

SIGN UP FOR OUR DECEMBER 4TH 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 4th 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 around 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 Concassee, 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 7th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252 on Wednesday, October 15th beginning at 8:00 a.m.

Monday, October 13

Columbus Day
Office Closed

Tuesday, October 14

Stretch & Balance/EnhanceFitness 8:30 a.m.
Zumba Gold 9:45 a.m.
Blood Pressure 10:00 a.m.
Nutrition Class 11:00 a.m.
Movie Day – “The Book Thief” 12:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, October 15

Sign up for the Holiday Celebration at Lake Pearl Luciano's 8:00 a.m.
Strength Training/EnhanceFitness 8:30 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Target 1:00 p.m.

Thursday, October 16

Senior Services Open House 9:00 a.m. to noon
SHINE 10:00 a.m.
EnhanceFitness at the YMCA 11:30 a.m.
Low Vision Support Group 1:00 p.m.
Intermediate Italian Class 1:30 p.m.
COA Advisory Board Mtg. 5:00 p.m.

Friday, October 17

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

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 and AARP. We've also added some additional non-profit vendors from Social Security, the Senior Dental Program and GATRA. Refreshments will be provided by Foxboro TRIAD members and there will be free chances for door prizes and give-aways at each table. This program is open to all, so bring a friend. Don't miss it!

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.

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 from Waterfall Productions, followed by a HESSCO luncheon. This theatrical production will feature stories about Curses, Death and Immortality from 19th century New England writer, Sarah Orne Jewett. Sarah Orne Jewett, a native of South Berwick Maine, was one of New England's most prolific female writers of the 19th century and her stories highlighted the everyday lives of New Englanders, often reflecting the mysterious and supernatural atmosphere of this region. Rita Parisi has been entertaining audiences in the New England area for over 18 years and she will be presenting a trio of Miss Jewett's tales. 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.

OPTIONS FOR MEDICARE IN 2015

Peggy McDonough, SHINE Program Regional Director, will be at the senior center on Wednesday, November 5th 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 October 15th through December 7th 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.

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 20th 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 SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday evening each month through October. 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. 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.

“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 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 15th and 16th the featured program will be “Your Scene/Your Center” with COA Director Vicki Lowe, Town Manager Bill Keegan. They will be discussing the Town Hall Project. 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.

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 15th, 22nd, and 29th. Please call the senior Center at 508-543-1252 to sign up.

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.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, October 23rd at 9:00 a.m. Our guest speaker this month will be Foxborough's Town Manager Bill Keegan. The topic of discussion will be the Town Hall renovation project. The cost for the Men's Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, October 21st to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

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 15 – Target

October 22 - Walmart

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.

SCAM ALERT

CHIMNEY CLEANING AND REPAIR SCAMS

As consumers prepare their homes for colder weather, the Office of Consumer Affairs and Business Regulation is advising homeowners to be wary of possible chimney cleaning and repair scams. Scam artists sometimes lure homeowners with door-to-door sales pitches, phone solicitations, and/or ads offering extremely low prices. Once they get into your home, they may untruthfully claim expensive repairs are needed immediately to prevent serious problems like carbon monoxide leaks or fires. Consumers can check whether someone is registered as a home improvement contractor through the Office of Consumer Affairs and Business Regulation website or by calling 888-283-3757 (toll free in Massachusetts) or 617-973-8787.

MEDICAL INFORMATION AND SERVICES

BLADDER ISSUES PROGRAM

There will be a free informational session on Pelvic Floor Muscle Rehabilitation on Tuesday, November 4th from 6:00 p.m. to 7:00 p.m. at OB/GYN Associates of Attleboro, at 687 North Main Street in Attleboro. Pelvic Floor Muscle Rehabilitation (PFMR) treats a wide range of bladder disorders in a non-invasive, painless way. Dr. Barbara Stricker, board certified Obstetrician-Gynecologist, as well as Barbara Baxter and Mel Delger, board certified Physician Assistants from the Center for Bladder & Pelvic Health at OB/GYN Associates of Attleboro will be the presenters for this program. Please register by Friday, October 31st by calling 508-236-8020. A question and answer session will follow the presentation and the event will also include light refreshments and a raffle.

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 16th, November 4th and 20th. 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

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!

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.

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 13

Columbus Day

No Meals Served

Tuesday, October 14

International Week

Chicken Cantonese

Asian Rice

Wheat Bread

Fortune Cookie

Pineapple

Calories 345

Sodium 355

Wednesday, October 15

Italian Style Spaghetti

Meat Sauce

Roman Blend Vegetables

Italian Bread

Cheese Cake Pudding

Calories 360

Sodium 219

Thursday, October 16

Corn Chowder

Southern Style Chicken

Chopped Broccoli

Whole Wheat Bread

Peaches

Calories 367

Sodium 732

Friday, October 17

Salmon with Dill Sauce

Whipped Potato

Scandinavian Vegetables

Fruit Muffin

Fresh Fruit

Calories 362

Sodium 256