

A MATTER OF BALANCE

Have you turned down a chance to go out with family of 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 9:30 a.m. to 12:00 noon on the following Thursdays: September 8, 15, 22, 29 and October 6, 13, 20 and 27. A free luncheon will be included for all participants. 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 strength and balance. There is a voluntary donation of \$2 per class. If you’re interested in participating in the program, you must commit to at least 6 of the 8 weeks of classes. Incentives are built in to reward you for your attendance. Seating for this program is limited, so please call the senior center at 508-543-1234 to sign up in advance to reserve your spot.

Monday, August 22

Coffee Connection 8:30 a.m. to 3:30 p.m.
Jay Barrows’ Office Hour 9:00 a.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 23

Coffee Connection 8:30 a.m. to 3:30 p.m.
NO Stretch & Balance today
NO Zumba Gold Class today
Table Top Garden Club 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – “Brooklyn” 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, August 24

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Job Lot / Dollar Store 1:00 p.m.
Colorist Club 2:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, August 25

Coffee Connection 8:30 a.m. to 3:30 p.m.
Summer Art Class with Barbara 9:30 a.m.
Men’s Cookout – 12:00 noon

Friday, August 26

Coffee Connection 8:30 a.m. to 12:00 noon
Stop and Shop 8:30 a.m.
NO Aerobics Class today
Cribbage 10:15 a.m.

“SERENADING SENIORS” CHORUS

The Foxborough Senior Center has its own chorus, known as the ‘Serenading Seniors.’ The chorus meets at the senior center on Wednesday mornings, from 10:00 to 11:00 a.m. If you enjoy singing and are interested in becoming part of this friendly and fun group, please call Chorus Director Jeanne Bonneau at 508-543-8940 for more information. Performances by the Serenading Seniors are held at the local schools and area nursing homes, and you don’t have to know how to read music to become a member.

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. Please call the senior center at 508-543-1234 to sign up in advance and join us on these travel adventures.

HISTORY LECTURE WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio, one of our most popular lecturers, will be at the senior center on 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. Please call the senior center at 508-543-1234 to sign up and reserve your seat.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, August 30th. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what’s up for 2016.

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 Westminster, 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.

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 31st 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.

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.

SCRAPBOOKING AND GREETING CARD-MAKING CLASS

The Greeting Card-Making Class has expanded to include Scrapbooking and this class will start meeting again at 10:30 a.m. every Friday morning beginning on Friday, September 9th. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class, and other embellishments and supplies will be provided. Also, if you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends in the class as you work on your projects, come join us. Our volunteer instructor, Helen Rice, is teaching both card-making and scrapbooking during class.

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.

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.

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.

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 September 6th and 15th. 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

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.

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.

COLORIST CLUB

Are you looking for something fun to do that's both calming and relaxing? We have a Colorist Club that meets at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1234 to sign up and join us for this soothing and relaxing activity.

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 24 – Job Lot / Dollar Store

August 31 – Luncheon Outing at The Chateau

VOLUNTEER OPPORTUNITY

FISH DRIVERS

FISH is a non-profit organization with volunteer drivers who bring Foxborough seniors and ailing residents in need of transportation to medical appointments within an 11 mile radius of Foxborough. Thanks to the efforts of Ms. Bea O'Hara and her dedicated drivers, many elderly and ailing residents have greatly benefited from this transportation service. FISH is currently in need of volunteer drivers to keep this program running at full capacity. If you are looking for a rewarding volunteer opportunity, rich in a history of goodwill and fellowship, please call Bea at 508-543-8549. To request transportation, please call 508-698-3729 and leave your name, address, phone number, and appointment date and time. Please provide 2 days advance notice of your transportation request and you will be called the evening before your appointment to confirm your ride.

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 22

Macaroni & Cheese 403
Tomato Florentine 121
Whole Wheat Roll 160
Tropical Fruit 10
Sodium 694
Calories 559

Tuesday, August 23

Greek Chicken 368
Parsley Mashed Potato 83
Glazed Carrots 63
Pita Bread 135
Blueberry Cobbler 341
Sodium 990
Calories 970

Wednesday, August 24

Beef Chili with Veggies 266
Dirty rice 137
Oatmeal Bread 121
Fresh Orange 0
Sodium 524
Calories 422

Thursday, August 25

Turkey Divan 321
O'Brien Potato 117
Multigrain Bread 190
Applesauce 20
Sodium 648
Calories 499

Friday, August 26

Sweet & Sour Pork Meatballs 400

Egg Noodles 35
Roman Vegetables 26
Oatmeal Bread 121
Mixed Fruit 10
Sodium 592
Calories 436