

MANAGING CONCERNS ABOUT FALLS

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, "A Matter of Balance: Managing Concerns About Falls" is a program for you. This free eight-week evidence based workshop is being held at the senior center from 10:00 a.m. to 12:00 noon on the following Thursdays: September 10, 17, 24 and October 1, 8, 15, 22 and 29. The "A Matter of Balance" program is designed to help people to improve their quality of life and remain independent by reducing the fear of falling and increasing activity levels. People who develop this fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults experience increased isolation and depression when they limit their interactions with family and friends. Participants in this workshop will learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Seating for this program is limited, so if you're interested in taking part, please call the senior center at 508-543-1252 to reserve your spot.

Monday, August 17

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 18

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Garden Club 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – "The Red Shoes" 12:30
Talespinners 2:00 p.m.

Wednesday, August 19

Strength Training 8:30 a.m.
Zumba Gold 10:00 a.m.
Luncheon Outing at The Chateau 1:00 p.m.
Country Line Dancing 2:15 p.m.
History Lecture Series with Paolo DiGregorio 5:00 p.m.

Thursday, August 20

Literature Lecture with Gary Hylander 10:00 a.m.
SHINE by appointment 10:00 a.m.
Low Vision Support Group 1:00 p.m.

Friday, August 21

Stop & Shop 8:30 p.m.
Aerobic Exercises 9:00 a.m.
Cribbage 10:15 a.m.

SPECIAL PROGRAMS

GREETING CARD-MAKING CLASS

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon beginning on Friday, September 11th. The fee is just \$1 per class and will cover your supplies and the

instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

GARY HYLANDER LECTURE SERIES

Gary Hylander, Professor of History at Stonehill College, is back for a return engagement of literature lectures at the senior center. On Thursday, August 20th at 10:00, Dr. Hylander's program will be on "The Grapes of Wrath" by John Steinbeck. Dr. Hylander is an independent scholar who specializes as a Presidential Historian. In addition to his teaching, he is a frequent lecturer as well as a public affairs commentator on local news and radio. This lecture series is sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve yourself a seat for this informational program. If you're unable to attend, you can borrow the DVD recording from the senior center or check for the broadcast of this program on Foxboro Cable Access, "Your Scene Your Center" program, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m., Comcast channel 22 and Verizon channel 38.

"UNSINKABLE"

Come join us at the senior center on Thursday, August 27th at 10:00 a.m. as our guest speaker Patricia Perry presents her program "Unsinkable." April 14, 2014 marked the 102nd anniversary of the sinking of the Titanic. How much do you really know about the Titanic? If your knowledge comes from movies or romantic books, you may be in for a surprise. For instance, it wasn't just the iceberg that helped to sink the Titanic. Patricia Perry is a member of the National Association of Interpretation and a Certified Interpretive Guide. She is also a former junior high school teacher and a bit of a history nut. Join Patricia and travel with "Sneak Peek" aboard the luxurious floating palace that was the Titanic. But fair warning...each audience member will become one of the Titanic's passengers or crew. Some will survive and some will not. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you'd like us to save you a seat "onboard" for this program

MEN'S COOKOUT

The next Men's cookout will be held on Thursday, August 27th at 12:30 p.m. Our guest speaker this month will be Foxborough Veterans' Agent Mike Johns. The cost for the cookout is \$3 and if you would like to attend please call the senior center at 508-543-1252 by Friday, August 21st. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

TRIP TO THE NORWOOD FARMERS' MARKET

Our VanGo will be traveling to the Farmers' Market on Norwood Common on Tuesday, August 25th at 1:00 p.m. If you would like to ride with us to the market in Norwood to shop for some fresh local produce, please give us a call at 508-543-1252 and we'll save you a seat on the van.

NEW SENIOR CENTER HOURS

The senior center is now open until 6:30 p.m. every Wednesday evening and closes at 12:30 p.m. on Fridays. Check out our August 19th Wednesday schedule which includes: our Strength Training Class with Bobbie Rodman starting at 8:30 a.m.; Zumba Gold class with BB at 10:00 a.m.; the Luncheon Outing to the Chateau restaurant in Taunton at 1:00 p.m.; kick up your heels at our Country Line Dancing Class at 2:15 p.m., and; at 5:00 p.m. Paolo DiGregorio will be here to continue his history lecture series. Our Council on Aging and Human Services staff is also here to meet your needs.

HISTORY LECTURE SERIES

Paolo DiGregorio, the "Artifactual Scholar," will be back at the senior center on Wednesday, August 19th from 5:00 to 6:00 p.m. The topic of this series of lectures has been "Madness, Mayhem and Monarchy: the Rise and Fall of European Royal Houses." Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. This lecture series is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you're interested in attending and would like us to reserve you a seat. If you're unable to attend, you can borrow the DVD recording from the senior

center or check for the broadcast of this program on Foxboro Cable Access, "Your Scene Your Center" program, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m., Comcast channel 22 and Verizon channel 38.

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, August 26th, we'll be enjoying our "Orient Express" menu of chicken teriyaki, Asian rice, Tahitian-blend veggies, lemonade and cake. 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 at 508-543-1252 by Monday, August 24th to make your reservation and to arrange for transportation, if needed.

COUNTRY LINE DANCING

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon through October 7th. Learn the basic steps, then put what you've learned into action! Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

BROADWAY BLOCKBUSTER WITH JACK CRAIG

Join Jack Craig at the senior center on Wednesday, September 9th at 4:30 p.m. and he will tell us about the making of the movie musical "Gigi." MGM producer Arthur Freed convinced Alan Lerner to write a screenplay converting the Colette novella to become the movie "Gigi." Next, Lerner convinced Loewe to write the music for the film, which garnered nine Oscars – including "Best Picture." "Gigi" was filmed in Paris with a cast including Leslie Caron, Louis Jourdan, Hermoine Gingold and Maurice Chevalier, giving us memorable songs including "Thank Heaven for Little Girls," "The Night They Invented Champagne," and "I Remember It Well." Call the senior center at 508-543-1252 to sign up and we'll save you a seat! If you're unable to attend, you can borrow the DVD recording from the senior center or check for the broadcast of this program on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

WE ALL SCREAM FOR ICE CREAM!

It is summertime, the weather's hot, and it's time to think ice cream. So we've planned some ice cream day trips once again! This year's trips will be scheduled on some Tuesday and Thursday afternoons this summer. On Thursday, August 27th at 1:30 p.m. we'll be off to Flint Farm in Norton. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

GARDEN CLUB

In honor of summer, our Senior Center Garden Club, under the direction of Marsha Lewicke, has been meeting at the senior center. The next Garden Club meeting will be held on Tuesday, August 18th at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing! Also, the Garden Club has made some beautiful gardening boxes that would make great gifts. These boxes are on sale at the senior center for \$10 each, and the proceeds will go to the Garden Club.

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, August 26th 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 508-543-1252 to let us know if you'll be coming.

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 August 19th and 20th the featured program will be "Exercise and You." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, September 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.

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 20th and September 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 an appointment.

REGULARLY SCHEDULED

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau Restaurant in Taunton on Wednesday, August 19th 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, August 17th. Van transportation is available.

MOVIE DAY

The Movie Day for the month of August is scheduled for Tuesday, August 25th at 12:30 p.m. and our featured film will be "Still Alice." Alice Howland (Julianne Moore) happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking and inspiring. This film also stars Alec Baldwin, Kristen Stewart and Kate Bosworth. 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.

WEDNESDAY AFTERNOON MOVIE

Come on in to the senior center to watch a movie with us, stay cool and have some hot, fresh popped popcorn. On Wednesday, September 2 at 3:00 p.m., we'll be showing the award winning movie "Boyhood." Richard Linklater's "Boyhood" is a coming-of-age drama that the director spent 12 years making. He cast a young boy, Ellar Coltrane, and shot the film a few days at a time for over a decade so that he could capture how his leading actor, and the rest of his cast, aged. The film's story simply follows a boy named Mason (Coltrane) as he progresses from age 6 to 18 and deals with the typical travails of childhood like his parents' divorce, bad

stepparents, falling in love, finding his artistic voice, and fighting with his bratty older sister. Ethan Hawke and Patricia Arquette co-star as Mason's parents. If you'd like to join us, please call the senior center at 508-543-1252 and we'll save you a seat.

AEROBICS

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and through August 19th, Wednesday's Zumba classes will be held from 10:00 to 11:00 a.m. There will be **NO** Zumba classes from August 25th through September 2nd. 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 August 24th. 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.

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.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on August 20th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

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:
August 19 – Luncheon Outing at The Chateau

August 26 - Walmart

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, August 17

American Chop Suey
Italian Blend Vegetables
Scali Bread
Pears
Calories 305
Sodium 237

Tuesday, August 18

Low sodium Hot Dog with Roll
Mustard
Veggie Beans
Country Blend Vegetables
Fresh Orange
Calories 453
Sodium 712

Wednesday, August 19

Lemon Chicken Piccata
Rice Florentine
Roman Blend Vegetables
Whole Wheat Bread
Brownie
Calories 273
Sodium 562

Thursday, August 20

Macaroni & Cheese
Escalloped Tomato
Multigrain Roll
Mandarin Oranges
Calories 434
Sodium 520

Friday, August 21

Sweet & Sour Salmon
Rice Medley
Summer Blend Vegetables
Oatmeal Bread
Mixed Fruit
Calories 289
Sodium 390