

A HALLOWEEN HAPPENING

Come help us to celebrate Halloween at the senior center on Thursday, October 30th at 11:00 a.m. for a program of theatrical storytelling of "Gothic Tales by Candlelight" presented by Rita Parisi, followed by a HESSCO luncheon. Sarah Orne Jewett, a native of South Berwick Maine, was one of New England's most prolific female writers of the 19th century. Her stories highlighted the everyday lives of New Englanders, often reflecting the mysterious and supernatural atmosphere of this region. Rita Parisi will present a trio of Miss Jewett's tales dealing with Curses, Death and Immortality. Following this storytelling program, lunch will be provided by HESSCO for a suggested donation of \$3. The luncheon menu includes turkey breast on croissant, cranberry sauce, pasta salad, milk and dessert. Seating is limited, so please call the senior center at 508-543-1252 if you'd like to sign up for this program.

Monday, October 6

Sit and Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, October 7

Stretch & Balance/EnhanceFitness 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 8

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Christmas Tree Shop/Patriot Place 1:00 p.m.

Thursday, October 9

SHINE 10:00 a.m.

EnhanceFitness at the YMCA 11:30 a.m.

Intermediate Italian Class 1:30 p.m.

Friday, October 10

Stop and Shop 8:30 a.m.

YMCA Exercises/EnhanceFitness 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Advanced Italian Class 1:15 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

"FRIENDS" TRIP TO THE POPS

If you are a member of the Friends of Foxboro Seniors and are interested in going to the Boston Pops Holiday Concert on Friday, December 12th, please contact Shirley at 508-543-8823. The cost of this trip is \$85 and this includes a ticket to the performance, coach transportation and gratuity for the coach driver. We will be leaving St. Mary's parking lot at 2 p.m. on Dec. 12th and will be arriving back home at approximately 7:30 p.m. Seats for the performance are located in the first balcony center and only a limited number of tickets are available. This trip is open to members of the Friends of Foxboro Seniors only.

SENIOR SERVICES OPEN HOUSE

Come join us on Thursday, October 16th from 9:00 a.m. to noon for our Senior Services Open House at the Foxborough Senior Center. This is your opportunity to meet with non-profit vendors who serve seniors living at home. Participants in the Senior Services Fair will include: the Norfolk County Sheriff's TRIAD program, Foxborough Fire Department and Board of Health, HESSCO Elder Services, the Commission for the Deaf, YMCA Health and Wellness, CVNA/Public Health Nurse, Foxboro Food Pantry, Prescription Advantage, Better Business Bureau, American Credit Counseling, Metro West Legal Services, AARP and more. Refreshments will be provided by Foxboro TRIAD members. This program is open to all, so bring a friend.

PROGRAM ON TINNITUS: CAUSES AND TREATMENTS

On Thursday, October 23rd at 2:00 p.m., Audiologist Lindsay M. Woods, Au. D., CCCA-A, will present a program on tinnitus. Tinnitus, ringing or buzzing in the ears or head, is one of the most common reasons for referral to audiology and ENT, affecting approximately 25 million Americans daily. Dr. Woods will be here to discuss the various causes and treatment options for those who suffer from this often debilitating disorder. Dr. Woods has extensive experience with evaluation and treatment of hearing disorders for children and adults, including electrophysiology, otoacoustic emissions testing, vestibular/balance testing, hearing aid fitting and verification, and auditory rehabilitation. This is your chance to learn more about this disorder and to ask any questions you may have. Please call the senior center at 508-543-1252 if you would like to join us.

LINE DANCING

It's not too early to start getting into shape for the holidays, so come get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through some line dancing steps at the senior center. The steps are uncomplicated and the classes are lots of fun. The physical activity of dancing offers protection against dementia and, according to a study in the New England Journal of Medicine, dancing actually makes us smarter! So come and have some fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 a.m. on the following Wednesdays: October 8th, 15th, 22nd, and 29th. Please call the senior Center at 508-543-1252 to sign up.

SENIOR SUPPER CLUB

Come on over for a nice evening meal at the senior center and join your friends from the Foxborough Council on Aging and HESSCO Elder Services for our last Senior Supper Club of the season on Wednesday, October 22nd. We'll be enjoying a meal that includes Meatloaf with Gravy, Whipped Potato, Vegetable Medley, Roll, Dessert and Milk. The event starts at 4:30 p.m. with supper to be served at 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 a 508-543-1252 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 October 8th and 9th the featured program will be "Jack Craig Presents: Big Band Signature Songs." Check out our senior exercise videos that are broadcast on Wednesday and Thursday mornings at 9:00 a.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

ZUMBA GOLD

Zumba classes will be meeting weekly in the senior center once again. Classes will now be held on Tuesday mornings from 9:45 a.m. to 10:45 a.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. The cost for each class is \$2.

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 7th from 2:00 p.m. to 3:30 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.

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 Monday, October 27th. 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.

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 8 – Christmas Tree Shop / Patriot Place
October 15 - Target

MOVIE DAY

Movie Day for September is scheduled for Tuesday, October 14th at 12:30 p.m. and our featured movie will be "The Book Thief." Based on the best-selling book, this is the story of a girl who transforms the lives of those around her during World War II, Germany. When her mother can no longer care for her, Liesel (Sophie Nelisse) is adopted by a German couple (Geoffrey Rush and Emily Watson). Although she arrives illiterate, Liesel is encouraged to learn to read by her adoptive father. When the couple then takes in Max, a Jewish refugee hiding from Hitler's army, Liesel befriends him. Ultimately words and imagination provide the friends an escape from the events unfolding around them. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Bertucci's in Mansfield on Wednesday, October 29th 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 27th. Van transportation is available.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on October 16. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING CLINIC

A free dental screening clinic for seniors will be held on Saturday, October 18 from 8:45 a.m. to 1:00 p.m. at the Norwood Senior Center. At the free screening clinic, dentists from our area have volunteered to examine patients for problems with their teeth, gums and dentures. Patients can ask the dentists questions and discuss their concerns. Participants will also be screened for oral cancers and free denture cleaning and labeling will be provided by Massasoit Community College's Dental Assistant Program. Students from Mt. Ida College Dental Hygiene Program will be on hand to offer tips and answer questions about good oral hygiene. During the

screening clinic, participants can also apply and learn more about the Elder Dental Program, which helps low income seniors to access local dental services provided at reduced fees based on a sliding scale. Area residents age 60 and over whose annual incomes are less than \$29,175 a year may qualify for this program.

Anyone aged 60 or over from any town is welcome to attend the clinic. Appointments must be arranged in advance by calling the Norwood Senior Center at 781-762-1201. The screening clinic is organized by the Elder Dental Program, a project of Community VNA. Funding for the Free Screening Clinic is provided by the Norwood Senior Center, as part of their initiative to keep older adults free of dental disease. The Elder Dental Program also received funding from Bristol Elder Services, United Way of Greater Attleboro/Taunton, Bank of Canton, and Walpole Cooperative Bank.

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 2015: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan 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 now, please call the senior center at 508-543-1252.

FREE AND CONFIDENTIAL BENEFITS CHECK

The Foxborough Council on Aging and Human Services is holding free Benefits Check-Up clinics for Foxborough residents, age 55 and older. Each year, people miss out on State and Federal benefits for which they are eligible, such as cash assistance and help paying for food, health insurance, in-home care, transportation and housing. Using the www.benefitscheckup.org/mcoa website, a COA staff member will help you print and interpret a personalized, but anonymous report of programs for which you may qualify. For best and fastest results, please have the following information available: date of birth; type of home (house, apartment or mobile home; owned or rented); veteran status for self and spouse; estimates of current expenses (mortgage or rent, utilities, out of pocket medical bills, caregiver expenses); estimated current income and assets for self, spouse and others in the household, and; names of prescription meds. Call 508-543-1252 to schedule an appointment at the senior center. If you prefer to do it yourself, go to the website at www.benefitscheckup.org/mcoa. BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington D. C.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, October 14th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center, on the 2nd 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.

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. Appointments are being scheduled for October 9th and 16th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up an appointment.

WEEKLY SCHEDULED PROGRAMS

TALESPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

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.

DISCUSSION GROUP

Everyone is invited to attend a weekly discussion group at the senior center. This small and friendly group will discuss anything from current events to politics and is self-run. Anyone interested in joining in on intellectual and entertaining discussions is invited to meet each Tuesday at 1:00 p.m.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. 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!

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

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. One of our favorite YMCA instructors, 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. The cost is \$2 per 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. We have an instructor from the YMCA to lead 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.

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 6

Low Sodium Hot Dog with Roll
Mustard Packet
Potato Wedges
Cole Slaw
Fruited Jello
Calories 414
Sodium 806

Tuesday, October 7

Chicken Marsala
Buttered Noodles
Cut Green Beans
Whole Wheat Bread
Fresh Orange
Calories 393
Sodium 515

Wednesday, October 8

Macaroni & Cheese
Escalloped Tomato Florentine
Multigrain Roll
Hermit Cookie
Calories 443
Sodium 542

Thursday, October 9

Roast Turkey with Rosemary Gravy
Cranberry Sauce
Whipped Potato
Winter Squash
Dinner Roll
Peaches
Calories 390
Sodium 687

Friday, October 10

Beef & Cabbage Casserole
Carrot Coins
Whole Wheat Roll
Strawberry Cup
Calories 268
Sodium 373