

AGING WITH DIGNITY

Join us on Tuesday, Dec. 10 at 4 p.m. as we host the program “Aging with Dignity” presented by the Elder Care Alliance of the Neponset River Regional Chamber of Commerce. Follow the story of a family dealing with hard and important decisions that come with the aging process. This presentation will be followed by the opportunity to ask questions of panelists of the Elder Care Alliance. A light soup and sandwich meal is included with the program. Call us to sign up.

Monday, Nov. 25

Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Lower Body Stability 11:45 a.m.; SHINE by appt. 12:30; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Mah Jongg 1 p.m.; Knitting 1 p.m.; Guys and Dolls Rehearsal 1 p.m.

Tuesday, Nov. 26

Stretch and Balance Class 8:30 a.m.; Blood Pressure Clinic 9 a.m.; Zumba Gold 9:45 a.m.; Manicures 10 a.m.; Ukulele 2 10:30 a.m.; Nutrition 11 a.m.; Core Strength Class 11 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Friendsgiving 4 p.m.

Wednesday, Nov. 27

Strength Training Class 8:30 a.m.; Shaw’s 9 a.m.; Hearing Clinic 10 a.m.; Coffee with the Town Manager 11:30 a.m.; Senior Center Closes for the Holiday Weekend at 12:30 p.m.

Thursday, Nov. 28

Senior Center Closed – Happy Thanksgiving!

Friday, Nov. 29

Senior Center Closed for the Holiday Weekend

FRIENDSGIVING

Friendsgiving is a blend of friend and Thanksgiving. This modern tradition is a great way for friends to gather for a meal prior to the Thanksgiving holiday. On Tuesday, Nov. 26 from 4 to 5 p.m., join your friends at the Foxboro Senior Center for a nice meal and enjoy some time to socialize with others. The cost is \$5 per person and must be paid at the time you sign up.

PODIATRY CLINIC

Join Dr. Kelly McLaughlin for Podiatric Foot Care and Screening on Wednesday, Dec. 4 from 9 a.m. to noon. Dr. McLaughlin will be offering 15 minute appointments for \$30 on the 1st Wednesday of each month. This fee is due at the time you set up an appointment.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, Nov. 27 from 11:30 a.m. to 12:30 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.

LIGHTS, CAMERA, ACTION! HEADSHOTS BY STEVE MCGRATH

The holidays are right around the corner. Steve McGrath will be at the senior center on Monday, Dec. 2 from 10:30 a.m. to noon to take headshots or photographs to send to your friends and family. The cost is \$30 and the package includes 3 – 4X6 photos, 2 – 5X7’s and 1 – 8X10. This program will be offered in 15 minute appointments. Call to sign up.

BEGINNER DIGITAL PHOTOGRAPHY

Are you still getting to know your digital camera and its features? We are offering 5 classes in Beginner Digital Photography to give you an opportunity to learn from an expert. The classes will be held on Tuesdays; Dec. 3, 10, 17, Jan 7 & 14, from 12:30 to 2 p.m. Bring your camera, manual, equipment and learn how to use special features, such as program mode, manual mode, aperture priority and shutter priority. The cost is \$55 per person and must be paid at the time you sign up.

COMMUTER RAIL AS A GROUP – SHOPPING AT FANUEIL HALL

Get your holiday shopping done in Boston without the hassle of traffic. If you'd like to join us for this trip on Tuesday, Dec. 3 to Boston, meet us at the Foxboro Train Station/Patriot Place at approximately 10:15 a.m. The train will leave Foxboro at 10:30 and if you have never been on a Commuter Rail Train before, you will be provided with instructions. After arriving at South Station at 11:30, we will travel as a group to Fanueil Hall, where you will be able to shop on your own. We'll meet back up at 2:15 for our 2:45 departure and we will arrive back in Foxborough at 3:51 p.m. The base price for this trip is \$17.50 (plus \$4 for parking). Call to sign up.

HEALTHY HOLIDAY APPETIZERS & DESERTS

Come join Lauren Hynes, Healthy Living & Fitness Director from the Invensys Foxboro YMCA for a healthy cooking class at the senior center on Wednesday, Dec. 11 at 12:15 p.m. December's topic will involve planning for healthy holiday appetizers and deserts that taste great. Call us to sign up.

HOLIDAY CARD MAKING

Join card making extraordinaire, Helen Rice, on Wednesday, Dec. 11 from 2 to 4 p.m. for a fun afternoon of making greeting cards and gift cards for the holidays. All materials will be provided. Call us to sign up.

KEN BURNS' "THE NATIONAL PARKS" – AMERICA'S BEST IDEA

Experience America's National Parks through Ken Burns' unique documentary style. Join us at 4 p.m. on the following Wednesdays - Dec. 4, 11 & 18, when we will be showing episodes 4, 5 & 6 of this informative documentary. Call us to sign up.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Nov. 25 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.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Nov. 26 from 1 to 2 p.m. This month we will be traveling to the Franklin Senior Center for a group outing. We will participate in a program at 1 p.m. on hearing loss and what to do about it. We will learn about hearing aids and other devices and how to pay for them. Call Pam McGuire at the senior center for information.

TECH 101 – MINI LESSONS

Join us on Fridays, Dec. 6, 13 & 20, at 10:30 a.m. for some mini lessons on your iPhone and computer. On Dec. 6 we'll be learning about the changes with the new Apple iPhone Operating System, "iOS 13." On Dec. 13 the topic will be "Amazon Prime & Amazon Prime Now." Be sure to download the Amazon Prime and Amazon Prime Now app before class, and you will learn how to sift through the endless items on Prime and the new 2-hour delivery service. Then on Dec. 20 we will talk about "Podcasts." Learn how you can listen to interesting stories on your phone. There are over 750,000 topics to choose from with over 30 million episodes. Call us to sign up for any or all of the classes.

RICK STEVES VIDEO PROGRAM ON NAPLES AND POMPEII

On Friday, Dec. 6 at 11 a.m., we will be showing a video program by Rick Steves on Naples and Pompeii. In this video, we will go shopping Neapolitan style, dodge scooters in Naples' crazy traffic, explore the city's vibrant neighborhoods, admire exquisite ancient mosaics at the National Museum of Archaeology, taste pizza in

its birthplace, climb the lip of Mt. Vesuvius and wander the amazing ruins of the Roman town is destroyed – Pompeii. Call us to sign up.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Dec. 11 at 4:30 p.m. Our menu will include roast pork with applesauce gravy, oven roasted potato, winter blend veggies, roll and holiday cake. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

MEN'S CLUB BREAKFAST

Join us for our Men's Club Breakfast on Thursday, Dec. 12 at 9 a.m. The cost for the breakfast is \$3 per person. Sign up with your payment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Dec. 4 – Kohl's, Dec. 11 - 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.