

## **JACK CRAIG'S SEASONAL SONGBOOK**

Get into the holiday spirit before going to our Holiday Party at Lakeview Pavilion and join us at the senior center as Jack Craig presents his "Seasonal Songbook" program on Thursday, December 1<sup>st</sup> at 10:00 a.m. Jack will provide us all with a booklet that contains more than 100 of the most popular carols, secular songs and standards of the winter, Christmas and Hannukah season. Audience members will peruse the booklet and pick their favorite songs for the group to sing. Then you'll hear the stories behind the songs with Jack's informative anecdotes. If you'd like to be a part of this wonderful holiday songfest, please call us at 508-543-1234 to sign up and we'll save you a seat.

### **Monday, November 14**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Meditation and Relaxation 1:00 p.m.

Stop & Shop 1:00 p.m.

### **Tuesday, November 15**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Memory Café of Foxborough 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, November 16**

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Luncheon Outing at The Chateau 1:00 p.m.

TRIAD 1:00 p.m.

Colorist Club 2:00 p.m.

Gary Hylander Lecture Part 3 4:30 p.m.

### **Thursday, November 17**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Art Class with Barbara 9:30 a.m.

Paolo DiGregorio History Lecture 12:30 p.m.

Low Vision Support Group 1:00 p.m.

### **Friday, November 18**

Coffee Connection 8:30 a.m. to noon

Stop & Shop 8:30 a.m.

Aerobics Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

## **MEDITATION AND RELAXATION CLASSES**

Our Chair Yoga instructor Michelle Lawlor will be back to the senior center to lead us in a 6-session series of Meditation and Relaxation Workshops. The workshops will be held on the following 6 Mondays from 1:00 to

2:00 p.m.: November 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, December 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness. Come join us as we work to get our minds into shape. Class size for the Meditation and Relaxation Workshops is limited, so please call us at 508-543-1234 to reserve your spot. Please bring your own coloring book.

### **SCAM ALERT**

**Do not** respond to any unsolicited mailings that may arrive in a "Priority Mail" envelope. It has been reported that "SIM" cards are being sent out with instructions to install this card into your mobile phone. **THIS IS A SCAM** and it is an attempt to retrieve your personal information!

### **HISTORY LECTURES WITH PAOLO DIGREGORIO**

"Artifactual Scholar," teacher and lecturer, Paolo DiGregorio will be at the senior center on Thursday, November 17<sup>th</sup> at 12:30 for another one of his popular history programs. Paolo is an historian, archeologist and educator with a passion for telling stories. The topic of his program on the 17<sup>th</sup> will be "The Renaissance." The 15<sup>th</sup> and 16<sup>th</sup> centuries saw an intellectual and artistic flowering in Europe. Many of our greatest works of art (painting, sculpture, architecture, literature) were created during that epoch. This talk will examine the origins of the Renaissance and explore some of the major artistic works of the period. We will also discuss the continuing cultural influence of the Renaissance. If you'd like to join us for this lesson in history, please call the senior center at 508-543-1234 to sign up and reserve your seat,

### **GARY HYLANDER'S HISTORY LECTURE SERIES**

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for part 3 in his series of history lectures on "Dangerous Women: Emma Goldman, Tokyo Rose and Axis Sally." This last lecture in the series will focus on Traitorous Ladies: Tokyo Rose and Axis Sally and will be held on Wednesday, November 16<sup>th</sup> at 4:30 p.m. Iva Toguri (Tokyo Rose) and Mildred Gillars (Axis Sally) were native born American citizens. During World War II, however, both women joined forces with America's enemies. From Tokyo and Berlin, Tokyo Rose and Axis Sally broadcast defeatist radio propaganda aimed at American GI's. "You Americans," they warned, "are losing the war. Surrender, desert or face certain death." After the war, both women were returned to the United States to stand trial for treason and possible execution. Come learn about a chapter in our history. To reserve your seat, please call the senior center at 508-543-1234 to sign up.

### **COMPUTER CLASSES AT THE SENIOR CENTER**

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

### **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, November 15<sup>th</sup> from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is "open" at the senior center on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be

accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

### **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, November 30<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 508-543-1234 to let us know if you’ll be coming.

### **MOVIE DAY**

Movie Day for the month of November is scheduled for Tuesday, November 22<sup>nd</sup> at 12:30 p.m. and our featured film will be “Trumbo.” In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood’s top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. Trumbo recounts how Dalton used words and wit to win 2 Academy Awards and expose the absurdity and injustice of the blacklist, which entangled everyone from gossip columnist Hedda Hopper (Helen Mirren) to John Wayne, Kirk Douglas and Otto Preminger. Join us at the senior center to watch this film 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 508-543-1234 if you’d like to sign up.

### **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 30<sup>th</sup> we’ll be enjoying our menu of Meatball Sub, Tossed Salad, Potato Wedges and Cake. 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 508-543-1234 by Monday, November 28<sup>th</sup> 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 November 16 & 17 the featured program will be “Medicare Options for 2017” with Peg McDonough. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, November 22<sup>nd</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.

### **LOW VISION SUPPORT GROUP**

The Low Vision Support Group meets at the senior center on the 3<sup>rd</sup> Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, November 17<sup>th</sup>. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

### **MEDICAL INFORMATION AND SERVICES**

#### **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 17<sup>th</sup>. In addition to the SHINE program, Community 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 508-543-1234 to set up an appointment.

### **REGULARLY SCHEDULED EXERCISE CLASSES**

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

### **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 services. 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, November 16 at 1:00 p.m. Everyone is welcome to attend these informational services.

### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at The Chateau Restaurant on Wednesday, November 16<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 508-543-1234 to sign up by Monday, November 14<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Monday the 14<sup>th</sup>.

### **FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME**

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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, December 6<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

### **SHOPPING**

We will be going to Stop & Shop on Mondays at 1:00 and 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 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

November 16 – The Chateau Restaurant

November 30 – Kohl's in Mansfield

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Sodium amounts are listed beside each menu item.**

**Monday, November 14**

Mini Cheese Ravioli 477

Tomato Sauce 55

Genoa Vegetables 40

Scali Bread 190

Peaches 5

Sodium 767

Calories 279

**Tuesday, November 15**

Teriyaki Chicken 478

Asian Rice 92

Oriental Vegetables 27

Whole Wheat Bread 160

Fortune Cookie 2

Sodium 759

Calories 245

**Wednesday, November 16**

Chuck Wagon Stew 306

O'Brien Potato 117

Oatmeal Bread 121

Fresh Orange 0

Sodium 544

Calories 375

**Thursday, November 17**

Turkey with Gravy 430

Cranberry Sauce 16

Mashed Potato 62

Winter Squash 13

Multigrain Bread 190

Pumpkin Pie 398

Sodium 1109

Calories 841

**Friday, November 18**

Low Salt Hot Dog 550

Mustard 55

Baked Beans 36

Cabbage & Carrots 47

Hot Dog Roll 210

Mixed Fruit 10

Sodium 908

Calories 461