

GARY HYLANDER'S LITERATURE LECTURE SERIES

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, December 9th at 4:30 p.m. for a literature lecture on the classic novel "*For Whom the Bell Tolls*." In 1937, author Ernest Hemingway traveled to Spain to cover the civil war there for the North American Newspaper Alliance. Three years later he completed the greatest novel to emerge from "the good fight," *For Whom the Bell Tolls*. This is the story of Robert Jordan, a young American in the International Brigades attached to an antifascist guerilla unit in the mountains of Spain, and it tells of loyalty and courage, love and defeat, and the tragic death of an ideal. The entire novel covers a span of just 3 days and it is considered by many to be one of the best war novels of all time. Please call the senior center at 508-543-1252 to sign up and reserve yourself a seat for this interesting and informational program.

Monday, November 16

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, November 17

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, November 18

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

TRIAD 1:00 p.m.

History Lecture Series on WWII Part 1 with Paolo DiGregorio 1:00 p.m.

Country Line Dancing 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, November 19

SHINE by appointment 10:00 a.m.

History Lecture Series on WWII Part 2 with Paolo DiGregorio 1:00 p.m.

Low Vision Support Group 1:00 p.m.

Friday, November 20

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 LECTURE SERIES ON WORLD WAR II

In honor of our celebration of veterans and families of veterans during the month of November, historian Paolo DiGregorio will be at the senior center to present a 2-part lecture series on the Second World War. Part 1 will be held on Wednesday, November 18th at 1:00 p.m. and will focus on the role of the United States in fighting in WWII. Part 2 will be held on Thursday, November 19th at 1:00 p.m. and Paolo will speak on the effect of the war at home and how the average American participated in the war effort. Join us for this informative series by calling the senior center in advance at 508-543-1252 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 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.

SENIOR CENTER HOLIDAY PARTY

The holidays are on the way, so come join us at the senior center on Thursday, December 10th from 1:00 to 3:00 p.m. as we get together for our Annual Holiday Party. Get into the holiday spirit as we enjoy a special time together fill with treats to eat, music and lots of laughs. The Friends of Foxboro Seniors are sponsoring our musical entertainment by DJ Dave Valerio. Sing along, tap your feet or just sit back and get into the spirit. The price of admission is the donation of a canned or boxed food item/s to the Foxborough Food Pantry or a donation to the Foxborough Discretionary Fund. Seating is limited. If you'd like to join us for this festive event, please call the senior center at 508-543-1252 to sign up.

JACK CRAIG'S SEASONAL SONG STORIES

Join us on Wednesday, December 2nd at 4:30 p.m. at the senior center as we welcome Jack Craig back to entertain us with some Seasonal Song Stories in honor of the upcoming holiday season. Revel in the spirit of the winter season and learn the stories behind songs that have been passed along through generations. From evergreens to sleigh bells, from dreidels to latkes, and from Santa to silver bells – the stories are fascinating! With traditional music of Chanukah and Christmas and on to other seasonal lighthearted favorites – sing a collage of songs that are central to the celebration of the winter holiday season. This program is being sponsored by the Friends of Foxborough Seniors. Give us a call at 508-543-1252 to sign up and we'll save you a seat!

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. Our entertainment will be provided by Eric Weld who will perform a Dean Martin show followed by dancing music with trumpet accompaniment. 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.

RESOURCES AND INFORMATIONAL SERVICES

MASSOPTIONS LINK TO COMMUNITY SERVICES

A new service for elders and individuals with disabilities called MassOptions has been launched. This is a free resource linking elders, family members, caregivers, and individuals with disabilities to services throughout the state that better allow them to live independently in the setting of their choice. MassOptions partners with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC), as well as state agency partners. They work with individuals to find and choose the services and supports that best fit their needs. Trained specialists are available by phone or by online chat, 7 days a week 8:00 a.m. to 8:00 p.m. Call toll free at 1-844-422-6277 or visit the website at www.MassOptions.org for more information.

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 (LIHEAP) 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: \$33,126 for a one-person household, \$43,319 for two people, \$53,511 for three people, \$63,704 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. Beginning on November 2nd, call the senior center at 508-543-1252 for information on this program or to make an appointment to fill out an application for the upcoming winter season.

EMERGENCY PREPAREDNESS

The Foxborough Council on Aging and Human Services is gathering pertinent data from people with critical needs in Foxborough who would like to be entered into the Public Safety database to be contacted in the event of a town-wide emergency. We are making every effort to reach all Foxborough residents who want to be identified as needing assistance in case of a town-wide evacuation or emergency. We particularly want to include those who are most vulnerable during an emergency. Forms are available at the Foxborough Senior Center. To request assistance or arrange for a home visit, call 508-543-1252 to speak with our Human Services staff.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, December 8th 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, now through 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.

CHECK YOUR DRUG PLAN DURING MEDICARE'S OPEN ENROLLMENT

Medicare's Open Enrollment period will continue until December 7th. It is important that you check your drug plan to make sure that your current medications will still be covered for the next year. A SHINE counselor can help you to find a new plan if needed, or you can also look on the Plan Finder at www.medicare.gov or call Medicare 24/7 at 1-800-633-4227.

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 19th and December 1st. 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.

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. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, December 7th. 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 for a ride.

REGULARLY SCHEDULED **MOVIE DAY**

The Movie Day for the month of November is scheduled for Tuesday, November 24th at 12:30 p.m. and our featured film will be "The Good Lie." This movie is based on a true story. After their village is destroyed and their parents killed by Northern militia, Sudanese orphans Theo, his siblings and other survivors make a difficult journey to a refugee camp in Kenya. Thirteen years later, the group gets a chance to settle in the U. S. They are met in Kansas by Carrie Davis (Reese Witherspoon) who has been charged with finding them jobs. However, seeing how adult they are in 20th century America, Carrie endeavors to help them in rebuilding their shattered lives. 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.

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 service. 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 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

ZUMBA CLASSES

Zumba Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings from 11:30 a.m. to 12:30 p.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. There is a \$2 charge for each class.

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 November 23rd. 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, November 24th 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.

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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

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. YMCA-certified instructor 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 and there is a \$2 charge for each 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. YMCA-certified instructor Bobbie Rodman leads 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.

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 18 - Walmart

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.

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 16

Grilled Chicken L’Orange

Hawaiian Rice

Tahitian Vegetables
Multigrain Bread
Pears
Calories 288
Sodium 464

Tuesday, November 17

American Chop Suey
Green & Wax Beans
Scali Bread
Fresh Apple
Calories 295
Sodium 214

Wednesday, November 18

BBQ Pork Rib
Whipped Potato
Carrots
Whole Wheat Roll
Applesauce
Calories 340
Sodium 538

Thursday, November 19

Roast Turkey with Gravy
Cranberry Sauce
Whipped Potato
Winter Squash
Oatmeal Roll
Holiday Pie
Calories 474
Sodium 521

Friday, November 20

Beef & Cabbage Casserole
Spring Blend Vegetables
Fruit Muffin
Banana
Calories 408
Sodium 480