

## **TRAVEL INDEPENDENCE WITH LOW VISION**

Cindy Curran, Certified Orientation Mobility Specialist (COMS) with the Massachusetts Commission for the Blind, will be at the senior center on Thursday, October 15<sup>th</sup> at 1:00 p.m. to present a program on travel independence for those with low vision. Cindy will demonstrate use of the white cane, sun glasses and other equipment available for those who have low vision issues. Join us for this informative program if you are living with low vision, or know someone who is, and would like to feel more secure and independent when traveling. Please call the senior center at 508-543-1252 to sign up and we will save you a seat.

### **Monday, October 5**

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Podiatrist 12:00 noon

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, October 6**

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Table Top Gardeners 9:45 a.m.

SHINE by appointment 10:00 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, October 7**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Van Trip to Mansfield Crossing 1:00 p.m.

Country Line Dancing 2:00 p.m.

Mindful Movement and Meditation at the Ahern 4:30 p.m.

### **Thursday, October 8**

Quabbin Foliage Tour leaves at 9:00 a.m.

A Matter of Balance 10:00 a.m.

### **Friday, October 9**

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

## **EMERGENCY PREPAREDNESS**

The Foxborough Council on Aging and Human Services is gathering pertinent data from people with critical needs in Foxborough who would like to be entered into the Public Safety database to be contacted in the event of a town-wide emergency. We are making every effort to reach all Foxborough residents who want to be identified as needing assistance in case of a town-wide evacuation or emergency. We particularly want to include those who are most vulnerable during an emergency. Forms are available at the Foxborough Senior Center. To request assistance or arrange for a home visit, call 508-543-1252 to speak with our Human Services staff.

## **SPECIAL PROGRAMS**

### **MEN'S BREAKFAST**

The next Men's Breakfast will be held on Thursday, October 15<sup>th</sup> at 9:00 a.m. Our guest speaker this month will be Foxborough Fire Chief Roger Hatfield. Chief Hatfield will be here to give us updates on the Fire Department, give us tips on emergency preparedness and answer any of your questions. The cost for the breakfast is \$3 and if you would like to attend please call the senior center at 508-543-1252 by Monday, October 12<sup>th</sup>. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **MEDICARE UPDATE WITH PEG MCDONOUGH**

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 15<sup>th</sup> at 2:00 p.m. to talk about the options available to beneficiaries for 2016 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7<sup>th</sup> provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans, and she will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information that you need in time to choose the coverage that you want. Don't wait until it's too late! Call the senior center at 508-543-1252 to let us know if you'll be joining us.

### **JACK CRAIG'S MUSIC – WITH CLASS!**

Jack Craig will be back at the senior center once again for 3 programs starting at 10:00 a.m. on the following Wednesdays: October 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>. On October 14<sup>th</sup>, his program will be "Country and Western – Early Songs and Singing Stars." From the early "Hillbilly" hits of the 20's and 30's, on to the "Cowboy and Cowgirl" singers of the 40's and 50's, and up to the country stars of the late 50's – the songs, writers and performers included in this program tell the first part of the history of country music of the USA. *Tumbling Tumbleweeds*, *Back in the Saddle Again*, *Tennessee Waltz*, *I Walk the Line*, *I Can't Stop Loving You*, and *Crazy* are just a few of the story-telling titles included. Eddy Arnold, Gene Autry, Hank Williams, Kitty Wells and Ray Price are just a sample of the highlighted performers. Then on October 21<sup>st</sup>, Jack will be presenting "Smile-in' Songs!" From *A Certain Smile*, to *You're Never Fully Dressed Without A Smile*, every song in this program will contain at least one smile. So – "put a smile on your face for the whole human race" as we celebrate a simple change of facial expression. And finally on October 28<sup>th</sup>, Jack will be entertaining us with "Favorite Latin American Songs." Latin music has long influenced American popular songs. From the "havanera" bridge to "St. Louis Woman", through the Latin dance songs of the big bands, with "Granada" from Spain, to "The Girl From Ipanema" era of the 1960's – the rich rhythms of Latin music have experienced ever-increasing popularity. In this program, we will be singing about two dozen of those classic Spanish and Latin American hits. If you'd like us to save you a seat for some or all of these programs, please call the senior center to sign up at 508-543-1252.

### **FREE AARP DRIVER SAFETY PROGRAM**

Sturdy Memorial Hospital will be sponsoring a Driver Safety Program on Monday, October 26<sup>th</sup> from 10:00 a.m. to 3:15 p.m. at Conference Rooms A, B & C in Sturdy Hospital at 211 Park Street in Attleboro. This program was developed by the American Association of Retired Persons (AARP) to assist motorists with their driving skills. The program lasts for a total of 4 hours and is offered free of charge. Light refreshments will be served. Some states offer discounts on automobile insurance rates by attending this class, so call your insurance agent to see if your state participates in this program. Class size is limited and registration is necessary. To register, call the Public Relations Department at 508-236-8020.

### **ONE MIND, ONE BREATH - MINDFULNESS AND MEDITATION**

The Foxborough Council on Aging and Human Services is sponsoring a free 6-week mindful movement and meditation workshop. The workshops will be led by Dr. Sang Kim and will be held every Wednesday through November 4<sup>th</sup> from 4:30 to 5:30 p.m. in the gym at the John J. Ahern Middle School, 111 Mechanic Street. Dr.

Kim is recognized as a top martial arts master by his home country of South Korea. He has been practicing martial arts for over 52 years and has written over 25 books on martial arts. This 6-week program is called "MBX-12" and consists of 12 movements that combine meditation, mindfulness, deep breathing and stretching which draws from Dr. Kim's martial arts training and life experience. At these workshops you will learn: deep breathing techniques for calming the mind and boosting your energy level; gentle stretching exercises to invigorate your internal energy flow, and; ways to promote daily mindfulness, cope with stressful events and create peaceful moments for yourself. This 6-week program is free and open to Foxborough adults of all ages. Space is limited so if you'd like to take part in these workshops to reduce stress and boost your energy level, please register by calling the senior center at 508-543-1252. The workshop has already begun. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

### **PAOLO DIGREGORIO'S HISTORY LECTURE SERIES**

The "Artifactual Scholar," Paolo DiGregorio, has been giving us a look at 3000 years of architecture and history in the western world, and through his lectures he has taken us from the banks of the Nile to the heart of Russia to the shore of Lake Michigan...and of course, Italy. The remaining lecture of this series will be held on Thursday, October 29<sup>th</sup> from 1:00 to 2:00 p.m. This lecture will cover the period from the Baroque to the Modern (1600 to today). Call the senior center at 508-543-1252 if you are interested in attending and please let us know if you will be attending the program. If you are unable to attend, you can borrow the DVD recordings from the senior center or check for the broadcast of these programs on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

### **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, October 28<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 508-543-1252 to let us know if you'll be coming.

### **COUNTRY LINE DANCING**

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon at 2:00 p.m. Learn the basic steps, and then put what you've learned into action! Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

### **MEDICAL INFORMATION AND SERVICES**

#### **FREE DENTAL SCREENING**

A free dental screening clinic for senior citizens will be held in Norwood on Saturday, October 17<sup>th</sup> from 8:45 a.m. to 1:00 p.m. at the Norwood Council on Aging, 275 Prospect St., Norwood. To schedule your free appointment at the screening clinic, call the Norwood council on Aging at 781-762-1201. Appointments are open to anyone aged sixty or over. As an added service to persons of all ages, the Norwood Health Department will host a flu clinic at the same location on October 17<sup>th</sup> from 9:00 a.m. to 11:00 a.m., no appointment necessary. Flu clinic participants are required to bring their health insurance cards. For more information about the Elder Dental Program or the upcoming screening clinic in Norwood, please call 781-769-3710.

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, October 13<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

## **MEDICARE OPEN ENROLLMENT**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL COUNSELING ON ALL Medicare and related health insurance programs. To make an appointment, please call the senior center at 508-543-1252.

## **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 October 6<sup>th</sup> and 15<sup>th</sup>. In addition to the SHINE program, 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 508-543-1252 to set up an appointment.

## **REGULARLY SCHEDULED** **BINGO**

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. Our next Bingo afternoon will be on Tuesday, October 6 from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

## **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

## **ZUMBA CLASSES**

Zumba Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

## **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 October 26<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, October 27<sup>th</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.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop 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 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

October 7 – Mansfield Crossing (Kohl's, The Paper Store)

October 14 – Job Lot/Dollar Store

## **WEEKLY SCHEDULED PROGRAMS**

### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

### **CRIBBAGE**

The Cribbage Group meets at the senior center on Fridays from 10:15 a.m. to 12:00 noon. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

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

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

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

#### **Monday, October 5**

Sweet & Sour Meatballs

Egg Noodles

California Blend Vegetables

Muffin

Mixed Fruit

Calories 355

Sodium 256

#### **Tuesday, October 6**

Minestrone Soup

Chicken Cacciatore

Italian Style Rotini

Whole Wheat Roll

Applesauce

Calories 427

Sodium 686

#### **Wednesday, October 7**

Roast Pork with Rosemary Gravy

Red Bliss Potato

Fall Blend Vegetables

Multigrain Bread

Hermit Cookie

Calories 358

Sodium 214

**Thursday, October 8**

Shepherd's Pie

Glazed Carrots

Scali Bread

Fresh Fruit

Calories 480

Sodium 366

**Friday, October 9**

Chicken Stew with Mixed Vegetables

White Rice

Oatmeal Bread

Mandarin Oranges

Calories 343

Sodium 294