

ART KEEPS US HUMAN – ART MATTERS

On Wednesday, October 19th at 5:00 p.m. at the senior center, our guest speaker will be Jane Blair who will introduce us all to “ART MATTERS,” the Art Awareness Program designed to keep us connected to the world and encourage a loving relationship with the visual arts. Art teaches. Art communicates. Art has humor, adventure and passion. Human beings are the only creatures living on earth who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Please call the senior center at 508-543-1234 to sign up in advance and be sure to bring your sense of humor and your sense of Human.

Monday, October 3

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

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 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, October 4

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

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Bingo 1:30 p.m.

Wednesday, October 5

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Computer Class 11:30 a.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Gary Hylander Lecture 4:30 p.m.

Thursday, October 6

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

A Matter of Balance 9:30 a.m.

Art Class with Barbara 9:30 a.m.

History Lecture with Paolo DiGregorio 12:30 p.m.

Friday, October 7

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.

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.

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.

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.

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 are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school 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.

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!

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next gathering of the Pleasant Moments Memory Café of Foxborough on Tuesday, October 18th 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 is "open" at the senior center on the 3rd 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.

"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.

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.

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 October 5th and 6th the featured program will be "The Fabulous Fifties." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING CLINIC IN NORWOOD

A free dental screening clinic for seniors will be held on Saturday, October 15th from 8:45 a.m. to 1:00 p.m. at the Norwood Senior Center. At the free screening, dentists from our area have volunteered to examine patients for problems with their teeth, gums, and dentures. Patients can ask questions and discuss their concerns, and participants will also be screened for oral cancers and free denture cleaning. During the screening clinic, participants can also apply and learn more about the Elder Dental Program, which helps low income seniors to access local dental services provided at reduced fees based on a sliding scale. Area residents age 60 and over whose annual incomes are less than \$29,425 a year, may qualify for this program. Anyone aged 60 or over from any town is welcome to attend the clinic. Appointments must be arranged in advance by calling the Norwood Senior Center at 781-762-1201. The screening clinic is organized by the Elder Dental Program, a project of Community VNA. Funding for the Free Screening Clinic is provided by the Norwood Senior Center, as part of their initiative to keep older adults free of dental disease.

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 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 an appointment.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, October 11th 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 508-543-1234 to set up an appointment.

REGULARLY SCHEDULED

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.

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.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

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.

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.

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:

October 5 – Walmart

October 12 – Christmas Tree/Trader Joe's

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, October 3

Broccoli & Cheese Bake 275
Hash Brown Potatoes 118
Chickpea Blend Vegetables 26
Breadstick 160
Pineapple 75
Sodium 902
Calories 654

Tuesday, October 4

Blackbean Soup 296
Mexican Chicken 413
Summer Blend Vegetables 57
Whole Wheat Bread 160
Mixed Fruit 10
Sodium 936
Calories 440

Wednesday, October 5

Roast Turkey with Gravy 430
Cranberry Sauce 16
Mashed Potato 62
Squash 13
Multigrain Bread 190
Hermit 108
Sodium 1259
Calories 665

Thursday, October 6

Beef Chili 266
With Vegetables
Brown & White Rice 36
Oatmeal Roll 121
Mandarin Oranges 6
Sodium 429
Calories 413

Friday, October 7

Sausage with Peppers 517
And onions
Penne Pasta 1
Sub Roll 20
Apple Sauce 47
Sodium 585
Calories 389