

## **SIGN UP FOR BRUNCH AND BREWERY TOUR**

On Thursday, Oct. 11 we will be on our way up to New Hampshire for a “Brunch and Brewery” tour. We’ll be traveling by motorcoach and leaving from the side parking lot of St. Mary’s Church, 58 Carpenter St. in Foxboro at 9 a.m. After arriving at Parker’s Maple Barn, we will feast on a fantastic brunch that will include fresh maple syrup, maple ham, pancakes, eggs and more! After brunch, a staff member will take us on a tour of the facility where we will learn about the sugaring process and how maple syrup is made. After the tour, we will depart for the Anheuser-Busch Brewery in Merrimack. We will discover how some of the world’s greatest beers are carefully brewed and packaged. See and learn about the world-famous Budweiser Clydesdales when you visit the Clydesdale Hamlet. These majestic giants have appeared in some of the most memorable Super Bowl commercials over the years and represent a special part of Anheuser-Busch’s history. The cost is \$71 per person, gratuities included, and payment is due no later than Friday, Sept. 28. The sign up begins at 8 a.m. on Wednesday, Sept. 5.

### **Monday, Sept. 3**

Office Closed

Labor Day

### **Tuesday, Sept. 4**

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 9:45 a.m.; Nutrition 11 a.m.; Stop & Shop in lieu of Monday holiday 1 p.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Sept. 5**

Sign up for Brunch and Brewery Trip 8 a.m.; Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Kohl’s 1 p.m.; Colorist Club 2 p.m.; Paolo DiGregorio History Lecture 4:30 p.m.

### **Thursday, Sept. 6**

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

### **Friday, Sept. 7**

Coffee Connection 8:30 a.m. to noon; Senior Fitness 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Crafters’ Corner 9 a.m.

## **PAOLO DIGREGORIO’S HISTORY LECTURE**

History professor Paolo DiGregorio will be at the senior center on Wednesday, Sept. 5 at 4:30 p.m., and the topic of his lecture will be “The Creation of the American Century: The Global Emergence of the US 1890-1919.” The decades around the turn of the 20<sup>th</sup> century witnessed the rise of the United States as a global power. From expansion overseas to domestic economic growth, the US became one of the leading powers in the world. This lecture will examine many of the events and characters that fueled this growth, and laid the foundation for the American Century. This program is sponsored by the Friends of Foxborough Seniors. Call us to sign up.

## **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 1<sup>st</sup> 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.

## **“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.

### **SENATOR PAUL FEENEY'S COFFEE HOUR**

State Senator Paul Feeney will be at the senior center on Monday, Sept. 10 and every 2<sup>nd</sup> 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.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, Sept. 11 from 1 to 2 p.m. The Low Vision Support Group meets on the 2<sup>nd</sup> Tuesday of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

### **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 2<sup>nd</sup> 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.

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Sept. 19 at 1 p.m. at the Horse & Carriage Restaurant. Sign up is required by Friday, Sept. 14. Van transportation arrangements must be made by Friday, the 14<sup>th</sup>.

### **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.

### **TRIAD**

TRIAD will be meeting on Wednesday, Sept. 19 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

### **SHOPPING**

Our upcoming Wednesday afternoon outings will be: Sept. 5 – Kohl's, Sept 12 - Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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, Fridays at 9 a.m. (starting Sept.7) ; 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](http://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](http://www.foxboroughma.gov) or call at 508-543-1234.