

SIGN UP FOR 2020 TRIP TO IRELAND

The “sign-up” for our 2020 trip to Ireland begins at 8 a.m. on Thursday, Oct. 3. We’re off to Ireland for a one-week tour from Sept. 2 – 10, 2020. Hospitality, history and incredible beauty highlight a fascinating trek through the Emerald Isle. We’ll be visiting castles, quaint towns, view magnificent coastal vistas and enjoy Irish entertainment. Our overnight stops in Ireland will include Galway, Killarney, Cork and Dublin. The cost for this trip is \$3,180 per person for a double or triple, and \$3,740 per person for a single. This price includes airfare, motorcoach transportation, 7 nights accommodation, 7 breakfasts and 6 dinners, services of a professional tour manager and gratuities. Call or stop by the senior center to sign up.

Monday, Sept. 30

Chair Yoga 9:15 a.m.; Tai chi 10:30 a.m.; Regain Your Balance 11:45 a.m.; SHINE by appt. 12:30 p.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Mah Jongg Free Play 1 p.m.; Knitting 1 p.m.; Chronic Disease Self-Management 1 p.m.

Tuesday, Oct. 1

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Beginner Ukulele Class 10:30 a.m.; Nutrition 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; “Escape to Margaritaville” at PPAC 4:45 p.m.; Home Improvement Contractors Program 4:45 p.m.; CharlieCards for Seniors 5 p.m.

Wednesday, Oct. 2

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Line Dancing Class 11:15; Downton Abbey Movie 12:40 p.m.; Patriot Place South Marketplace 1 p.m.; Colorist Club 1 p.m.

Thursday, Oct. 3

Sign up for Ireland Trip 8 a.m.; Art with Ally 9 a.m.; Upper Body Mobility Class 9 a.m.; Pickleball 10:30 a.m.; Mah Jongg Free Play 10:45 a.m.; Soup and Sandwich 12:30 p.m.; Movie Day – “Rocketman” 1 p.m.; Canasta 1 p.m.

Friday, Oct. 4

Senior Fitness 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.; Rock n Roll Monster Mash Halloween Party 6 p.m.

CANASTA LESSONS

On Thursdays in October at 1 p.m., we will be playing Canasta at the senior center. Canasta is a game of the rummy family and was the most popular American game in the early 1950’s. If you have always wanted to play, now is the time. An instructor will give lessons over the 5 Thursdays in October. If there is enough interest, Canasta may become a regular program offered at the senior center. Call to sign up.

LINE DANCING CLASS

It’s time to get moving, so let’s do some dancing! Join us on Wednesdays, Oct. 2, 9, 16 and 23 from 11:15 to 12:15 for line dancing class with instructors Jeanne Bonneau and Faye Sullivan. They will lead us through some line dancing steps. The steps are uncomplicated, the classes are fun and beginners are always welcome. Call to sign up.

CHRONIC DISEASE – SELF MANAGEMENT

A 6-week workshop, “Chronic Disease-Self Management”, will be held at the senior center from 1 to 3 p.m. on Mondays, Sept. 30, Oct. 7, 21, 28, Nov. 4 & 18. This program is for those living with a physical or mental condition such as diabetes, heart disease, asthma, cancer, arthritis, fibromyalgia, depression, anxiety or other ongoing health condition. The program helps participants learn strategies to manage chronic illness symptoms on a daily basis and develop their own personal approach to making lifestyle changes, and to help develop the self-confidence to be more physically and socially active. Call us 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.

TABLE TOP GARDEN CLUB FALL PERENNIAL PLANT SALE

Fall is a good time to plant perennials. Here at the senior center we have extra plants and want to offer them for sale to the public. The plants will be available Monday thru Friday when the senior center is open. Prices will be listed by the size of the plant and will start at \$3. Payment will be on the honor system, and you should pay at the desk inside the building. All Proceeds will benefit the Table Top Garden Club.

PICKLEBALL LESSONS

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton and ping pong. Two or four players use solid paddles to hit a perforated ball (similar to a wiffleball) over a net. Join us on Thursdays in October from 10:30 to 11:30 a.m. at the tennis/pickleball courts at the Booth Field, to learn from an expert on how to play the fastest growing sport in America. This program will be run in conjunction with the Foxborough Recreation Dept. You MUST sign up to participate. Paddles will be provided, and if you'd like to purchase your own, most sports stores sell them.

DOWNTON ABBEY MOVIE AT SHOWCASE CINEMAS

It's always more fun to see a movie with friends. Join a collective group of Downton Abbey enthusiasts to see the new Downton Abbey movie at Showcase Cinemas at Patriot Place on Wednesday, Oct. 2. The movie will be shown at 12:40 p.m. Please sign up at the senior center so we can keep a group tally. The cost is \$7.50 and will be paid when you arrive at the cinema on October 2.

CHARLIE CARDS FOR SENIORS

The CharlieCard is the payment method for the MBTA. On Tuesday, Oct. 1 from 5 to 6:30 p.m., the senior center will be partnering with the MBTA to offer Senior CharlieCards for people 65 and older. These cards allow you to have a reduced fair (approximately 50%) on the subway, bus, commuter rail and ferry. Bring a valid government issue ID with you. Your photo will be taken, then your card will arrive in the mail in 4 to 6 weeks. You must call us to sign up. Due to demand, we will be running this program again in October.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Oct. 1 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.

HOME IMPROVEMENT CONTRACTORS

On Tuesday, Oct. 1 at 4:45 p.m., Robyn Putnam of the Massachusetts Office of Consumer Affairs will be at the senior center to present a program covering the registration of home improvement contractors, what to do about complaints, arbitration, and the guaranty fund. Call us to sign up

SHAKESPEARE'S "KING LEAR": KARMA + GRACE

Join us on 3 Mondays in October (7, 21 & 28), from 10 a.m. to noon for our program on "Shakespeare's King Lear: Karma + Grace." After a "what to look for" introduction, we'll spend 3 sessions watching the great Sir Lawrence Olivier's "King Lear", this will give us a chance to stop and clarify the action, when passages are unclear to our 21st century ears. Although the play "King Lear" is over 400 years old, the themes of narcissism, lust for power, abuse and redemption are today's news. This program will include a sandwich lunch each week. The cost is \$20 to be paid at the time you sign up.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, Oct. 3 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 "Rocketman." 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.

TV BINGE WATCHING CLUB

Binge-watching, also called binge-viewing or marathon viewing, is the practice of watching television for a long time span, usually a single television show. We will be starting a "TV Binge Watching Club" in October. Is there a show that you really wish you had watched, or would love to watch again with friends. Please offer your suggestions on which show we start with on the clipboard underneath the television in the lobby. We plan on watching 2-3 episodes a week in a group setting at the Senior Center.

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, Oct. 8 from 9 to 11 a.m. 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.

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 Sept. 30 & Oct. 1. 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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Oct. 2 – Patriot Place South Marketplace, Oct. 9 - Walmart. 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.