

## **SAFETY FIRST!**

### **TRIAD COOKOUT**

Norfolk County Sheriff Michael G. Bellotti will be the speaking at the TRIAD Cookout at the Foxboro Senior Center on Wednesday, September 15<sup>th</sup> beginning at 12:00 p.m. to discuss the community programs that are particularly beneficial to senior citizens. Sheriff Bellotti will provide information on the TRIAD program. 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. Please note the earlier starting time on September 15<sup>th</sup> at 12:00 p.m. for the cookout. Sheriff Bellotti will also be talking about the "Project Lifesaver" and "Are You OK?" programs as well as other services for senior citizens. All of these programs are free-of-charge to Norfolk County residents. Items such as Files of Life and other household safety enhancements will be available for free to all those attending this event. Please call the senior center at 508-543-1252 to reserve your spot at the cookout.

### **BASIC SELF DEFENSE CLASS**

What could be more important than your personal safety? Come to the senior center on Thursday, September 16<sup>th</sup> for a basic self defense class from 1:00 p.m. to 2:00 p.m. Chris Rappold, Founder of Personal Best Karate, will demonstrate and teach the basic skills necessary to protect yourself at any age. Chris is generously offering this class FREE of charge for us. Please call 508-543-1252 to sign-up for this great opportunity.

### **Monday, September 6**

*Labor Day*

*Senior Center Closed*

### **Tuesday, September 7**

Beginners Walking Club 8:30 a.m.

Words & Music 10:00 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Shaw's (in lieu of Monday) 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

### **Wednesday, September 8**

Strength Training 8:30 a.m.

Legal Clinic with Mary Roque 9:30 a.m.

Chorus 10:00 a.m.

Dollar Tree Store 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, September 9**

Ceramics 9:00 a.m.

Classic Movies-"An Affair to Remember" 11:00 a.m.

### **Friday, September 10**

Stop & Shop 8:30 a.m.  
YMCA Exercise 9:30 a.m.  
Massage, Reiki & Reflexology 10:00 a.m.  
Wii Games 11:00 a.m.  
Cribbage 11:00 a.m.  
Card Making Class 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)

## **SPECIAL EVENTS AND PROGRAMS**

### **JEWELRY MAKING WITH ANN**

Beginning Wednesday, September 22<sup>nd</sup>, Ann Childs, our volunteer leader, will be offering a 6-week Beading Class at the senior center. The classes will be from 11:15 a.m. to 12:45 p.m., on Wednesdays, September 22<sup>nd</sup> through October 27<sup>th</sup>. The focus will be on simple techniques that will enable you to make earrings, bracelets and necklaces. There will also be an opportunity to learn about different types of beads (crystal, glass and mineral beads) and how they can be made into simple, beautiful jewelry of your own design. Many of us have jewelry pieces tucked away because they have separated or have gone out of style. Bring these pieces with you and learn how to reconstruct them into jewelry that you can still wear and enjoy. Please call 508-543-1252 to sign-up for this class.

### **FALL TEA PARTY**

Treat yourself to a special Fall Tea Party hosted by Joanne Pratt on Thursday, September 30<sup>th</sup> from 12:30 p.m.-2:00 p.m. Tea sandwiches and delectable goodies along with assorted teas will be served. Sample the delicious food offerings, enjoy the company and conversation, and relax over a cup tea. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, September 27<sup>th</sup>, or until all spots are filled, whichever comes first. As always, bring your favorite tea cup.

### **WORDS AND MUSIC**

Beginning this Fall on Tuesday mornings from 10:00 a.m. to 11:00 a.m., we will be offering "Words and Music," a new class starting on September 7<sup>th</sup>. Exercise your mind while having fun with anagrams, cryptograms, word rebuses, and other clever twists of the English language gathered by our volunteer leader, Annette Fisher. Musical play includes "Name That Tune" and song parodies using tunes from the 1890s to the 1980s. Pre-registration is required, so please call 508-543-1252 to let us know that you will be coming or to arrange for a ride on the Van-Go.

### **CLASSIC MOVIES**

Come to the senior center to see movie classics. Enjoy some refreshments, and socialize with each other while you watch an oldie-but-goodie movie. The movies will be shown on Thursdays at either 11:00 a.m. or 1:00 p.m. Please feel free to bring your lunch along to have either before or after the film. Please give us a call at 508-543-1252 to let us know that you will be coming. The remaining schedule is as follows:

**September 9<sup>th</sup> at 11:00 a.m. "An Affair to Remember"**

**September 23<sup>rd</sup> at 1:00 p.m. "How Green Was My Valley"**

**October 7<sup>th</sup> at 11:00 a.m. "Room at the Top"**

## **MEDICAL INFORMATION AND SERVICES**

### **PODIATRIST**

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. Due to the Labor Day Holiday on September 6<sup>th</sup>, his next visit will be on Monday, September 13<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 14<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.

## **S.H.I.N.E. – TUESDAY, SEPTEMBER 7<sup>TH</sup>, 2010**

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 a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, September 7<sup>th</sup> at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

## **INFORMATION AND SERVICES**

### **BEREAVEMENT GROUPS OF FOXBORO FACILITATOR TRAINING**

The Bereavement Groups of Foxboro is looking for volunteer facilitators and will be holding Comprehensive Bereavement Facilitator Trainings on Tuesday evenings from 6:30 p.m. until 8:00 p.m. in September at the Foxboro Council on Aging, 75 Central Street, Foxboro. The schedule will be as follows:

September 7<sup>th</sup> Week One--Introduction to Bereavement

September 14<sup>th</sup> Week Two—Skills in Running an Effective Group

September 21<sup>st</sup> Week Three—Helping Children and Adolescents Cope with Grief

September 28<sup>th</sup> Week Four—Understanding and Responding to Complicated Mourning

If you would like to help others as they are working through their time of grief and loss, come and participate in this training opportunity. To sign-up for the training or for more information, contact Kenna Sullivan, Program Coordinator, at 617-312-8067 or email her at [kennajoe@aol.com](mailto:kennajoe@aol.com).

## **REGISTER OF DEEDS**

Norfolk County Register of Deeds, William P. O'Donnell, will hold scheduled office hours in the Gala Meeting Room at Town Hall, 40 South Street, Foxborough, Massachusetts, on Wednesday, September 22, 2010 from 10:00 A.M. to 12:00 P.M. The Register and his staff will be on hand to answer questions or concerns about any Registry of Deeds matter. The Register will have information about the Massachusetts Homestead Act as well as an internet computer and printer that can be used to confirm the status of a mortgage discharge, confirm that a document has been recorded, print out a deed, or demonstrate how the Registry's website works. No appointment is necessary. The Registry of Deeds can be contacted via telephone at 781-461-6101, or at [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

## **REGULARLY SCHEDULED**

### **MEN'S COOKOUT**

Join us on Thursday, September 16<sup>th</sup> at 12:00 p.m. for the final Men's Cookout of the season. Come and enjoy an outdoor cookout lunch (weather permitting) and then socialize with each other. The cost for lunch is \$3.

After the cookout, please feel free to stay for the Basic Self-Defense Class from 1:00 p.m. to 2:00 p.m. offered by Chris Rappold, Founder of Personal Best Karate. To participate in this cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, September 14<sup>th</sup>.

## **MONDAY MANICURES**

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be September 13<sup>th</sup>. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

## **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 16<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.

### **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, September 7<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

### **FREE LEGAL CLINIC**

Mary Roque, Esquire is available at the senior center on the 2<sup>nd</sup> Wednesday of each month from 9:30 a.m. to 11:30 a.m. to provide a FREE legal clinic. Her next visit will be on September 8<sup>th</sup>. Attorney Roque owns and manages a law practice which concentrates in elder law issues, and she conducts volunteer legal clinics at other area Councils on Aging. She will consult with individuals for up to 15 minutes about their legal questions and concerns. If further consultation is necessary, follow-up will be provided through Noreen Sherys, Community Social Worker, who can assist with referrals to community legal resources. Please call 508-543-1252 for your appointment.

### **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, per the YMCA's policy. The 2010 Fall 1 Session runs from September 13<sup>th</sup> through October 31<sup>st</sup>. This is a 7-week session and will cost \$35. Payment is due at sign-up. Call 508-543-1252 with any questions.

### **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 8 Dollar Tree Store

September 15 Target

September 22 Luncheon Outing @ Applebee's (please note date change)

September 29 Walpole Mall (please note date change)

### **TRAVEL AND ENTERTAINMENT**

#### **ROCKETTES TRIP**

Start your holiday season off with a trip to the Providence Performing Arts Center to see the "Radio City Christmas Spectacular" starring the World Famous Rockettes on Friday, November 19, 2010. A cast and crew of nearly 100 people will come to Providence to deliver a holiday show experience that will leave you with a lifetime of memories! Be enchanted by the live entertainment as the teddy bears dance, wooden soldiers come to life, and reindeers fly. The show will also include the inspirational "Living Nativity." Before arriving at the theatre, you will enjoy an "all-you-can-eat" chicken dinner at Wright's Chicken Farm. Your meal will include Tossed Salad, Roasted Chicken, Shell Pasta with Homemade Marinara Sauce, French Fries, Coffee or Tea, and Dessert. Your motor coach will depart from St. Mary's Church parking lot at 10:30 a.m. and return at approximately 5:00 p.m. The cost for this excursion is \$87 per person (driver's tip *not* included). Payment will

be due by Friday, October 15<sup>th</sup>. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, September 15<sup>th</sup>.

### **EAST HILL FARM AND CATHEDRAL OF THE PINES**

Come along with the group from the senior center to New Hampshire for the day to visit East Hill Farm and the Cathedral of the Pines on Thursday, October 14<sup>th</sup>. Your day will begin with a stop at the Petersboro Basket Company Outlet Store where you will find a wide selection of baskets and other gifts, including punched tin ware. Next enjoy lunch at East Hill Farm in Troy, NH, where you will be served a hearty, family style luncheon including both pot roast and turkey. Originating in 1834, the Inn is nestled at the base of picturesque Mt. Monadnock on 150 acres. After lunch you will visit Coll's Farm Stand in Jaffrey, NH, where you can select from a variety of fresh fruits and vegetables as well as apple cider and maple syrup. Then you will visit the Cathedral of the Pines. This unique, inspirational landmark seats 200 and is a place of spiritual nourishment for people of all faiths. Formed by tall pines, the cathedral is a living memorial to those who gave their lives for our country. Your motor coach will depart from St. Mary's Church parking lot at 7:30 a.m. and return at approximately 5:30/6:30 p.m. The cost for this excursion is \$58 per person (driver's tip *not* included). Payment will be due by Friday, September 17th. Sign-up for this trip by calling the senior center at 508-543-1252.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.**

If you plan to eat, give Marge 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 6**

*Labor Day Holiday*

*No Meal Served*

#### **Tuesday, September 7**

CHICKEN ALA KING  
RICE PILAF  
PEAS  
DINNER ROLL  
MANDARIN ORANGES

#### **Wednesday, September 8**

SWEDISH MEATBALLS  
MASHED POTATOES  
GENOA BLEND VEGGIES  
WHOLE WHEAT BREAD  
MIXED FRUIT

#### **Thursday, September 9**

FISH FLORENTINE  
HOT GERMAN SLAW  
DICED BEETS  
WHITE BREAD  
FRUIT PUNCH ARTIC ICE

#### **Friday, September 10**

BEEF BURGUNDY  
BUTTERED NOODLES  
MIXED VEGGIES  
FRUIT MUFFIN  
FRESH FRUIT