

QUABBIN FOLIAGE TOUR

Join us on Thursday, October 8th as we spend the day traveling along the scenic roads of Central Massachusetts and head to the Quabbin Reservoir area and West Brookfield's Salem Cross Inn. We will be leaving Foxborough via motorcoach at 9:00 a.m. from the rear parking lot of St. Mary's church. Our first stop will be the Salem Cross Inn to enjoy a delicious full course luncheon featuring the soup du jour, a fresh garden salad, an entrée choice of Salem Cross' famous flaky chicken pot pie or maple salmon, and a scrumptious dessert. After lunch, we will be joined by a native tour guide who will take us throughout the Quabbin Reservoir and who will explain how local villages and towns were flooded so that the reservoir, containing billions of gallons of water, could be constructed. We will then visit Brookfield Orchards, one of New England's largest apple growers. While there, we will have a chance to stroll through the shop and you may be tempted to sample a crisp, juicy apple, some cheese or even some delicious fudge. We should arrive back in Foxborough by 5:30 p.m. The cost for this day trip is \$72 per person, including all gratuities, and the payment will be due by Friday, September 18th. If you're interested in joining us, please call the senior center to sign up at 508-543-1252 beginning at 8:00 a.m. on Wednesday, September 2nd.

Monday, August 31

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, September 1

Stretch & Balance 8:30 a.m.

SHINE by appointment 10:00 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, September 2

Sign up for the Quabbin Foliage Trip 8:00 a.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Wednesday Movie – "Boyhood" 11:15 a.m.

Christmas Tree Shop 1:00 p.m.

Country Line Dancing 2:00 p.m.

Thursday, September 3

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Friday, September 4

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

CHECK OUT OUR NEW ENTERTAINMENT SYSTEM

Thanks to the Friends of Foxborough Seniors, a new state-of-the-art entertainment system has been installed at the senior center. Now, as we take part in the programs, movies and lectures at the senior center we will all benefit from this enhanced sound and visual experience.

SPECIAL PROGRAMS

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, September 1st from 1:30 p.m. to 3:00 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.

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.

PRESENTATION ON DELIRIUM

Delirium is a sudden change in mental status or sudden confusion which develops over hours to days. It is different from dementia and affects more than half of all hospitalized seniors. Come join us on Thursday, September 10th at 1:00 p.m. as we learn the ten tips to help avoid confusion in the hospital. Find out why you as a family member or friend can be the best advocate for preventing or mitigating the effects of delirium in a patient. This program will be presented by Pat Gavin of HESSCO Elder Services and Mary McDougall, RN, PhD, Nurse Educator at Norwood Hospital. Please call the senior center at 508-543-1252 to sign up for this program.

LINE DANCING WITH JEANNE AND FAYE

Our line dancing instructors Jeanne Bonneau and Faye Sullivan are back at the senior center to lead us through some line dancing steps and to get us to kick up our heels once again. The steps are uncomplicated and the classes are always lots of fun. Line Dancing Classes will be held from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: September 9th, 16th, 23rd and 30th. Please call the senior center at 508-543-1252 to sign up.

PAOLO DIGREGORIO'S HISTORY LECTURE SERIES

The "Artifactual Scholar" Paolo DiGregorio will be returning to the senior center on Wednesday, September 16th from 5:00 to 6:00 p.m. to present another program in his history lecture series. Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. Paolo will also be back on Thursday, October 1st and Thursday, October 29th from 1:00 to 2:00 p.m. for 2 additional history lectures. Please call the senior center at 508-543-1252 if you're interested in attending and would like us to 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.

ONE MIND, ONE BREATH - MINDFULNESS AND MEDITATION

The Foxborough Council on Aging and Human Services is sponsoring a free 6-week mindful movement and meditation workshop. The workshops will be led by Dr. Sang Kim and will be held every Wednesday from September 30th through November 4th from 4:30 to 5:30 p.m. in the gym at the John J. Ahern Middle School, 111 Mechanic Street. Dr. Kim is recognized as a top martial arts master by his home country of South Korea. He has been practicing martial arts for over 52 years and has written over 25 books on martial arts. This 6-week program is called "MBX-12" and consists of 12 movements that combine meditation, mindfulness, deep breathing and stretching which draws from Dr. Kim's martial arts training and life experience. At these workshops you will learn: deep breathing techniques for calming the mind and boosting your energy level; gentle stretching exercises to invigorate your internal energy flow, and; ways to promote daily mindfulness, cope with stressful events and create peaceful moments for yourself. This 6-week program is free and open to

Foxborough adults of all ages. Space is limited so if you'd like to take part in these workshops to reduce stress and boost your energy levels, please register in advance by calling the senior center at 508-543-1252. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

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 September 2nd Wednesday schedule which includes: our Strength Training Class with Bobbie Rodman starting at 8:30 a.m.; Chorus at 10:00 a.m.; we'll be showing the movie "Boyhood" at 11:15 a.m.; Van trip to the Christmas Tree Shop at 1:00 p.m., and; at 2:00 p.m. kick up your heels at our Country Line Dancing Class.

WE ALL SCREAM FOR ICE CREAM!

We'll be off to the Big Apple farm in Wrentham for some ice cream on Thursday, September 17th at 1:30 p.m. 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.

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, September 23rd, we'll be enjoying our menu of a ham and cheese croissant, minestrone soup, cake and lemonade. 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 508-543-1252 by Monday, September 23rd to make your reservation and to arrange for transportation, if needed.

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, September 30th 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.

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.

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.

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 September 2nd and 3rd the featured program will be “Jack Craig Big Band Signature Songs from bandleaders A - J.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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 at 2:00 p.m. 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.

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.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Tuesday, September 29th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule 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 September 1st and 17th. 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.

TRIP INFORMATION

TRIP TO THE “BIG E”

We are offering a trip to the Big E in West Springfield on Thursday, September 24th. **This trip is for Foxborough residents ONLY.** Join us as we enjoy the sights, sounds and tastes of the fall season at New England’s autumn extravaganza and the largest fair in the northeast – “The Big E.” We’ll spend the entire day experiencing all that The Big E has to offer which includes entertainment, major exhibits, the Avenue of the States, New England history and agriculture, animals, rides, shopping, crafts, a daily parade, and foods from around the world. We will be leaving Foxborough via motorcoach from the rear parking lot of St. Mary’s Church at 9:00 a.m., and we’ll leave the fair after the 5:30 p.m. parade, returning to Foxborough at approximately 7:00/7:30 p.m. Thanks to a grant from the Eastern States Exposition that covers the cost of admission and transportation to the fair, we are able to offer this trip for just \$2 per person, which covers the gratuity for the coach driver. The sign-up for this trip has begun, so if you’d like to take advantage of this great day trip, please call the senior center at 508-543-1252.

VOLUNTEER OPPORTUNITY

AARP FOUNDATION TAX-AIDE VOLUNTEER

Are you looking for a rewarding volunteer opportunity that makes the most of your talents? Volunteer for AARP Foundation, Tax-Aide, one of the most effective grassroots volunteer programs in the nation. You'll be helping low-to-moderate-income taxpayers – especially those 60 and older – in your own community with much-needed tax preparation assistance that's free, individualized and has no strings attached. And because these aides go beyond the 1040EZ form to cover the 1040 with Schedules A, B and D, the program volunteers often find claims and deductions that a taxpayer might not even know about. If you're interested in being a Tax-Aide Volunteer, please visit the AARP website at aarp.org/taxaide for more information and to register as a volunteer.

REGULARLY SCHEDULED

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.

CLASSIC MOVIE DAY

The featured movie classic for the month of September will be "Nine to Five" and is scheduled for Tuesday, September 8th at 12:30 p.m. Judy Bernly (Jane Fonda), a housewife whose husband has left her for his secretary, begins her own secretarial career at a huge corporation. Violet Newstead (Lily Tomlin), a feisty, veteran office manager, instructs her on the perils and procedures of office life – and of working for Franklin Hart, Jr. (Dabney Coleman), their chauvinistic, sleazy boss. Meanwhile, Hart endlessly attempts to seduce his happily married secretary, Doralee Rhodes (Dolly Parton). When the ladies all get together and concoct hilarious revenge fantasies about killing their boss, a mix-up leads the women to think that they have accidentally poisoned his coffee. Come join us and take in this funny classic movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. 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.

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:

September 2 – Christmas Tree Shop

September 9 - Target

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 31

Italian Style Spaghetti & Meat Sauce

Tuscany Blend Vegetables

Scali Bread

Hermit Cookie

Calories 397

Sodium 180

Tuesday, September 1

Beef Burgundy

Buttered Noodles

Green & Wax Beans

Honey Wheat Bread

Pineapple Chunks

Calories 452

Sodium 279

Wednesday, September 2

Beef & Pepper Casserole

Carrot Slices

Whole Wheat Roll

Chocolate Pudding

Diet Pudding

Calories 353

Sodium 403

Thursday, September 3

Orange Tarragon Chicken

Whipped Potato

Beets

Oatmeal Bread

Fresh apple

Calories 348

Sodium 647

Friday, August 28

Sweet Potato Pollack

Tartar Sauce

Au Gratin Potatoes

California Blend Vegetables

Wheat Bread

Mixed Fruit

Calories 441

Sodium 591