

TRAVEL SERIES WITH DANA ZAISER

World traveler, Dana Zaiser, will be back at the senior center in September to present “Travels with Dana;” a 3-part series of programs. These programs will be held on the following Wednesday afternoons from 4:30 to 5:30 p.m.: September 7th, 14th and 21st. On September 7th, ride along with Dana through the famous Amazon Rain Forest and the Brazilian City of Manaus. During this hour-long presentation, you will learn about life along the Rio Nigro, one of the major tributaries of the Amazon River. See some of the amazing animals, colorful birds and learn to fish for piranhas. On September 14th, Dana’s presentation will be on Argentina and the Iguassu Falls, and then on the 21st, the topic will be Belize and its Mayan Ruins. Please call the senior center at 508-543-1234 to sign up in advance and join us on these travel adventures.

Monday, August 15

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.

Shaws 1:00 p.m.

Tuesday, August 16

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.

Talespinners 2:00 p.m.

Wednesday, August 17

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

Strength Training 8:30 a.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Jack Craig – American Songwriters Program 4:00 p.m.

Thursday, August 18

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

Summer Art Class with Barbara 9:30 a.m.

SHINE by appointment 10:00 a.m.

Low Vision Support Group 1:00 p.m.

Paolo DiGregorio History Lecture Series 1:00 p.m.

Friday, August 19

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

JACK CRAIG’S MUSIC – WITH CLASS!

Jack Craig is back to entertain us at the senior center with another program in his “Great American Songwriters” series on Wednesday, August 17th at 4:00 p.m. We will be celebrating Harold Arlen, songwriter of “Stormy Weather,” the score for “The Wizard of Oz” and the classic film songs “Blues in the Night,” “That Old Black Magic” and “One for My Baby!” This program is being sponsored by the Friends of Foxborough Seniors. Sign up in advance by calling the senior center at 508-543-1234 and we’ll save you a seat.

HISTORY LECTURE WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio, one of our most popular lecturers, will be at the senior center on the following dates in August: Thursday, August 18 at 1:00 p.m., and; Wednesday, August 31st at 5:00 p.m. Come learn about some famous (and some not so famous) historical figures whose adventures will be sure to surprise you. Our thanks go to the Friends of Foxborough Seniors for sponsoring this program. Please call the senior center at 508-543-1234 to sign up and reserve your seat.

TRAVEL WITH US TO TOWER HILL GARDENS/OLD MILL RESTAURANT

On Thursday, September 1st we'll be traveling by motorcoach out to Boylston, MA for a visit to Tower Hill Botanical Gardens. Join us as we depart from the rear parking lot of St. Mary's Church on Carpenter Street at 9:00 a.m. Enjoy the scenery as we travel to the Old Mill Restaurant in Westminister, MA where you'll enjoy a delicious, full course luncheon. Your choice of luncheon entrée includes: Yankee Pot Roast with Jardiniere Gravy; Baked Stuffed Chicken with Walnuts and Cranberries and Apple Cinnamon Glaze, or; Baked Stuffed Filet of Sole Almondine. After lunch, you'll travel to the beautiful Tower Hill Botanical Gardens in Boylston, MA. Here you will have the chance to stroll around the gardens and grounds to explore nature. You can also walk the woodland trails and watch the interaction of plants and animals in the Wildlife Garden's Birdhouse viewing station. Browse “The Shop at Tower Hill” for unique gifts, plants and books. The cost for this trip is \$81 per person and includes all gratuities. Payment will be due by Friday, August 19th. If you're interested in joining us, please call the senior center at 508-543-1234 to sign up.

SIGN UP FOR A DAYTRIP TO NEWPORT ON SEPTEMBER 22ND

The Foxborough Council on Aging and Human Services and the Friends of Foxborough Seniors are pleased to be offering another day-trip to Newport, Rhode Island this summer. This trip is being offered **FREE** of charge to Foxborough's senior citizens on Thursday, September 22nd. We will be traveling by motorcoach and leaving from the rear parking lot of St. Mary's Church on Carpenter Street at 9:30 a.m. When we arrive in Newport, our guide will take us on a 1-hour bus tour of the city. You will then be dropped off in the center of Newport where you can explore the local shops and stop for lunch in one of Newport's many eateries. We will board the bus for home at the same location as our original drop-off site, and we will be leaving Newport by 2:00 p.m. The only cost for you is for the gratuities! If you are interested in traveling with us on September 22nd, please call the senior center at 508-543-1234 to sign up. (This trip is for Foxborough seniors only.)

MEDICAL INFORMATION AND SERVICES

DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (October 15 – December 7), you will have a chance to **CHANGE** your plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! If you would like to schedule a SHINE appointment at the senior center, please call 508-543-1234.

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 August 18th and September 6th. 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 and appointment.

REGULARLY SCHEDULED **LOW VISION SUPPORT GROUP**

The Low Vision Support Group meets at the senior center on the 3rd Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, August 18th. 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!

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 August 22nd. 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.

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. It's "Barbeque Time", so on Wednesday, August 24th we'll be enjoying our menu of Hotdogs and Rolls, Potato Salad, Three Bean Salad, Lemonade, Watermelon and Ice Cream. 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, August 22nd to make your reservation and to arrange for transportation, if needed.

MEN'S COOKOUT

Our next Men's Cookout will be held on Thursday, August 25th at noon. The guest speaker for this month will be Foxborough's Veterans' Agent Mike Johns. The cost for lunch is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, August 19th. As always, everyone is welcome to join us for the speaking portion of the program at no cost after lunch has been served.

MOVIE DAY

Movie Day for the month of August is scheduled for Tuesday, August 23rd at 12:30 p.m. and our featured film will be "Brooklyn" which is the story of Eilis Lacey (Saoirse Ronan), a young Irish immigrant navigating her way through 1950's Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and two men on opposite sides of the world. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring you 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.

OPERATION REASSURANCE

The Operation Reassurance Program at the senior center is a free service for Foxborough residents. Participants check in via telephone each weekday, Monday through Friday, to ensure that they are O.K. This program is wonderful for people who live alone, those confined to their home due to illness, or anyone who wants the comfort of knowing someone will check on them once a day. This service can also be used on a temporary basis for a period of time when you may find yourself benefitting from a daily check-in or for reassurance. The Norfolk County Sheriff's Office also provides a telephone check program which is available 7 days a week. Call the senior center at 508-543-1234 for more information.

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.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

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, August 31st 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, August 29th. Van transportation is available, but transportation arrangements must be made by Monday the 29th.

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 a 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:

August 17 – Walmart

August 24 – Job Lot / Dollar Store

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.

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 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.

Monday, August 15

Chicken Rotini Casserole 244
Carrots & Green Beans 38
Multigrain Roll 190
Mandarin Oranges 6
Sodium 478
Calories 560

Tuesday, August 16

Beef Picadillo 251
Brown/White Rice 36
Summer Vegetables 26
Wheat Bread 115
Fresh Plum 0
Sodium 428
Calories 364

Wednesday, August 17

Glazed Chicken Drumstick 290
Sweet Potato 33
Beans Bonanza 39
Whole Wheat Bread 160
Fresh Orange 0
Sodium 522
Calories 398

Thursday, August 18

Beef Stew with Vegetables 261
Mashed Potato 62
Oatmeal Bread 121
Pears 4
Sodium 448
Calories 546

Friday, August 19

Crunchy Fish 337
Tartar Sauce 261
Potato Wedges 27
Summer Veggies 26
Honey Wheat Bread 135
Peaches 5
Sodium 791
Calories 702