

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes will be held on Wednesdays from 11:30 a.m. to 12:30 p.m. starting on September 28th and will run throughout the year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

Monday, September 26

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

Jay Barrows' Office Hour 9:30 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Podiatrist 12:00 noon

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Minds in Motion 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, September 27

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

Stretch & Balance 8:30 a.m.

Coffee with Chris 9:00 a.m.

Manicures 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – "5 Flights Up" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, September 28

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class With FRCS 11:30 a.m.

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

Luncheon Outing at Horse & Carriage 1:00 p.m.

Colorist Club 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, September 29

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

Men's Breakfast 9:00 a.m.

A Matter of Balance 9:30 a.m.

COA/HS Advisory Board Meeting 3:00 p.m.

Friday, September 30

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.

AUTHOR MICHAEL TOUGIAS TO PRESENT A PROGRAM ON “KING PHILIP’S INDIAN WAR”

On Wednesday, October 12th at 4:30 p.m., Michael Tougias, author of the acclaimed novel *Until I Have No Country (A Novel of King Philip’s War)* and co-author with Eric Schultz of *King Philip’s War: The History and legacy of America’s Forgotten Conflict*, will be back at the senior center to present a program on this war between the Colonists and the Native Americans in 1675-76. The first part of his presentation will include a discussion on the Indian way of life, colonial settlements, and the events leading up to the war. The second part of the program will cover the battles and strategy during this cataclysmic war, which on a per capita basis was the bloodiest conflict in our nation’s history. Mr. Tougias has a slide presentation which will include slides on battle sites, period sketches, historic markers, maps and suggestions for visiting road-side history. He will also discuss Native strategy during the war and the challenges of writing a historic novel. Following the presentation, Mr. Tougias will be available for questions and for book signing. Please call the senior center at 508-543-1234 to sign up in advance if you’re interested in attending.

ASSISTIVE LISTENING SYSTEMS

The Foxborough Council on Aging and Human Services is proud to announce that we have been awarded a grant from Massachusetts Councils on Aging and Executive Office of Elder affairs to pay for Assistive Listening Systems at the Senior Center. Our goal is to ensure that all of our program participants can enjoy our activities and programs whether it is a main speaker, a class instructor or a face to face encounter with our human services staff. We are committed to making our senior center a welcoming place for all, including adults who have hearing loss. We will be receiving our equipment soon and it should be available for use starting in October. Please don’t let concerns about not being able to hear stop you from attending our wonderful programs. We’ve got you covered!

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 5th 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 9th and 16th.

PODIATRIST

Dr. Jeffrey Willinsky, Board certified by the American Board of Podiatric Orthopedics, is scheduled to be at the senior center on Monday, September 26th 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.

MEN’S BREAKFAST

Our next Men’s Breakfast will be held on Thursday, September 29th at 9:00 a.m. The guest speaker for this month will be Foxborough Police Chief Ed O’Leary. This will be Chief O’Leary’s last official appearance as one of our speakers. Please join us to say congratulations and help us wish him a long and healthy retirement. 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 23rd. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

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.

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 27th. 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 28th 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.

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.

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 27th 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 28th 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 26th 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 September 26th. 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 27th 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 1st Tuesday and 3rd 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

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.

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 28th 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 26th. Van transportation is available, but transportation arrangements must be made by Monday the 26th.

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, October 4th 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.

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 28 – Horse & Carriage Restaurant
October 5 - Walmart

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 26

Chicken Stir-Fry with Vegetables 207
Fluffy Rice 36
Whole Wheat Roll 160
Tropical Fruit 10
Sodium 420
Calories 425

Tuesday, September 27

Spanish Omelet 282
Hash Browns 136
Broccoli 12
Honey Wheat Bread 135
Fresh Orange 0
Sodium 565
Calories 480

Wednesday, September 28

Beef Stew with Vegetables 261
Mashed Potato 62
Oatmeal Roll 121
Birthday Cake 209
Sodium 653
Calories 706

Thursday, September 29

Harvest Soup 230

Glazed Chicken Drumstick 290

Tricolor Pasta 1

Multigrain Roll 190

Mandarin Oranges 6

Sodium 717

Calories 449

Friday, September 30

Salmon Fillet 67

With Lemon Dill Sauce 111

Mashed Potato

Beets 162

Wheat Bread 115

Butterscotch Pudding 251

Sodium 808

Calories 577