

SENIOR CENTER HOLIDAY PARTY

The holiday season is here, so come join us at the senior center on Thursday, December 15th from 1:00 to 3:00 p.m. as we gather for our Annual Holiday Party at the Senior Center. Get into the holiday spirit and we'll enjoy a special time together filled with sweet treats to eat, music and lots of fun. Our musical entertainment for this afternoon will be provided by Gary Leanes. Sing along, tap your feet or just sit back and get into the spirit. The price of admission is the donation of a canned or boxed food item(s) for the Foxborough Food Pantry, or a donation to the Foxborough Discretionary Fund. During this upcoming holiday season, the Food Pantry has listed the following items as suggested donations: bottled juice, toilet paper, canned beef stew and instant oatmeal. Seating is limited. If you'd like to join us for this festive event, please call the senior center at 508-543-1234 to sign up.

Monday, November 28

Trip to Cape May departs 7:00 a.m.
Coffee Connection 8:30 a.m. to 3:30 p.m.
Rep. Jay Barrows Office Hours 9:00 a.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 29

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Zumba Gold Class 9:45 a.m.
Nutrition 11:00 a.m.
Talespinners 2:00 p.m.

Wednesday, November 30

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
NO Chorus Today
Computer Class 11:30 a.m.
Coffee with the Town Manager 12:30 p.m.
Kohl's 1:00 p.m.
Colorist Club 2:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, December 1

Jack Craig's Seasonal Songbook 10:00 a.m.
Holiday Party at Lakeview Pavilion 12:30 p.m.

Friday, December 2

Stop & Shop 8:30 a.m.
Aerobics Exercises 9:00 a.m.
Cribbage 10:15 a.m.
Scrapbooking & Card Making Class 10:30 a.m.

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 1st 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. This program is being offered thanks to the Friends of Foxborough Seniors. 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.

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

2016 marks the 75th anniversary of D-Day. Join us at the senior center on Wednesday, December 7th 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 acclaimed 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 23rd 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. This program is being sponsored by the Friends of Foxborough Seniors. 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.

GREETING CARD-MAKING AND SCRAPBOOKING CLASS

How about sending some hand-made holiday cards to your family and friends during this upcoming holiday season? If you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends as you work on your projects, come join us at our Greeting Card Making Class on Friday mornings at 10:30 a.m. If you'd like to try something new, the Greeting Card-Making Class also includes learning the art of Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class. Other embellishments and supplies will be provided. These personally designed scrapbooks would make great gifts! Our volunteer instructor, Helen Rice, teaches both card-making and scrapbooking at every class. Try one or both of these creative crafts!

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 14th 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.

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 28th, December 5th, 12th and 19th. 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

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

ASSISTIVE LISTENING SYSTEMS ARE HERE

We now have our assistive listening devices in the senior center. Don't miss out any of our programs! If you find that you are having difficulty hearing some of our programs at the senior center, whether it's one of our guest speakers, a class instructor or a face to face conversation with our human services staff, just ask us for one of our listening devices. We'll be happy to help you! We are committed to making our senior center a welcoming place for all.

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 30th 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.

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 30th 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 28th to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on November 28th. 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.

REGULARLY SCHEDULED

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 6th 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.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

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.

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

December 7 – Christmas Tree Shop/Trader Joe's

December 14 – Job Lot / Dollar Store

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.

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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for December 6th and 15th. 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 an appointment.

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 28

Glazed Chicken Drumstick 290
Scalloped Potato 185
Tossed Salad with Dressing 124
Oatmeal Bread 121
Orange 0
Sodium 720
Calories 305

Tuesday, November 29

Beef Chili 266
Mexican Rice 22
Roman Vegetables 26
Corn Bread 280
Fruit Cocktail 10
Sodium 604
Calories 428

Wednesday, November 30

Roast Pork 71
with Gravy 121
Mashed Potato 62
Tuscan Vegetables 56
Wheat Bread 160
Birthday Cake 209
Sodium 679
Calories 556

Thursday, December 1

Meatloaf 172
with Gravy 148
Mashed Potatoes 62
Carrot Coins 77
Multigrain Bread 190
Pears 4
Sodium 653
Calories 489

Friday, December 2

Chick & Bean Casserole 121
Vegetable Blend 25
Rice Florentine 112
Dinner Roll 160
Tapioca Pudding 130
Sodium 549
Calories 392