

## **GARY HYLANDER'S HISTORY LECTURE SERIES**

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for a series of history lectures on "Dangerous Women: Hutchinson, Goldman and Tokyo Rose." The first lecture in the series, "A Verve Dangerous Woman: Ann Hutchinson," will be held on Wednesday, October 5<sup>th</sup> at 4:30 p.m. Arriving in Boston from England in September of 1634, Anne Hutchinson, along with her husband and eleven children, settled into their new life in the Massachusetts Bay colony. Deeply religious and a skilled midwife, Hutchinson was embraced by the Puritan community. Soon however, she began to hold religious meetings in her home and to question the Biblical authority of the minister's sermons. When she refused to remain silent, Boston clergymen together with Governor John Winthrop condemned Hutchinson as "a Verve Dangerous Woman" who stubbornly refused to recant her "fowle and Damnable Herisies." Come learn about a chapter in the history of Massachusetts. To reserve your seat, please call the senior center at 508-543-1234 to sign up. The next 2 lectures in the series will be held on November 9<sup>th</sup> and 16<sup>th</sup>.

### **Monday, September 19**

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.

Minds in Motion 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, September 20**

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

Stretch & Balance 8:30 a.m.

Table Top Garden Club 9:45 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Memory Café 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, September 21**

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Job Lot / Dollar Store 1:00 p.m.

TRIAD 1:00 p.m.

Colorist Club 2:00 p.m.

Travels with Dana Zaiser Part III 4:30 p.m.

### **Thursday, September 22**

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

Trip to Newport, Rhode Island 9:30 a.m.

A Matter of Balance 9:30 a.m.

Art Class with Barbara 9:30 a.m.

Low Vision Support Group 1:00 p.m.

### **Friday, September 23**

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.

Card Making and Scrapbooking Class 10:15 a.m.

### **LINE DANCING**

Let's get moving and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again at the senior center to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you'll be improving your brain power while getting some great exercise. Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 5, 12, 19 and 26. These classes are being offered free of charge. Please call the senior center at 508-543-1234 to sign up if you'd like to join us.

### **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

Please join us at the senior center for the "Grand Opening" of the Pleasant Moments Memory Café of Foxborough on Tuesday, September 20<sup>th</sup> from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café will be "open" at the senior center on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

### **PODIATRIST**

Dr. Jeffrey Willinsky, Board certified by the American Board of Podiatric Orthopedics, is scheduled to be at the senior center on Monday, September 26<sup>th</sup> at noon. Clients are seen on a first come, first service basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1234 to set up an appointment for a ride.

### **HISTORY LECTURES WITH PAOLO DIGREGORIO**

"Artifactual Scholar" Paolo DiGregorio, one of our most popular lecturers and our favorite history teacher, will be at the senior center on the following Thursdays in October at 12:30 p.m.: October 6, 13 and 27. Paolo is an historian, archeologist and educator with a passion for telling stories and bringing history to life. In October, Paolo will be presenting a series of programs on "Ancient Empires" with a special look at Greece, Persia and Rome. If you'd like to join us for this interesting series, please call the senior center at 508-543-1234 to sign up and reserve your seat.

### **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 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.

### **TRAVEL SERIES WITH DANA ZAISER**

World traveler, Dana Zaiser, will be at the senior center on Wednesday, September 21<sup>st</sup> at 4:30 p.m. to present the 3<sup>rd</sup> and final part of his "Travels with Dana" programs. Dana's travel series concludes with a visit to the jungle of Belize. Avoid the standard beach and hotel vacation and stay in a thatched roof cabana miles from civilization. Learn about the country of Belize and see plentiful nature photos. We'll also pay a visit to the restored Mayan ruins of Lamanai. If you haven't already signed up for this series, but would like to join us on this program featuring Belize and Mayan Ruins, please call the senior center at 508-543-1234 to sign up and join us on this travel adventure.

### **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, September 27<sup>th</sup>. 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.

### **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 28<sup>th</sup> 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 BREAKFAST**

Our next Men's Breakfast will be held on Thursday, September 29<sup>th</sup> at 9:00 a.m. The guest speaker for this month will be Foxborough Police Chief Ed O'Leary. The cost for breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, September 23<sup>rd</sup>. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **SCRAPBOOKING AND GREETING CARD-MAKING CLASS**

The Greeting Card-Making Class has expanded to include Scrapbooking and this class meets on Friday mornings at 10:30 a.m. 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 September is scheduled for Tuesday, September 27<sup>th</sup> at 12:30 p.m. and our featured film will be "5 Flights Up." Academy Award winners Morgan Freeman and Diane Keaton star in this heartwarming story about a happily married couple, Ruth and Alex Carver, who have decided to cash in on their sought-after Brooklyn apartment. After enlisting the help of Ruth's niece, real estate agent Lily (Cynthia Nixon), they're about to embark on a whirlwind weekend they never imagined! As a series of crazy events unfold and offers on the apartment fly, they'll find their unwavering love tested in surprising ways - and ultimately discover a whole new lease on life. Join us at the senior center to watch this film 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 508-543-1234 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. On Wednesday, September 28<sup>th</sup> we'll be enjoying our menu of

Seafood Salad on a Croissant, Minestrone Soup, Pasta Salad, Cake & 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, September 26<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

### **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 21 & 22 the featured program will be “The Civil War, Part 2 with Paolo DiGregorio.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **JAY BARROWS’ OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on September 26<sup>th</sup>. 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.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, September 27<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

### **MEDICAL INFORMATION AND SERVICES**

#### **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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for October 17, 20 and 24. 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.

### **TRIAD**

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third

Wednesday of each month, and the next TRIAD meeting will be on Wednesday, September 21 at 1:00 p.m. Everyone is welcome to attend these informational services.

### **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 Horse & Carriage Restaurant on Wednesday, September 28<sup>th</sup> 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, September 26<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Monday the 26<sup>th</sup>.

### **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 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

September 21 – Job Lot / Dollar Store

September 28 – Horse & Carriage Restaurant

### **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, September 19**

Sausage with Peppers & Onions 517

Italian Pasta 1

Sub Roll 162

Applesauce 20

Sodium 708

Calories 421

#### **Tuesday, September 20**

Roasted Chicken 320

With Honey & ginger 73

Asian Rice 92

Oriental Blend Vegetables 27

Oatmeal Bread 121

Pineapple 1

Sodium 641

Calories 460

#### **Wednesday, September 21**

Butternut Mac & cheese 345

Escaloped Tomatoes 143

Fruit Muffin 190

Orange 0

Sodium 685

Calories 681

#### **Thursday, September 22**

Roast Turkey with Gravy 430

Cranberry Sauce 16  
Mashed Potato 62  
Multigrain Bread 190  
Apple Crisp 22  
Sodium 810  
Calories 621

**Friday, September 23**

Cheeseburger 200  
Ketchup 82  
Potato Wedges 22  
Genoa Blend Vegetables 31  
Hamburger Roll 230  
Mandarin Oranges 6  
Sodium 583  
Calories 566