

## **OPTIONS FOR MEDICARE IN 2015**

Peggy McDonough, SHINE Program Regional Director, will be at the senior center on Wednesday, November 5<sup>th</sup> at 1:00 p.m. to talk about the options available to beneficiaries for 2015 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 information about improvements to Medicare under the Affordable Care Act. In addition, Peggy will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information you need in time to choose the coverage that you want. Don't wait til it's too late! Call the senior center at 508-543-1252 to let us know if you'll be joining us.

### **Monday, November 3**

Sit & Be Fit 9:30 a.m.  
Tai Chi 10:30 a.m.  
Book Club 11:00 a.m.  
Podiatrist 12:00 noon  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.  
AMP Financial Pilot Program 2:00 p.m.

### **Tuesday, November 4**

Stretch & Balance/EnhanceFitness 8:30 a.m.  
Zumba Gold 9:45 a.m.  
SHINE by appointemt 10:00 a.m.  
Nutrition Class 11:00 a.m.  
Discussion Group 1:00 p.m.  
Talespinners 2:00 p.m.  
Bingo 2:00 p.m.

### **Wednesday, November 5**

Strength Training/EnhanceFitness 8:30 a.m.  
Chorus 10:00 a.m.  
Job Lot/Dollar Store 1:00 p.m.  
SHINE Program with Peg McDonough 1:00 p.m.

### **Thursday, November 6**

Veterans' Day Breakfast 9:00 a.m.  
EnhanceFitness at the YMCA 11:30 a.m.  
Intermediate Italian Class 1:30 p.m.

### **Friday, November 7**

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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **VETERANS' DAY CELEBRATION**

Compliments of the Rotary Club of Foxborough, we will be celebrating Veterans' Day at the senior center with a catered breakfast along with an historical presentation on Thursday, November 6<sup>th</sup> at 9:00 a.m. Our guest

speaker for this event will be Giampaolo DiGregorio, “the Artifactual Scholar.” Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College. His Veterans’ Day program will be on “The Little Wars: America’s Forgotten Conflicts (1901-1991).” Over the course of the 20<sup>th</sup> century, the United States fought several major wars. Yet, even during the periods of peace, American services members have been sent to places around the globe to fight for, and protect, American interests. From the Philippines and Mexico to Grenada and Panama, US troops have carried our country’s flag into smaller, regional conflicts. Paolo’s talk will focus on these Little Wars. Please call the senior center at 508-543-1252 to sign up if you’d like to join us for this special event.

### **NEW AGING MASTERY PROGRAM SERIES**

The National Council on Aging has chosen the Foxborough Council on Aging as one of three senior centers in the country to pilot a new financial education component of the Aging Mastery Program. If you would like to be part of this new AMP informational series, please call 508-543-1252 to register by Friday, October 31<sup>st</sup>. You will have to commit to 3 Monday afternoon meetings, tentatively scheduled to start on November 3<sup>rd</sup>, from 2:00 to 3:30 p.m. at the senior center. There are a limited number of spaces available. Light snacks will be provided and participants will have the opportunity to earn some small rewards.

### **17<sup>th</sup> ANNUAL PRE-THANKSGIVING DINNER AT NICKY’S**

The management of Nicky’s Restaurant located at 460 Franklin Street in Wrentham, invites Foxboro seniors to participate in their annual pre-Thanksgiving dinner on Monday, November 24<sup>th</sup> at 11:00 a.m. There is no charge for this event generously provided by Nicky’s Restaurant. Seating is very limited. Reservations are required and will be made on a “first-come-first-serve” basis by calling the senior center at 508-543-1252 on Wednesday, November 12<sup>th</sup> beginning at 8:00 a.m. Please DO NOT call the restaurant directly. The Van Go is available for those needing transportation assistance. Call the senior center to arrange for your ride.

### **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM**

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,618 for a one-person household, \$42,654 for two people, \$52,691 for three people, \$62,727 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don’t wait until you are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

### **SIGN UP FOR OUR DECEMBER 4<sup>TH</sup> HOLIDAY CELEBRATION AT LAKE PEARL LUCIANO’S**

It’s time once again to start thinking about the upcoming holiday season! Mark your calendar for Thursday, December 4<sup>th</sup> for our annual Holiday Celebration to be held at Lake Pearl Luciano’s at 299 Creek Street in Wrentham. Jim DePillo of JD’s Music Express will once again be providing our entertainment of music and fun to help us all get into the holiday spirit. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include a choice of Fresh Broiled Haddock with a Tomato and Scallion Concassée, Chicken Parmesan with Penne Marinara or Pork Tenderloin Medallions sautéed with dried cherries in a Kirshwasser Brandy Demi-Glace. All meals will include a salad, seasonal mixed vegetables, garlic mashed potatoes, grapenut pudding for dessert, and choice of coffee or tea. 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 on or before Friday, November 7<sup>th</sup>. This event is for Foxborough residents only. The sign-up for our Holiday Celebration has begun, so please call the senior center at 508-543-1252 if you’re interested in joining us.

### **READING NEVER SOUNDED SO GOOD**

Do you or someone you know have trouble reading traditional print because of a disability? If you find that the print in books is too small and it strains your eyes, or if you have trouble holding a book or turning pages, or if

you have a reading disability such as dyslexia, you are eligible for *free library services* from the Perkins Library. Please join us at the senior center for a program on Thursday, November 20<sup>th</sup> at 1:00 p.m. presented by Debby King, Perkins Library Outreach Coordinator. She will be providing an overview of all of the services that are available to the public through the Perkins Library.

### **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 November 5<sup>th</sup> and 6<sup>th</sup> the featured program will be “Jack Craig Presents: Big Band Hits A-J.” 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**

#### **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 4<sup>th</sup> 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.

#### **ZUMBA GOLD**

Zumba classes are meeting weekly in the senior center 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.

#### **MOVIE DAY**

The featured movie for the month of November is “The Butler” and is scheduled to be shown on Wednesday (due to the Tuesday holiday), November 12<sup>th</sup> at 12:30 p.m. “The Butler” tells the story of a White House butler who served 8 American presidents over 3 decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man’s life and family. Forest Whitaker stars as the butler, Cecil Gaines, and his wife Gloria is played by Oprah Winfrey. 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.

#### **SPECIAL MOVIE DAY**

A special showing of the movie “Life According to Sam” is scheduled for Tuesday, November 18<sup>th</sup> at 12:30 p.m. An official selection of the Sundance Film Festival and winner of a Peabody Award, this HBO film follows a local Foxborough family’s courageous fight to save their only son, Sam, from a rare and fatal aging disease known as progeria. This highly personal life-affirming journey is propelled by the captivating presence of Sam Berns. Funny, perceptive and fiercely intelligent, 16 year old Sam is the catalyst for his physician parents’ relentless drive to discover a medical breakthrough that may one day shed light on unlocking the aging process in us all. 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.

#### **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:  
November 5 – Job Lot/Dollar Store

November 12 - Target

## **MEDICAL INFORMATION AND SERVICES**

### **PODIATRIST**

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Due to the Labor Day holiday, his next visit will be on Monday, November 3<sup>rd</sup>. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 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 have received a notice from your plan in 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 15<sup>th</sup> to December 7<sup>th</sup>, 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.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Monday, November 10<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is usually held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Due to the Veterans Day holiday on the 2<sup>nd</sup> Tuesday in November, the clinic has been moved to Monday. 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The November appointments are being scheduled for November 4<sup>th</sup> and Wednesday, November 19<sup>th</sup>. 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 and 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.

### **CARD MAKING / CERAMICS PAINTING**

Lean the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different.

Also, if you have some ceramics pieces that you'd like to paint and you'd like to have some fun company while you work on completing your ceramics projects, come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

### **SIT & BE FIT**

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 to 10:30 a.m. The cost is \$2 per class.

### **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, November 3**

Kale Soup  
Sweet & Sour Chicken  
Baked Beans  
Multigrain Roll  
Strawberry Cup  
Calories 409  
Sodium 650

#### **Tuesday, November 4**

Beef Patty with Onion Gravy  
Whipped Potato

Fall Blend Vegetables  
Whole Wheat Bread  
Peaches  
Calories 413  
Sodium 424

**Wednesday, November 5**

Pork Roast with Gravy  
Applesauce  
Oven Roasted Potatoes  
Glazed Carrots  
Hermit Cookies  
Calories 407  
Sodium 288

**Thursday, November 6**

American Chop Suey  
Green & Wax Beans  
Whole Wheat Roll  
Fresh Fruit  
Calories 293  
Sodium 210

**Friday, November 7**

Chicken Chow Mein with Vegetables  
Asian Rice  
Wheat Bread  
Pineapple Chunks  
Calories 287  
Sodium 458