

A SALUTE TO OUR VETERANS – FREE VETERANS LUNCHEON

If you're a veteran from Foxborough, join us at the senior center on Tuesday, Oct. 15 at 11 a.m. for a free luncheon generously offered by the Bar Louie restaurant in Foxborough. This is a salute to our veterans and a thank you for their service to our country. Call Veterans' Agent Ally Rodriguez at 508-543-1204 to sign up.

Monday, Oct. 14

Columbus Day Holiday
Senior Center Closed

Tuesday, Oct. 15

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.; Stop & Shop in lieu of Monday holiday 1 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Shopping Rights Program 4:45 p.m.

Wednesday, Oct. 16

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Line Dancing Class 11:15; Colorist Club 1 p.m.; Mansfield Crossing 1 p.m.; TRIAD 1 p.m.; Physical Therapy Screening 2 p.m.; History Lecture with Paolo DiGregorio 4:30 p.m.

Thursday, Oct. 17

Art with Ally 9 a.m.; Chair Massage by appt. 9 a.m.; Osteoporosis & Muscle Loss Class 9 a.m.; Pickleball 10:30 a.m.; Mah Jongg Free Play 10:45 a.m.; Soup & Sandwich 12:30 p.m.; Movie Day – “Bohemian Rhapsody” 1 p.m.; Canasta 1 p.m.; Computer Class with Charter School Students 2 p.m.

Friday, Oct. 18

Senior Fitness 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.; Showing of Rick Steve's program on Italy's Amalfi Coast 11:00 a.m.

TRAVEL WITH US TO IRELAND IN 2020

We have started signing up for our big trip to Ireland next year, from September 2-10, 2020! Join us for this 9 day, 7 night visit to the Emerald Isle. The cost is \$3180 for double/triple occupancy, and \$3740 for a single. Don't miss this opportunity to kiss the Blarney Stone, visit castles and quaint towns, view magnificent coastal vistas, and enjoy some Irish entertainment. Call us for info or to sign up.

GUYS AND DOLLS PRODUCTION

Join our dynamic team for a fun filled few months of song and dance, and take part in the upcoming production of the musical “Guys and Dolls” that is produced and tailored to adults 55 and older. This program will start on Monday, Oct. 21 from 1 to 2:30 p.m. for “auditions” (no one is cut based on their ability – sing anything you'd like!), and rehearsals will continue every Monday from 1 to 2:30 p.m. Starting Jan. 6, rehearsals will also be held on Wednesdays from 12 to 1:30 p.m. All rehearsals will be held at the Foxborough Senior Center at 75 Central Street. The Registration Fee is \$150 and includes the script, all rehearsals, one-on-one instruction as needed and 2 full performances with sets and costumes. Payment can be made in full or in 4 installments (\$37.50 each) at the senior center. The Production Week Schedule is April 19-23 from 4-7 p.m. Any questions, please contact Laura Canfield at 508-463-8023

ANNUAL HOLIDAY PARTY AT LAKEVIEW

The holidays are approaching, so mark your calendar for Thursday, Dec. 5 from 12:30 to 4 p.m. for our annual Holiday Celebration at Lakeview Pavilion in Foxboro. This year's holiday party will once again include entertainment by “The Reminisants.” This band specializes in music from the 1950's through the 90's, playing a collection of great music for all kinds of musical tastes and generations. Doors will **not** open until 12:30 p.m. and lunch will be served at 1 p.m. The 2 meal choices are: pan seared boneless Chicken with Asiago Cheese Sauce, or Herb Crusted Cod with Herbs & Seasoned Breadcrumbs, Lemon Beurre Blanc. Meals include a

tossed green salad, fresh seasonal vegetables and starch, and chocolate mousse for dessert. This year we are also welcoming non-residents to the party. The cost is \$30 per person for Foxborough residents and \$40 for non-residents. Payment is due at the time you sign up at the senior center. Sign up by Friday, Nov. 15.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Oct. 15 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. 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.

SHOPPING RIGHTS PROGRAM

On Tuesday, Oct. 15 at 4:45 p.m., Robyn Putnam of the Massachusetts Office of Consumer Affairs will be at the senior center to present a program on Shopping Rights which will include information about expressed and implied warranties, return policies, defective merchandise, pricing discrepancies and shopping online. Call to sign up.

TRIAD

TRIAD will be meeting on Wednesday, Oct. 16 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.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, Oct. 17 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 “Bohemian Rhapsody.” 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.

PAOLO DIGREGORIO – MEZZOGIORNO: SICILY, NAPLES AND KINGDOMS OF S. ITALY

The southern regions of Italy have a long complex, and layered past that is often overlooked in the bigger picture of European history. Yet, the events in the Italian Mezzogiorno (Sicily, Naples and the Kingdoms of Southern Italy) were often a microcosm of the dynastic turmoil of other parts of Europe. On Wednesday, Oct. 16 at 4:30 p.m., Paolo DiGregorio will be at the senior center to explore the colorful tales and characters that shaped the southern kingdoms of Italy. 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 Thursday, Oct. 17 from 9 a.m. to 1:30 p.m. to provide chair massages for those who are interested. 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.

RICK STEVES – TV SERIES ON ITALY’S AMALFI COAST

As we are just over 6 months away from our upcoming trip to Italy, we invite all (including those who are not coming along with us) to watch an episode of Rick Steve’s Europe – Italy’s Amalfi Coast. This program will be shown at the senior center on Friday, Oct. 18 at 11 a.m., and in the program Rick explores Sorrento’s back streets, tastes traditional Italian food and he drives along the dramatic Amalfi Coast. Call to sign up.

PHYSICAL THERAPY SCREENING FOR INJURY

Come see Kate Degnan, a physical therapist from Bay State Physical Therapy, on Wednesday, Oct. 16, regarding any injury/pain you may have. You will receive exercises to alleviate your pain. The therapist will also let you know if you would benefit from continued physical therapy to further improve your function and

decrease pain. Appointments will be made at 15 minute time slots beginning at 2 p.m. This service is free. Call to sign up.

IDENTITY THEFT & FRAUD PREVENTION

On Tuesday, Oct. 22 at 4:45 p.m., there will be a presentation on Identity Theft and Fraud Prevention at the senior center by Robyn Putnam from the Massachusetts Office of Consumer Affairs. This program will cover how to spot and avoid scams, and how to prevent identity theft. Call to sign up.

SINGO

SINGO is a new and exciting musical spin on the game of Bingo. Instead of listening for a number, you listen to your favorite music and win great prizes! Join us for some fun on Wednesday, Oct. 23 at 2 p.m. to play SINGO with Jim the DJ Guy. To play you just match the songs you hear to the song titles on your SINGO card. Call to sign up.

PUMPKIN CARVING

Come join friends on Wednesday, Oct. 23 at 4 p.m. as we carve some pumpkins! Tools, stencils and assistance will be available. These pumpkins will then be featured on the Common for the Recreation Department's "Uncommon Pumpkin Patch" Celebration. You must call us to sign up in advance. Space is limited.

COMPUTER CLASSES AT THE SENIOR CENTER

On Thursday afternoons at 2 p.m., students from the Foxborough Regional Charter School (FRSC) are at the senior center to provide computer training classes. We have WIFI here so bring your laptops, ipads, smart phones, or use our on-site computer lab and join us for one-on-one computer instruction. The students are here to answer all your questions. Call to sign up.

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.