

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Aug. 21 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. 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, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is “open” on the 3rd Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire at the senior center.

Monday, Aug. 20

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop and Shop 1 p.m.

Tuesday, Aug. 21

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Aug. 22

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Cholesterol Clinic by appt. 9 a.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper 4:30 p.m.

Thursday, Aug. 23

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Senior Fitness 11 a.m.

Friday, Aug. 24

Coffee Connection 8:30 a.m. to noon; Shaw’s 9 a.m.; Cribbage 10:15 a.m.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, Aug. 22 from 9 a.m. to 11 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call us to schedule an appointment.

TRIP TO CASTLE IN THE CLOUDS

Join us on Thursday, Sept. 13 as we travel up to New Hampshire to visit the Castle in the Clouds. Our motorcoach will be leaving the parking lot of St. Mary’s Church, 58 Carpenter St. in Foxboro, at 7:15 a.m. and our day will begin with a tour at Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen and millions of dollars to build. Recently named to the National Register of Historic places, the Castle is built in one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the Castle itself commands a panoramic view. You can see for a radius of 75 miles! We will then stop at a regional landmark for you to enjoy lunch at Hart’s Turkey Farm. Your meal choices are Roasted Turkey or Roast Sirloin of Beef. The cost is \$82 per person, gratuities included, and payment is due no later than Friday, Aug. 31. Call us to sign up.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, Aug. 22 at 4:30 p.m. Our menu will include sausage with peppers and onions, sub roll, coleslaw, Red Bliss potato salad and an ice cream sundae. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

REP. JAY BARROWS’ OFFICE HOUR

State Representative Jay Barrows’ next visit to the senior center will be on Monday, Aug. 27 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, Aug. 29 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you’d like to discuss.

PAOLO DIGREGORIO’S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center on Wednesday, Aug. 29 at 4:30 p.m., and the topic of his lecture will be “Florence, the Medici and the Birth of the Renaissance.” The Renaissance was a far-reaching artistic, intellectual and political movement that shaped the development of the modern world. It was in Florence, Italy during the late 14th century that the Renaissance was born, and it flourished under the patronage of the Medici family. This lecture tells the story of the city, the family, and the re-imagining of European society. This program is sponsored by the Friends of Foxborough Seniors. Call us to sign up.

REGIONAL HOUSING FORUM

On Thursday, Sept. 13 from 9 a.m. to 1 p.m. there will be a Regional Housing Forum held at the Sharon Community Center, 219 Massapoag Ave. in Sharon. The topic of the keynote speaker will be “Is your Home Suitable for the Long Term?” Additional presentations will focus on tax options for home owners, reverse mortgages, trusts, Homesteads, home maintenance and repair. If you’re interested in attending please RSVP by Sept. 7 by calling the Sharon Adult Center at 781-784-8000. This program is sponsored by HESSCO, MCOA and Friends of Sharon COA.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Sept. 19 at 1 p.m. at Jimmy’s Pub. Sign up is required by Friday, Sept. 14. Van transportation arrangements must be made by Friday, the 14th.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Sept. 11 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. SHINE counselors are available on Wed. Sept. 12 and Thurs. Sept 20. This 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. Call for an appointment.

ZUMBA GOLD CLASSES

Zumba Gold classes are held at the senior center on Tuesday mornings from 9:45 to 10:45 p.m. This is a modified Zumba class that recreates original Zumba moves, but at a lower intensity. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Learn some Latin dance moves with our instructor Biliana “BB” Mileva. There is a \$2 charge for each class.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Aug. 22 – Job Lot/Dollar Store, Aug. 29 – Trader Joe’s/Christmas Tree Shop. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

WEEKLY EXERCISES

Chair Yoga, Mondays at 9:15 a.m.; Senior Fitness, Thursdays at 11 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

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

To view the monthly mealsite menu, log on to the HESSCO website at www.hessco.org If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at www.foxboroughma.gov or call at 508-543-1234.