

CELEBRATING OUR VETERANS IN NOVEMBER

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center on Thursday, November 12th at 9:00 a.m. with a catered breakfast to honor our veterans and families of veterans. Following breakfast, Eric Weld will here to entertain us with a musical medley of patriotic songs. If you'd like to join us for this special event honoring our veterans, please call the senior center at 508-543-1252 and we'll reserve you a seat. Also, the month of November marks the 70th anniversary of the end of World War II and at 1:00 p.m. on Wednesday, November 18th and at 1:00 p.m. on Thursday, November 19th, historian Paolo DiGregorio will be back at the senior center to present a 2-part lecture series on the Second World War. Part 1 on Wednesday will focus on the role of the United States in fighting World War II, and part 2 on Thursday will focus on the effect of the war at home and how the average American participated in the war effort. Join us for this informative series as we continue the celebration of our veterans and veterans' families in November. Please call the senior center in advance at 508-543-1252 to sign up. And Attention All Veterans - the following local restaurants will be honoring veterans with a free meal on Veterans' Day, November 11th: Applebee's, Chili's and the Texas Roadhouse!

Monday, October 26

Jay Barrows Office Hour 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.
Shaws 1:00 p.m.

Tuesday, October 27

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Table Top Gardeners 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – "Into the Woods" 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, October 28

Strength Training 8:30 a.m.
Jack Craig Music Program 10:00 a.m.
NO Chorus today
Zumba Gold 11:30 a.m.
Coffee & Conversation with the Town Manager 12:30 p.m.
Luncheon Outing at Horse & Carriage 1:00 p.m.
Country Line Dancing 2:00 p.m.
Mindful Movement and Meditation at the Ahern 4:30 p.m.

Thursday, October 29

A Matter of Balance 10:00 a.m.
History Lecture Series with Paolo DiGregorio 1:00 p.m.

Friday, October 30

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

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 29th 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.

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.

SIGN UP FOR OUR DECEMBER 3RD HOLIDAY CELEBRATION AT LAKEVIEW PAVILION

It's time to start thinking about the upcoming holiday season! Mark your calendar for Thursday, December 3rd 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 6th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252.

MOVIE DAY

The Movie Day for the month of October is scheduled for Tuesday, October 27th 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.

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be back at the senior center once again at 10:00 a.m. on Wednesday, October 28th. 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. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like us to save you a seat, please call the senior center to sign up at 508-543-1252.

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 4th 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, but you can still join us for the remaining sessions. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

TABLE TOP GARDENERS

The next meeting of the Table Top Gardeners will be held on Tuesday, October 27th 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.

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 28th 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 28th & 29th the featured program will be the Men's Luncheon with guest speaker Mike Johns, Veterans' Officer. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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 18th, we'll be enjoying our menu of a Roast Pork with Gravy, Whipped Potatoes, Winter Squash and Dessert. 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 508-543-1252 by Monday, November 16th to make your reservation and to arrange for transportation, if needed.

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!

NUTRITION

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, November 10th 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.

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 15th to December 7th, 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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for November 3rd and 19th. 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 and appointment.

VOLUNTEER OPPORTUNITY

AARP FOUNDATION TAX-AIDE VOLUNTEER

Are you looking for a rewarding volunteer opportunity that makes the most of your talents? Volunteer for AARP Foundation, Tax-Aide, one of the most effective grassroots volunteer programs in the nation. You’ll be helping low-to-moderate-income taxpayers – especially those 60 and older – in your own community with much-needed tax preparation assistance that’s free, individualized and has no strings attached. And because these aides go beyond the 1040EZ form to cover the 1040 with Schedules A, B and D, the program volunteers

often find claims and deductions that a taxpayer might not even know about. If you're interested in being a Tax-Aide Volunteer, please visit the AARP website at aarp.org/taxaide for more information and to register as a volunteer.

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 28th 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 26th. Van transportation is available.

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 October 26th. 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 27th 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.

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, November 3 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.

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 28th – Luncheon Outing at the Horse & Carriage
November 4 – Christmas Tree Shop

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 26

Chicken Salad

Cold Chick Pea Salad

Cole Slaw

Whole Wheat Pita

Fruited Jello

Calories 313

Sodium 662

Tuesday, October 27

Beef Chili

Fluffy White Rice

Corn Bread

Pineapple Chunks

Calories 295

Sodium 306

Wednesday, October 28

Grilled Chicken with Apricot Sauce

Lyonnaise Potato

Tahitian Blend Vegetables

Wheat Bread

Birthday Cake

Calories 300

Sodium 509

Thursday, October 29

Beef Stew with Vegetables

Whipped Potato

Multigrain Roll

Pears

Calories 460

Sodium 323

Friday, October 30

Tuna Noodle Casserole

Peas

Dinner Roll

Mandarin Oranges

Calories 324

Sodium 359