

## **SIGN UP FOR A “DOWNTON ABBEY EXPERIENCE” AT OUR ANNUAL HOLIDAY CELEBRATION AT LAKEVIEW PAVILION**

Mark your calendar for Thursday, December 1<sup>st</sup> for our annual Holiday Celebration at Lakeview Pavilion in Foxborough. This year’s holiday party will include a special entertainment treat as we are all invited to take part in the Engagement Gala of Lady Mary and Matthew Crowley for a “Downton Abbey Experience.” Lunch will be served at 1:00 p.m. and the menu will include your choice of Chicken Parmigiana with mozzarella cheese, penne pasta and marinara sauce, or New England Scrod with herbs & seasoned breadcrumbs, Lemon Beurre Blanc & Rice Primavera. All meals will include a tossed salad with lemon vinaigrette, the Chef’s choice of fresh seasonal vegetables and starch, warm rolls and butter, vanilla bean ice cream with chocolate sauce and whipped cream, with coffee or tea. There will be a cash bar open by 12:45 p.m. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$24 per person and payment will be due on or before Friday, November 4<sup>th</sup>. This event is for Foxborough residents only. Sign up for our Holiday Party by calling the senior center at 508-543-1234. Come join us as professional character actress Judith Kalaora and her ensemble of players treat us to an unforgettable afternoon where we get to be part of the engagement festivities with the Crowley’s at Downton Abbey. Feel free to dress up in your 1920’s attire and join in the fun!

### **Monday, October 17**

Coffee Connection 8:30 a.m. to 3:30 p.m.

SHINE by appointment 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.

Minds in Motion 1:00 p.m.

Stop & Shop 1:00 p.m.

### **Tuesday, October 18**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Top Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Memory Café 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, October 19**

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Computer Class 11:30 a.m.

Luncheon Outing at Longhorn 1:00 p.m.

TRIAD 1:00 p.m.

Colorist Club 2:00 p.m.

Art Matters – “Art Keeps Us Human” 5:00 p.m.

### **Thursday, October 20**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Men’s Breakfast 9:00 a.m.

A Matter of Balance 9:30 a.m.

NO Art Class with Barbara

Low Vision Support Group 1:00 p.m.

### **Friday, October 21**

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics Class 9:00 a.m.

Cribbage 10:15 a.m.

Card Making and Scrapbooking Class 10:15 a.m.

### **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, October 18<sup>th</sup> from 1:30 to 3:00 p.m. 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. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is “open” at the senior center on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

### **ART KEEPS US HUMAN – ART MATTERS**

On Wednesday, October 19<sup>th</sup> at 5:00 p.m. at the senior center, our guest speaker will be Jane Blair who will introduce us all to “ART MATTERS,” the Art Awareness Program designed to keep us connected to the world and encourage a loving relationship with the visual arts. Art teaches. Art communicates. Art has humor, adventure and passion. Human beings are the only creatures living on earth who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Please call the senior center at 508-543-1234 to sign up in advance and be sure to bring your sense of humor and your sense of Human.

### **MEN’S BREAKFAST**

Our next Men’s Breakfast will be held on Thursday, October 20<sup>th</sup> at 9:00 a.m. The guest speaker for this month will be Foxborough’s Town Manager Bill Keegan. The cost for breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, October 14. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **HISTORY LECTURES WITH PAOLO DIGREGORIO**

“Artifactual Scholar” Paolo DiGregorio, one of our most popular lecturers and our favorite history teacher, will be at the senior center on Thursday, October 27 at 12:30 p.m. Paolo is an historian, archeologist and educator with a passion for telling stories and bringing history to life. In October, Paolo will be presenting a series of programs on “Ancient Empires” with a special look at Greece, Persia and Rome. These programs are being sponsored by the Friends of Foxborough Seniors. If you’d like to join us for this interesting series, please call the senior center at 508-543-1234 to sign up and reserve your seat.

### **MEDICARE UPDATE WITH PEG MCDONOUGH – NOTE TIME CHANGE!**

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 27<sup>th</sup> at **2:00 p.m.** to talk about the options available to beneficiaries for 2017 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 508-543-1234 to let us know if you'll be joining us.

### **MONEY ALTERNATIVES OF THE CIVIL WAR**

During the Civil War, there was a tremendous coin shortage as people hoarded silver coins and copper/nickel cents. Businessmen resorted to using encased postage stamps, tokens, paper scrip and government issued fractional currency. Join us at the senior center on Wednesday, November 2 at 4:30 p.m. when our world traveler Dana Zaiser will be here to present a program about the colorful characters who were behind the privately conceived alternatives to coins at that time in our history. Dana is an amateur Civil War historian, and he has received awards from the Civil War Token Society and the Olde Colony Civil War Round Table in Dedham for his research on this subject. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up in advance and we'll save you a seat.

### **DECORATIVE GLASS PAINTING WITH DIANE**

Come and unlock your hidden talent in a decorative glass painting class using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for this program at the senior center with instructor Diane Cahill on Thursday, November 3 at 1:00 p.m. No painting experience is required. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for permanent finish. This is a great idea for upcoming holiday gift giving. If you'd like to join us please call the senior center at 508-543-1234 to sign up. Use your imagination and have some fun!

### **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.

### **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, October 26<sup>th</sup> we'll be enjoying our menu of Macaroni & Cheese, Scalloped Tomatoes with Spinach, Roll, Cake & Ice Cream. 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, October 24<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

### **LOW VISION SUPPORT GROUP**

The Low Vision Support Group meets at the senior center on the 3<sup>rd</sup> Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, October 20<sup>th</sup>. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

## **MEDICAL INFORMATION AND SERVICES**

### **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 17, 20 and 24. 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.

## **REGULARLY SCHEDULED**

### **TRIAD**

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, October 20 at 1:00 p.m. Everyone is welcome to attend these informational services.

### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at The Longhorn Restaurant on Wednesday, October 19<sup>th</sup> at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Monday, October 17<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Monday the 17<sup>th</sup>.

### **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 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

October 19 – The Longhorn Restaurant

October 26 – Job Lot / Dollar Store

### **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.

## **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, October 17**

BBQ Chicken 497  
Whipped Sweet Potato 33  
Tahitian Blend Vegetables 38  
Whole Wheat Roll 160  
Pears 4  
Sodium 732  
Calories 445

**Tuesday, October 18**

Beef Stroganoff 278  
Noodles 35  
Cabbage & Carrots 47  
Honey Wheat Bread 135  
Cinnamon Apple 4  
Sodium 499  
Calories 659

**Wednesday, October 19**

Potato Soup 234  
Roast Pork 71  
With Apple Gravy 111  
Winter blend Vegetables 15  
Oatmeal Bread 121  
Brownies 132  
Sodium 684  
Calories 652

**Thursday, October 20**

Shepherd's Pie 283  
Genoa Blend Vegetables 40  
Multigrain Bread 190  
Mixed Fruit 10  
Sodium 523  
Calories 634

**Friday, October 21**

Lentil Chicken Stew 508  
Cous Cous 44  
California Blend Vegetables 27  
Marble Rye Bread 300  
Pineapple 1  
Sodium 874  
Calories 646