

## **RICK BEYER'S LECTURE ON "THE GHOST ARMY OF WORLD WAR II"**

Join us at the senior center on Wednesday, December 7<sup>th</sup> at 4:00 p.m. when best-selling author and award winning filmmaker, Rick Beyer, will be here for the presentation of his program based on his book "The Ghost Army of World War II: How One Top Secret Unit Deceived the Enemy with Inflatable Tanks, Sound Effects and Other Audacious Fakery." Rick wrote and directed the documentary film *The Ghost Army*, which premiered on PBS in 2013. The Ghost Army was a US Army tactical deception unit during WWII, officially known as the 23<sup>rd</sup> Headquarters Special Troops. The 1,100 man unit was given a unique mission within the US Army to impersonate other US Army units to deceive the enemy. From a few weeks after D-Day to the end of the war, utilizing inflatable tanks, sound-effects records and fake radio transmissions, they created a "traveling road show" of battlefield deceptions. Their job was to fool the enemy about the strength and location of American units. Every move they made was top secret and their story was kept secret for 40 years. If you'd like to join us for Rick's critically acclaimed program on the story of this amazing "Ghost Army," please call the senior center at 508-543-1234 to sign up in advance.

### **Monday, November 21**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Scrabble 12:30 p.m.  
Knitting 1:00 p.m.  
Meditation and Relaxation 1:00 p.m.  
Stop & Shop 1:00 p.m.

### **Tuesday, November 22**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Manicures ( in lieu of 11/29) 9:00 a.m.  
Zumba Gold Class 9:45 a.m.  
Nutrition 11:00 a.m.  
Movie Day – "Trumbo" 12:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, November 23**

Coffee Connection 8:30 a.m. to 6:00 p.m.  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
NO Computer Class today  
Colorist Club 2:00 p.m.

### **Thursday, November 23**

Happy Thanksgiving  
Senior Center Closed

### **Friday, November 24**

Senior Center Closed

## **YULE LOG FLORAL ARRANGING CLASS WITH BARBARA**

In keeping with the holiday season, Barbara Mulford will be at the senior center to lead us in a Yule Log Floral Arranging Class on Wednesday, December 14<sup>th</sup> from 3:30 to 5:00 p.m. The Yule Log is a real birch log that is mounted on a stand, and we will be decorating it with holiday greens, a bow and a battery-operated votive candle. Join us as we create this beautiful holiday decoration. The cost for materials for the Yule Log is \$15 per person. Class size is limited, so please call the senior center at 508-543-1234 and we'll save you a seat.

## **JACK CRAIG'S SEASONAL SONGBOOK**

Get into the holiday spirit before going to our Holiday Party at Lakeview Pavilion and join us at the senior center as Jack Craig presents his "Seasonal Songbook" program on Thursday, December 1<sup>st</sup> at 10:00 a.m. Jack will provide us all with a booklet that contains more than 100 of the most popular carols, secular songs and standards of the winter, Christmas and Hannukah season. Audience members will peruse the booklet and pick their favorite songs for the group to sing. Then you'll hear the stories behind the songs with Jack's informative anecdotes. If you'd like to be a part of this wonderful holiday songfest, please call us at 508-543-1234 to sign up in advance.

## **MEDITATION AND RELAXATION CLASSES**

Our Chair Yoga instructor Michelle Lawlor will be back to the senior center to lead us in a series of Meditation and Relaxation Workshops. The workshops will be held on the following Mondays from 1:00 to 2:00 p.m.: November 21<sup>st</sup>, 28<sup>th</sup>, December 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness. Come join us as we work to get our minds into shape. Class size for the Meditation and Relaxation Workshops is limited, so please call us at 508-543-1234 to reserve your spot. Please bring your own coloring book.

## **SENIOR CENTER INCLEMENT WEATHER POLICY**

If the Foxborough schools are cancelled due to inclement weather, then the activities, Human Services appointments and transportation services at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when Senior Center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough's children to attend school. So, please remain safe and warm at home.

## **COMPUTER CLASSES AT THE SENIOR CENTER**

There will NOT be a Computer Class with the students from the Foxborough Regional Charter School at the senior center on Wednesday, November 23<sup>rd</sup>. Classes with the students will resume at 11:30 a.m. on Wednesday, November 30<sup>th</sup>.

## **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, November 30<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1234 to let us know if you'll be coming.

## **MOVIE DAY**

Movie Day for the month of November is scheduled for Tuesday, November 22<sup>nd</sup> at 12:30 p.m. and our featured film will be "Trumbo." In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. Trumbo recounts how Dalton used words and wit to win 2 Academy Awards and expose the absurdity and injustice of the blacklist, which entangled everyone from gossip columnist Hedda Hopper (Helen Mirren) to John Wayne, Kirk Douglas and Otto Preminger. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

## **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, November 30<sup>th</sup> we'll be enjoying our menu of Meatball Sub, Tossed Salad, Potato Wedges and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, November 28<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On November 23 & 24 the featured program will be "Medicare Options for 2017." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on November 28<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, November 22<sup>nd</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

### **MEDICAL INFORMATION AND SERVICES**

#### **MEDICARE OPEN ENROLLMENT DEADLINE IS HERE!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan in September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (now through December 7), you will have a chance to CHANGE your plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Be sure you have the coverage that best meets your needs! Call to get a SHINE appointment during Open Enrollment! If you would like to schedule a SHINE appointment at the senior center, please call 508-543-1234, and for more information please check [www.800ageinfo.com](http://www.800ageinfo.com).

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

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE 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. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for December 6<sup>th</sup> and 15<sup>th</sup>. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1234 to set up and appointment.

### **REGULARLY SCHEDULED** **EXERCISE CLASSES**

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our

Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

### **ZUMBA GOLD CLASSES**

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

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

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, December 6<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

### **SHOPPING**

We will be going to Stop & Shop on Mondays at 1:00 and on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

November 30 – Kohl's in Mansfield

December 7 – Christmas Tree Shop/Trader Joe's

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Sodium amounts are listed beside each menu item.**

#### **Monday, November 21**

Shepard's Pie 283

Peas & Carrots 80

Dinner Roll 160

Pears 4

Sodium 527

Calories 486

**Tuesday, November 22**

Chicken Orzo Soup 115

Greek Chicken 438

Brussel Sprouts 12

Multigrain Bread 190

Banana 1

Sodium 756

Calories 320

**Wednesday, November 23**

Catch of the Day 40

Potato Wedges 22

Broccoli 12

Whole wheat Bread 160

Brownie 132

Sodium 366

Calories 462

**Thursday, November 24**

Thanksgiving Day

No Meals Served

**Friday, November 25**

Macaroni & Cheese 403

Escalloped Tomato 143

Fruit Muffin 102

Tropical Fruit 10

Sodium 658

Calories 499