

## **RETIREMENT CELEBRATION FOR NOREEN SHERYS, COMMUNITY SOCIAL WORKER**

Come and join us on Tuesday, September 17<sup>th</sup> beginning at 2:00 p.m. for an opportunity to wish a "Happy Retirement" to Noreen Sherys, our long-time, dedicated Community Social Worker. Noreen has worked at the Foxborough COA & HS for 11 years and has been a wonderful advocate for numerous individuals and families while working to develop many community support programs during her tenure. Take advantage of this chance to visit with Noreen as we thank her for all of her years of service to our seniors and our community. Light refreshments will be served. Please call 508-543-1252 to RSVP by Friday September 13<sup>th</sup>.

### **Monday, September 9**

Sit & Be Fit 9:30 a.m.  
Tai Chi 10:45 a.m.  
Knitting 1:00 p.m.  
Shaw's 1:00 p.m.

### **Tuesday, September 10**

Stretch & Balance 8:30 a.m.  
Blood Pressure Clinic 10:00 a.m.  
Nutrition 11:00 a.m.  
Discussion Group 1:00 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, September 11**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Video lecture series-"Mark Twain" 11:30 a.m.  
Target 1:00 p.m.  
Zumba (4 week session) 1:00 p.m.

### **Thursday, September 12**

Ceramics 9:00 a.m.  
Classic Movie-"Gloria" 11:00 a.m.  
Italian 1 11:00 a.m.  
Advanced Italian 1:00 p.m.  
Ice Cream Days-The Big Apple 1:30 p.m.

### **Friday, September 13**

Stop & Shop 8:30 a.m.  
YMCA Exercises 9:30 a.m.  
Cribbage 11:00 a.m.  
Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

"Jack Craig presents: Hoagy Carmichael" will be this week's senior center programming shown on September 11<sup>th</sup> & September 12<sup>th</sup>. 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.

## **FRIENDS OF FOXBORO SENIORS ANNUAL MEETING**

The Friends of Foxboro Seniors' Annual Meeting will be held on Saturday, September 21, 2013, at 9:30 a.m. Come to this important meeting to elect the officers and to see what is being planned for the upcoming year. Friends of Foxboro Seniors, Inc. is a non-profit organization founded in 1981 to raise supplemental funds for

the Council on Aging to provide programs, activities and other services to Foxboro's seniors. The Friends' Membership Application can be found on line at [www.foxboroughma.gov](http://www.foxboroughma.gov). Click on Departments under Town Links, then click on Council on Aging, then click on Friends of Foxboro Seniors under Additional Links to print the application. The annual dues are \$7.00. All dues and donations must be mailed to Friends of Foxboro Seniors, Inc., P.O. Box 116, Foxboro, MA 02035.

### **PUBLIC HEARING ON THE 2014-2017 AREA PLAN ON AGING**

Please join the HESSCO Advisory Council on Tuesday, September 10, 2014 at 10:00 am at the Medfield Senior Center to learn about the Older Americans Act. Hear about the most significant needs identified in the state and in the HESSCO Area. There will be a presentation on the strategies and goals for the next four years on the federal and state level and for the HESSCO communities. You will have an opportunity to share your views or comments on the plan.

If you need special accommodations in order to attend the hearing please call HESSCO at 1-800-462-5221 by September 4, 2013. Refreshments will be provided

### **MEDICAL INFORMATION AND SERVICES**

#### **MEDICARE'S OPEN ENROLLMENT PERIOD**

Medicare plans change every year. Don't wait until it's too late! This is the time to decide on your coverage for 2014. Medicare's Open Enrollment period is from October 15 – December 7, 2013. SHINE (Serving Health Information Needs of Elders) can help. SHINE counselors provide free Medicare counseling. Call the Foxboro senior center at 508-543-1252 for a SHINE appointment. Or you can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

#### **BEWARE OF MEDICARE SCAMS**

The Medicare Open Enrollment period is a time when there is a higher risk for fraudulent activities. If you already have Medicare, you *already have* health insurance! The new Marketplace health insurance offerings are only for people who have NO health insurance. It is against the law for someone who knows that you have Medicare to sell you a Marketplace plan. Medicare "Open Enrollment" is from October 15th to December 7<sup>th</sup>: You have always been able to change your Medicare prescription drug plan or Medicare Advantage plan during that time. If someone calls and suggests you purchase one of the new plans, it *could be* a scam! Please take down the phone number and call SHINE at **1-800-243-4363** to confirm the authenticity of the insurance offer. There are scams that cost dearly if you reveal personal information to the wrong party!

#### **S.H.I.N.E.**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be 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 available appointments will be on Thursday, September 19<sup>th</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

#### **PODIATRIST**

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday every other month at 12:00 noon. His next visit will be on Monday, September 16<sup>th</sup>. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, September 10<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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.

## **TRAVEL AND ENTERTAINMENT**

### **OPEN TRIP MEETING**

You are invited to come to an Open Trip Meeting at the senior center on Monday, September 30<sup>th</sup> at 2:00 p.m. Come and meet the members of our Trip Committee for this year. Think about the places you would like to travel and the price ranges you would consider for day trips as well as overnight trips. If you have brochures or literature about destinations, please bring them along. We are looking for your valuable input. All ideas will be considered!

### **THE BIG 'E'**

Thanks to a grant from the Eastern States Exposition, we are offering a trip to The Big E in West Springfield on Friday, September 27<sup>th</sup>. We'll spend the entire day experiencing all that The Big E has to offer. There is no better place to enjoy the sights, sounds and taste tempting aromas of the fall season than at The Big E, New England's autumn tradition and the largest fair in the northeast. It's an extravaganza with top name entertainment, major exhibits, The Big E Super Circus, the Avenue of the States, New England history and agriculture, animals, rides, shopping, crafts, a daily parade, and foods from around the world. Your motorcoach will depart from St. Mary's parking lot at 10:00 a.m. You will board the bus for the return trip home at 5:30 p.m., arriving back in Foxboro by approximately 6:30/7:00 p.m. The grant covers the cost of admission and transportation, so we are able to offer this trip for just \$2.00 per person, which will cover the driver's tip. Please bring your payment along on the day of the trip. If you would like to take advantage of this fantastic offer, please sign-up by calling the senior center at 543-1252 on Wednesday, September 18<sup>th</sup> beginning at 8:00 a.m. This trip is for *Foxboro residents only*.

## **REGULARLY SCHEDULED**

### **MANICURES**

Our manicurist, Sheri Thorpe will be here next on Tuesday, September 24<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

### **GARDEN CLUB**

Attention all gardeners... Come to the Garden Club at the senior center! Marsha Lewicke, our volunteer leader of the Garden Club, will teach you about all of the things you would like to "know and grow" here at the senior center. The next meeting will be Tuesday, September 17<sup>th</sup> at 10:00 a.m. All are welcome! New members, please call 508-543-1252 to let us know that you will be coming.

### **TRIAD PIZZA PARTY**

Come and join us on Wednesday, September 18<sup>th</sup> for the TRIAD Pizza Party at 12:30 p.m. All are welcome! Just call 508-543-1252 to sign-up. What is 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 services. 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, a senior citizen run and directed group, 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 at 1:00 p.m. Everyone is welcome to attend these informational sessions.

## **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on September 19<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

## **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, September 25<sup>th</sup>, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Meatloaf, Mashed Potatoes, Mixed Vegetables, and Cake to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

## **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, September 12<sup>th</sup> at 11:00 a.m. and see "Gloria." Gloria (Gena Rowlands), a self-involved woman in her forties who was once a mobster's mistress, is asked to look after Philip (Juan Adames), the son of her Mafia-connected Puerto Rican neighbors. This temporary set-up becomes permanent when the neighbors are killed in a mob hit. Philip has in his possession a diary containing a record of illegal Mafia activities; thus the boy is as good as dead unless Gloria takes decisive action. With Philip in tow, Gloria leads the hit men on a frantic chase around Manhattan, and during the various gunfire exchanges, more than holds her own. Offering to exchange the diary for the boy's life, Gloria is rebuffed by the vendetta-driven assassins. Where once she was content squirreling herself away in her lonely apartment, Gloria now must face a lifetime on the run. Enjoy this fine drama with a renowned cast. Please give us a call at 508-543-1252 to let us know that you will be coming.

## **AQUATICS CLASSES**

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 7 weeks and runs from September 9<sup>th</sup> through October 27<sup>th</sup>. The payment will be \$35 and is due at sign-up. Call 508-543-1252 with any questions.

## **VIDEO LECTURE SERIES: "MARK TWAIN" COMING IN SEPTEMBER**

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center through November 20<sup>th</sup> from 11:30 a.m. to 12:30 p.m. except during Wednesdays in October when the time will be from 12:30 p.m. to 1:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

## **LUNCHEON OUTING**

Our next luncheon outing will be to LongHorn Restaurant on Wednesday, September 18<sup>th</sup> at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, September 17<sup>th</sup>. Van transportation is available.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., 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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 11 Target

September 18 Luncheon Outing @ LongHorn Restaurant

September 25 Kohl's @ Mansfield Crossing

## **SPECIAL EVENTS AND PROGRAMS**

### **KEEP MOVING**

The Keep Moving Program invites you to participate in upcoming Autumn Regional Keep Moving walks to celebrate senior fitness and to meet other walkers from around the state. The walks will take place on the dates and times noted on the registration form located at [www.mass.gov/dph/keepmoving](http://www.mass.gov/dph/keepmoving). Each walk will take place RAIN OR SHINE, so dress for the weather! For severe weather cancellation notices, please check the message at 617-624-5972 on the day of the walk. There will be 1-mile and 3-mile walking routes. There are picnic tables at each of the walk sites, so bring a picnic lunch to enjoy following the walk! Below are the walk locations and directions to the sites. All walkers will receive a complimentary gift. Please complete and return the registration by September 12, 2013. Keep Moving is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts. Below is a listing of KEEP MOVING Regional Autumn Walks:

1. Francis William Bird Park  
Rhoades Avenue, Walpole, MA  
Tuesday, September 24, 2013  
Meet at Rhoades Avenue entrance to park at 10:30 a.m.
2. Blackstone River and Canal Heritage State Park  
287 Oak Street, Uxbridge, MA  
Friday, October 4, 2013  
Meet at Visitor's Center at 10:30 a.m.
3. Houghton's Pond Recreation Area  
695 Hillside Street, Milton, MA  
Thursday, October 10, 2013  
Meet at Picnic Site 3 at 10:30 a.m.

### **CONVERSATIONAL ITALIAN CLASSES COMING IN SEPTEMBER!**

Have you always wanted to learn to speak Italian? Now is the time! Our very popular Italian Classes taught by our fabulous instructor, Lucy Erhard, will resume in September. Enroll in these classes and you will learn to speak this beautiful language. Classes will be held on Thursdays, beginning September 12, 2013 through November 21, 2013 with no class being held on November 14<sup>th</sup>. Italian 1 classes will be held from 11:00 a.m. to noon, and Advanced Italian (for those students who have completed Italian 1 previously) will be from 1:00 p.m. to 2:00 p.m. at the senior center. Classes are \$2 each for a 10-week session. Please come to the senior center to make your \$20 payment for the full session prior to the beginning of the classes. Students will begin to develop listening and speaking skills. Topics include: alphabet, greetings, numbers, time, family, body, and food. Please bring a notebook and pen to class. Lucy Erhard will be the instructor for these classes. Lucy worked at Dedham High School where she developed and implemented the Italian program. She was also an instructor of Italian at Wheaton College. In addition, she has taught Italian in local adult education programs, including Foxboro's Adult Education program. Please call 508-543-1252 to register for this wonderful opportunity.

### **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to The Big Apple in Wrentham on September 12<sup>th</sup>. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

**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. Suggested donation is \$2.50. 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, September 9**

Teriyaki Chicken Breast Filet  
Lyonnais Potatoes  
Glazed Carrots  
Whole Wheat Roll  
Pineapple Chunks

**Tuesday, September 10**

Sloppy Joe Sandwich  
Hash Brown Potatoes  
Chuck Wagon Veggies  
Hamburger Roll  
Peaches

**Wednesday, September 11**

Roast Pork W/Gravy  
Red Bliss Potatoes  
Peas  
Wheat Bread  
Fruited Jell-O

**Thursday, September 12**

Meatloaf W/Gravy  
Whipped Potatoes  
California Blend Vegetables  
Whole Wheat Bread  
Vanilla Pudding

**Friday, September 13**

Chicken Stew With Vegetables  
Dirty Rice  
Multigrain Roll  
Fresh Fruit