

MINDS IN MOTION – EXERCISE FOR YOUR BRAIN HEALTH

Do you feel like challenging your mind and stretching your imagination? Join us at the senior center where Jerry Cianciolo will be back by popular demand again to present his “Minds in Motion” program. This program is a series of eight all-new, hour-long “courses.” Each week we’ll be focusing on a different and challenging topic, and at every class there will be handouts and exercises that are designed to expand your thinking abilities. “Minds in Motion” is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. These classes will be held at 1:00 p.m. on the following Monday afternoons: September 12th, 19th & 26th and October 3rd, 17th, 24th & 31st and November 7th. This program is being funded by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up. Class size is limited and due to the popularity of Jerry’s first series of “Minds in Motion” programs it is important to sign up in advance to reserve your seat.

Monday, August 29

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 30

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

NO Stretch & Balance today

Coffee with Chris 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, August 31

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

Strength Training 8:30 a.m.

Coffee with the Town Manager 12:30 p.m.

Luncheon Outing at The Chateau 1:00 p.m.

Colorist Club 2:00 p.m.

History Lecture with Paolo DiGregorio 5:00 p.m.

Thursday, September 1

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

Trip to Tower Hill Gardens 9:00 a.m.

Friday, September 2

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

Stop and Shop 8:30 a.m.

Aerobics Class 9:00 a.m.

Cribbage 10:15 a.m.

A MATTER OF BALANCE

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 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. This program is funded by a grant from HESSCO Elder Services.

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.

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 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.

ART CLASSES WITH BARBARA GAGE-MULFORD

Join Barbara at the senior center for a fun, stress-free series of art workshops that will be held at 9:30 a.m. on the following Thursday mornings: September 8, 15 & 22, October 6, 13 & 27 and November 3. Students in these workshops may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. These classes are being offered free of charge and all materials are provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). Class size is limited, so please call the senior center at 508-543-1234 to sign up in advance. This class is funded through gifts made to the Foxborough Council on Aging and Human Services.

JUDITH KALAORA'S PROGRAM "CHALLENGER: SOARING WITH CHRISTA McAULIFFE"

History At Play Founder, Artistic Director and Actor, Judith Kalaora, will be back at the senior center on Thursday, September 15th at 1:00 p.m. to present a 30th anniversary tribute to teacher and astronaut Christa McAuliffe. Ask anyone about Christa McAuliffe and they will tell you exactly where they were when the Challenger shuttle launched; however, few people understand who Mrs. McAuliffe really was. America's teacher in space was an educational pioneer and her goals and accomplishments are explored in this multi-media experience, which honors the 30th anniversary of the Challenger launch. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like to join us for this special program with Judith, please call the senior center at 508-543-1234 to sign up in advance and reserve your seat.

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 Negro, 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.

SCRAPBOOKING AND GREETING CARD-MAKING CLASS

The Greeting Card-Making Class has expanded to include Scrapbooking and this class will start meeting once 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.

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 31st & September 1st the featured program will be “Falls Prevention.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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, September 15th. 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!

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.

PRESCRIPTION DRUG COSTS TOO HIGH?

If you are on a Medicare Drug plan and experiencing high drug costs, you may qualify for help if you are below the following income guidelines: Individual - \$1505 monthly income/assets \$13,640 or couple - \$2023 monthly income/assets \$27,250. Contact your local SHINE Office at 781-784-4944 or call for a SHINE appointment at the senior center at 508-543-1234 to fill out a Low Income Subsidy Application.

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 **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.

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 31 – Luncheon Outing at The Chateau

September 7 – Walmart

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.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, September 6th from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

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 29

Cheeseburger 387

Ketchup 82

Baked Beans 36

Hot Beet Salad 173

Hamburger Roll 230

Mandarin Oranges 6

Sodium 914

Calories 505

Tuesday, August 30

Stuffed Shells 458

Broccoli 12

Multigrain Roll 190

Nectarine 0

Sodium 660

Calories 458

Wednesday, August 31

Chicken Parmesan 361

With Tomato Sauce 50

Italian Pasta 1

Roman Vegetables 26

Scali Bread 190

Birthday Cake 209

Sodium 837

Calories 550

Thursday, September 1

Hotdog with Roll

Mustard

Baked Beans

Cabbage & Carrots

Pears

Sodium 842

Calories 798

Friday, September 2

Potato Pollack

O'Brien Potato

California Blend Vegetables

Whole Wheat Roll

Applesauce

Sodium 549

Calories 499