

## **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 a cookout lunch and socializing 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>.

## **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 13**

Manicures 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, September 14**

Beginners Walking Club 8:30 a.m.

Words & Music 10:00 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

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

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, September 15**

*Sign-Up for Rockettes/Wright's Farm Trip*

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

TRIAD Cookout 12:00 p.m.

Target 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, September 16**

Ceramics 9:00 a.m.

Men's Cookout 12:00 p.m.

Basic Self-Defense Class 1:00 p.m.

Low Vision Support Group 1:00 p.m.

### **Friday, September 17**

*\$58 Payment Due for Cathedral of the Pines Trip*

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.

## **Saturday, September 18**

Friends of Foxboro Seniors Annual Meeting & Election of Officers 9:30 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)

### **TRAVEL AND ENTERTAINMENT**

#### **ROCKETTES/WRIGHT'S FARM 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 17<sup>th</sup>. Sign-up for this trip by calling the senior center at 508-543-1252.

### **SPECIAL EVENTS AND PROGRAMS**

#### **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.

## **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.

## **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.

## **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 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"**

## **CAREGIVER INFORMATION AND SUPPORT PROGRAMS**

### **NEPONSET VALLEY ALZHEIMER'S PARTNERSHIP CONFERENCE**

The Neponset Valley Alzheimer's Partnership will be having their annual conference on Thursday, October 28<sup>th</sup> from 8:30 a.m. to 3:00 p.m. at the Living Waters Conference Center, 15 John Dietsch Blvd. North Attleboro, MA. This year's conference is entitled "Changing Times in Dementia Care." This forum will provide caregivers and healthcare professionals with new tools designed to enhance the quality of care. Family members who are caring for someone with Alzheimer's disease or related dementias are invited to attend at no charge.

Scholarship funds are available to assist caregivers with respite help. Contact Vicki Lowe, Foxborough COA Director at 508-543-1252 or [vlowe@townfoxborough.us](mailto:vlowe@townfoxborough.us) for information about scholarship funds for caregiver relief and/or transportation to attend the conference. To RSVP or for questions contact Michelle Jussaume at 774-627-1325 or [Michelle.Jussaume@bristolelder.org](mailto:Michelle.Jussaume@bristolelder.org) or Sheryl Leary at 781-784 4944 or [sleary@HESSCO.org](http://sleary@HESSCO.org).

### **CAREGIVER DAY OF R & R**

HESSCO Elder Services will hold a "Caregiver Day of R & R" on Wednesday, September 15<sup>th</sup> from 8:30 a.m. to 2:30 p.m. at the Four Points Sheraton, 1125 Boston-Providence Turnpike, Route One, Norwood, MA. There will be educational sessions, an exhibitor fair, individual consultations, and massage or reiki treatments available. The fee for the day which includes lunch is \$10. Register by calling Sheryl Leary at 781-784-4944 x 238 or [www.hessco.org](http://www.hessco.org).

### **MASSACHUSETTS ALZHEIMER'S DISEASE STEERING COMMITTEE**

You are invited to participate in the statewide listening sessions which will be held by The Massachusetts Alzheimer's Disease and Related Disorders State Plan Steering Committee. The Commonwealth is committed to finding meaningful strategies to support seniors, families and caregivers. There are opportunities to participate in these sessions on Thursday, September 23<sup>rd</sup> at the Worcester Senior Center, 128 Providence Street, Worcester, MA from 10:00 a.m. to 11:30 a.m. and Thursday, September 30<sup>th</sup> at Bristol Community

College, 777 Elsbree Street, Fall River, MA, from 6:00 p.m. to 7:30 p.m. To RSVP or for more information, please call Jennifer Carter at 617-868-6718 x 2027.

### **CAREGIVER SUPPORT GROUP**

A Caregiver Support Group is offered at The Norfolk Adult Day Health Center, 595 Pleasant Street, Norwood, MA. The next meeting will be on September 28<sup>th</sup> at 10:00 a.m. where guest speaker, Maura Sullivan will present a program on “Managing Conflicts in Every Day Life.” Call 781-769-4495 for more information.

### **MEDICAL INFORMATION AND SERVICES**

#### **HEALTH EDUCATION PROGRAM**

On Wednesday, September 22<sup>nd</sup>, Dr. Pavia, a gastroenterologist, will give us a presentation on GERD at 11:30 a.m. at the senior center. Gastro esophageal reflux disease (GERD) is a chronic digestive disease that occurs when stomach acid or, occasionally, bile flows back (refluxes) into your food pipe (esophagus). The backwash of acid irritates the lining of your esophagus and causes GERD signs and symptoms. Come and learn about these signs and symptoms as well as treatments for this disease. Please call 508-543-1252 to sign-up.

#### **PREVENTION OF HOME INJURIES**

Accidents at home happen and there are steps that you can take to reduce your risk of falls and other mishaps for you and your loved ones. Brigham and Women's Hospital primary care physician Stuart Pollack, MD, and Kristina Dunlea, PT, DPT, from Mass General Hospital, will discuss home safety, added risks with osteoporosis, and the important role exercise and healthy diet plays in the prevention of injury. Come to the senior center on Wednesday, September 29<sup>th</sup>, at 1:00 p.m. to learn what you can do to improve your safety. Please call 508-543-1252 to sign-up for this important program.

#### **CHOLESTEROL SCREENING**

We will be holding a Health Promotion Clinic on Tuesday, September 28<sup>th</sup> from 9:00 a.m. until 12:00 p.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

#### **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.

### **REGULARLY SCHEDULED**

#### **MOVIE DAY**

Sign-up for our next movie day which will be Tuesday, September 21<sup>st</sup> at 9:30 a.m. Our feature presentation will be “Invictus.” In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. Based on John Carlin's book, the film stars Morgan Freeman as Mandela and Matt Damon (both Oscar nominated) as Francois Pienaar, the captain of the scrappy South African team that makes a run for the championship. As always, plan on bringing your lunch to enjoy after the movie. We will provide popcorn during the movie showing and follow with dessert and coffee. Sign-up by calling 508-543-1252.

#### **WORDS AND MUSIC**

On Tuesday mornings from 10:00 a.m. to 11:00 a.m., we will be offering a new class entitled “Words and Music.” 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.

### **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.

### **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 15 Target

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

September 29 Walpole Mall (please note date change)

October 6 Christmas Tree Shops

### **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 13**

VEGETABLE CHILI  
DIRTY RICE  
FRUIT MUFFIN  
PEARS

#### **Tuesday, September 14**

VEGETABLE SOUP  
TERIYAKI GLAZED CHICKEN  
ASIAN RICE  
MULTIGRAIN ROLL  
FRESH FRUIT

**Wednesday, September 15**

MEATLOAF W/MUSHROOM GRAVY  
PARMESAN MASHED POTATOES  
CALIFORNIA BLEND VEGGIES  
WHOLE WHEAT BREAD  
COOKIE

**Thursday, September 16**

VEAL PARMESAN  
PASTA & TOMATO SAUCE  
JARDINIÈRE BLEND VEGGIES  
VIENNA BREAD  
SMOOTHIE

**Friday, September 17**

TURKEY DIVAN  
NOODLES  
DINNER ROLL  
UNSWEETENED APPLESAUCE