

## **NOVA SCOTIA TRIP PRESENTATION**

We've already been gathering information for our Big Trip for 2015. Our plans are to travel up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 - 12, 2015. The tour company, Tours of Distinction, will be at the senior center on Wednesday, November 19<sup>th</sup> at 2:30 p.m. for a presentation of the itinerary and details of this upcoming trip. Our plans are to leave Foxborough by motorcoach on July 6, 2015 and spend our first night on the new cruise ship called the "Nova Star" which will take us into picturesque Yarmouth in Canada. There will be special sightseeing stops in Lunenburg and Peggy's Cove, and we'll be spending 2 nights at the Lord Nelson Hotel in Halifax. On day 3, we'll be enjoying the 2015 Royal Nova Scotia International Tattoo which is the largest annual indoor show in the world with over 800 performers. The next day we'll cross the Straits of Northumberland to Prince Edward Island where we'll spend two nights at the Hotel Charlottetown in the island's capital city. A local island guide will take us to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore on the Gulf of St. Lawrence. We'll be crossing the Confederation Bridge to New Brunswick, travel through Saint John and along the Fundy coast to Calais, Maine and then on to Boothbay Harbor. It's not too early to start making plans for 2015 so come join us on November 19<sup>th</sup> to hear the trip presentation by Tours of Distinction. The sign up for this trip will begin on Wednesday, December 3<sup>rd</sup>.

### **Monday, November 10**

Sit & Be Fit 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, November 11**

Office Closed

Veterans' Day Holiday

### **Wednesday, November 12**

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

Zumba Class 11:30 a.m.

Movie Day - "The Butler" 12:30 p.m.

Target 1:00 p.m.

### **Thursday, November 13**

EnhanceFitness at the YMCA 11:30 a.m.

Intermediate Italian Class 1:30 p.m.

### **Friday, November 14**

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.

### **Saturday, November 15**

Friends of Foxboro Seniors Meeting 9:30 a.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**

### **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. Please call us at 508-543-1252 if you'd like to join us.

### **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.

### **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, grape nut 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.

### **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 19<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational services.

### **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 12<sup>th</sup> and 13<sup>th</sup> the featured program will be "Your Scene/Your Center" with COA Director Vicki Lowe and 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.

### **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.

### **SERVICE OF REMEMBRANCE & THANKSGIVING**

Community VNA Hospice Care will host a service of Remembrance & Thanksgiving on Sunday, November 16<sup>th</sup> at 3:00 p.m. at St. Mary's Church, 1 Power Street in Norton, MA 02766. This interfaith service honoring the life and memory of loved ones is free and open to the public. It features music, candle lighting and readings followed by refreshments. A Memorial Table will be available to place a small photo of your loved one, if you wish. For more information, please contact Community VNA Bereavement Coordinator at 508-222-0118 ext. 1373.

### **REGULARLY SCHEDULED**

#### **WEDNESDAY ZUMBA**

In addition to our weekly Tuesday morning Zumba Gold classes, our Zumba instructor BB Dimitrova will be at the senior center for more Zumba classes to be held on Wednesday mornings at 11:30 a.m. The classes have been scheduled for November 12<sup>th</sup> & 19<sup>th</sup>, and December 3<sup>rd</sup> & 10<sup>th</sup>. Additional Zumba Class dates will be scheduled in the new year. Join us as we have fun while getting in shape for the holidays!

#### **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.

#### **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, December 2<sup>nd</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.

#### **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 12 – Target  
November 19 - Walmart

## **MEDICAL INFORMATION AND SERVICES**

### **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.

### **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.

### **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 an 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.

### **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.

### **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.

### **LIBRARY ACCESS SERVICES**

The Foxborough Council on Aging and Human Services and the Boyden Library have a program of delivering library books, CDs, DVDs and other library materials to Foxborough residents who cannot access the library without help. The Council on Aging and Human Services will deliver books and other materials from the library and will return materials when due. Pick-up and delivery is on Tuesdays. Additional dates can be

arranged. To be considered, or for information on this program, call the senior center at 508-543-1252 and ask for Ken Levy or Pam McGuire.

**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 10**

BBQ Beef Rib

Au Gratin Potato

Chuck Wagon Blend Vegetables

Whole Wheat Bread

Strawberry Cup

Calories 388

Sodium 656

**Tuesday, November 11**

Veterans' Day

No Meals Served

**Wednesday, November 12**

Grilled Chicken with Cucumber Sauce

Confetti Rice

Peas

Muffin

Fresh Orange

Calories 364

Sodium 465

**Thursday, November 13**

Meatloaf with Mushroom Gravy

Whipped Potato

Beets

Multigrain Roll

Butterscotch Pudding

Calories 473

Sodium 577

**Friday, November 14**

Fish Nuggets

Tartar Sauce

Hash Brown Potato

Mixed Vegetables

Wheat Bread

Mandarin Oranges

Calories 364

Sodium 457