

## **DEMETIA AND THE HOLIDAYS**

On Thursday, October 22<sup>nd</sup> at 10:00 a.m., the Neponset Valley Alzheimer's Partnership will be presenting a program at the senior center on "Dementia and the Holidays." We are fast approaching the holiday season, and this informative and timely program is open to the public. The guest speaker will be Michelle Boiardi, Certified Dementia Practitioner. If you are interested in attending, please call the senior center at 508-543-1252 to sign up.

### **Monday, October 19**

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, October 20**

NO Stretch & Balance today

Zumba Gold 9:45 a.m.

Table Top Gardeners 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

### **Wednesday, October 21**

Strength Training 8:30 a.m.

Jack Craig Music Program 10:00 a.m.

NO Chorus today

Zumba Gold 11:30 a.m.

Van Trip to Walmart 1:00 p.m.

TRIAD 1:00 p.m.

Country Line Dancing 2:00 p.m.

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

### **Thursday, October 22**

A Matter of Balance 10:00 a.m.

### **Friday, October 23**

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

## **SPECIAL PROGRAMS**

### **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 Wednesdays, October 21<sup>st</sup> and 28<sup>th</sup>. 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. These programs are being sponsored by the

Friends of Foxborough Seniors. 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.

### **SIGN UP FOR OUR DECEMBER 3<sup>RD</sup> HOLIDAY CELEBRATION AT LAKEVIEW PAVILION**

It's time to start thinking about the upcoming holiday season! Mark your calendar for Thursday, December 3<sup>rd</sup> for our annual Holiday Celebration to be held at the new Lakeview Pavilion in Foxborough. DJ Dave Valerio will be providing our entertainment of music and fun to help get us all into the holiday spirit. We should arrive at the restaurant around 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include your choice of Chicken Veloute which is baked chicken with cornbread stuffing and veloute cream sauce, or Baked Scrod encrusted with seasoned bread crumbs and lemon cream sauce. All meals will include the Chef's Choice of seasonal vegetables, hot rolls and butter, vanilla ice cream with strawberry or chocolate sauce and whipped cream, coffee or tea. There will be a cash bar open from noon to 3:00 p.m. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$23 per person and payment will be due by Friday, November 6<sup>th</sup>. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252.

### **FALL LUNCHEON AT RAFFAEL'S**

Every year, Walpole Co-operative Bank and Norfolk County Councils on Aging celebrate fall with an annual fall luncheon. We enjoy a light lunch, lots of great information focused on issues of the day, raffles and door prizes throughout the day, and good company. All of this is offered at no cost. This year's luncheon will be held on Thursday, October 22<sup>nd</sup>, at Raffael's at 1601 Main Street in Walpole. The doors will not open to the public until 11:30 a.m. and lunch will be served promptly at noon. **Tickets are required** at the door on the day of the event. There will be a limited number of tickets available at the senior center on a first come, first serve basis during the week of October 12<sup>th</sup>.

### **VETERANS' DAY BREAKFAST CELEBRATION**

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center on Thursday, November 12<sup>th</sup> at 9:00 a.m. with a catered breakfast to honor our veterans and their families. Following breakfast, Eric Weld will be here to entertain us with a musical medley of patriotic songs. If you'd like to join us for this special event celebrating our veterans, please call the senior center at 508-543-1252 and we'll reserve you a seat.

### **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. This program is sponsored by the Friends of Foxborough Seniors. 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.

### **TABLE TOP GARDENERS**

The next meeting of the Table Top Gardeners will be held on Tuesday, October 20<sup>th</sup> at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group. Also, the Garden Club has made some beautiful gardening boxes that would make great gifts. These boxes are on sale at the senior center for \$10 each, and the proceeds will go to the Garden Club.

### **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 service. 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 21<sup>st</sup> at 1:00 p.m. Everyone is welcome to attend these informational services.

### **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.

### **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 October 21<sup>st</sup> & 22<sup>nd</sup> the featured program will be Paolo DiGregorios’s program on “Ancient Architecture.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **REGULARLY SCHEDULED LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Horse and Carriage Restaurant on Wednesday, October 28<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 508-543-1252 to sign up by Monday, October 26<sup>th</sup>. Van transportation is available.

### **MOVIE DAY**

The Movie Day for the month of October is scheduled for Tuesday, October 27<sup>th</sup> at 12:30 p.m. and our featured film will be “Into the Woods.” Inspired by a choice selection of Brothers Grimm fairy tales, the plot of this musical centers on a baker (James Corden) and his wife (Emily Blunt) who incur the wrath of a witch (Meryl Streep) while attempting to start a family. Subsequently cursed by the vengeful hag, the hapless couple find their fates linked with those of Cinderella (Anna Kendrick), Little Red Riding Hood (Lilla Crawford), Rapunzel (MacKenzie Mauzy) and Jack (Daniel Huttleston) of Jack and the Beanstalk. Johnny Depp, Chris Pine and Lucy Punch co-star. Come join us at the senior center to watch the movie 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 508-543-1252 if to sign up.

### **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.

### **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

### **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.

### **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 14 – Job Lot/Dollar Store  
October 21 - Walmart

### **MEDICAL INFORMATION AND SERVICES**

#### **FLU SHOT INFORMATION**

Although the Town of Foxborough is NOT holding public flu clinics this year, it is still very important for people to get vaccinated against influenza yearly. The CDC recommends ALL people, ages 6 months and older, get vaccinated for flu, but especially the elderly, children and any persons with chronic health problems. Flu vaccine is readily available at doctors' offices and pharmacies, and many other retail stores such as supermarkets and department stores. In addition, the Board of Health nurse can provide a flu shot to any uninsured people or homebound people who live in Foxborough. Appointments can be made by calling Maureen Cardarelli at 508-222-0118, extension 1367.

#### **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 November 3<sup>rd</sup> and 19<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.

**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 19**

Low Salt Hot Dog with Roll  
Mustard Packet  
Baked Beans  
Hot German Slaw  
Applesauce  
Calories 538  
Sodium 760

**Tuesday, October 20**

Chicken Rice Soup  
Teriyaki Chicken  
Oriental Vegetables  
Multigrain Roll  
Mandarin Oranges  
Calories 230  
Sodium 619

**Wednesday, October 21**

Macaroni & cheese  
Escalloped Tomatoes  
Fruit Muffin  
Almond Cookie  
Calories 443  
Sodium 482

**Thursday, October 22**

Chicken a la King  
Rice Florentine  
Peas & Carrots  
Biscuit  
Pineapple  
Calories 354  
Sodium 335

**Friday, October 23**

Italian Style Pasta with Meat Sauce

Genoa Blend Vegetables  
Whole Wheat Roll  
Chocolate Pudding  
Calories 352  
Sodium 455