

CHAIR YOGA CLASSES

Come join us for our Chair Yoga Classes on Monday mornings at 9:15 a.m. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in class will help to increase your flexibility, range of motion and core body strength. The class is led by instructor Jeanne Donnelly and there is a \$2 charge per class.

Monday, Aug. 27

Coffee Connection 8:30 a.m. to 3:30 p.m.; Rep. Jay Barrows Office Hour 9 a.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.; Alzheimer's Caregivers Support Group 2:15 p.m.

Tuesday, Aug. 28

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.; Nutrition 11 a.m.; Talespinners 2 p.m.

Wednesday, Aug. 29

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Coffee with the Town Manager 12:30 p.m.; Trader Joe's/Christmas Tree Shop 1 p.m.; Colorist Club 2 p.m.; Paolo DiGregorio History Lecture 4:30 p.m.

Thursday, Aug. 30

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

Friday, Aug. 31

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

“SERENADING SENIORS” CHORUS

The Foxborough Senior Center has its own chorus, known as the ‘Serenading Seniors.’ After having a break for the summer, the chorus will start meeting again on Wednesday, Sept. 5. The chorus meets at the senior center on Wednesday mornings, from 10 to 11 a.m. If you enjoy singing and are interested in becoming part of this fun and friendly group, please call Chorus Director Jeanne Bonneau at 508-543-8940 to inquire or to sign up. Performances by the Serenading Seniors are held at local schools and area nursing homes and you don't have to know how to read music to become a member.

PAOLO DIGREGORIO'S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center on Wednesdays, Aug. 29 and Sept. 5 at 4:30 p.m., and the topic of his Aug. 29 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.

TRIP TO CASTLE IN THE CLOUDS

We still have room available if you'd like to 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.

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.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Sept. 10 and every 2nd Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

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 the Horse and Carriage Restaurant. Sign up is required by Friday, Sept. 14. Van transportation arrangements must be made by Friday, the 14th.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, Sept. 26 at 4:30 p.m. Our menu will include chicken with peach salsa, Spanish rice, vegetable medley and dessert. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

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.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Sept. 4 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Aug. 29 – Trader Joe's/Christmas Tree Shop, Sept. 5 – Kohl's. 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.