIKI

Reiki is a type of energy healing that targets the energy fields within the body. Practitioners say that improving the flow of energy around the body can enable relaxation, reduce pain, speed healing and reduce other symptoms of illness. Starting on Sept. 12 and continuing on the 2nd Thursday of each month, we will be scheduling Reiki appointments at the senior center from 1 to 3 p.m. The cost is \$15 for 15 minute appointments and \$25 for 30 minute appointments. This fee is due at the time you schedule your appointment.

COA/HS ADVISORY BOARD OPEN FORUM

On Friday, Aug. 30 at 9 a.m., the new Executive Members of the Council on Aging/Humans Services Advisory Board would like to host an Open Forum, inviting all who wish to attend. This Open Forum will be a discussion based meeting where residents can present and talk about issues with this collective group that has been appointed to represent them. Don't miss this chance to listen and voice your issues and concerns. Call to sign up.

ONLINE REGISTRATION TUTORIAL

Starting in September, you'll be able to register for our free senior center programs online. This tutorial program will teach you how easy online registration will be. Don't worry if you aren't “tech savvy,” you can still register for programs at the desk. Join us for this tutorial on Fridays, Aug. 30 or Sept. 6 at 11 a.m. Call to sign up.

PROGRAM BY PSYCHIC MEDIUM DR. CATHY RIPLEY GREENE

Psychic Medium Dr. Cathy Ripley Greene's mission and her gift is to help others find clarity and inspiration through their connection to the spirit. If you'd like to be part of this experience, join us for our large group session on Wednesday, Sept. 4 at 6:45 p.m. The cost is \$10 per person for advanced purchase and \$12 per person at the door. A limited amount of tickets are on sale now.

GRILLED PIZZA PARTY

On Tuesday, Sept. 10 at 5 p.m. we're having a Grilled Pizza Party. Pick out your toppings from our toppings bar and enjoy a tasty grilled pizza with friends. The cost is \$7 per person and there is a limited number of openings for this program. Call to sign up by Sept. 9 with payment due at the time you sign up.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Aug. 26 at 9 a.m. Call to sign up and take advantage of this chance to get to meet our state representative and have your concerns heard.

MEN'S CLUB COOKOUT

Join us for our Men's Club Cookout on Thursday, Aug. 29 at 11 a.m. The cost for the cookout is \$3 per person. Sign up with your payment.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Aug. 27 from 1 to 2 p.m. The Low Vision Support Group meets on the 4th Tuesday of each month. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

BLOOD PRESSURE CLINICS

Blood Pressure Clinics are being held at the senior center on the 2nd and 4th Tuesdays each month. The next clinic is on Tuesday, Aug. 27 from 10 a.m. to noon and is being hosted by Deputy Fire Chief and Public Health Nurse Thomas Kenvin. These clinics are free and are open to the public. Call us to schedule an appointment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Aug. 28 Job Lot/Dollar Store, Sept 4- Target. 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.

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.