

JOIN US FOR TAI CHI

Tai Chi classes are held at the senior center every Monday from 10:30 a.m. to 11:30 a.m. Tai Chi is often described as “meditation in motion” as it promotes serenity through gentle flowing movements. According to “Harvard Women’s Health Watch,” this gentle form of exercise can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life. Our instructor, Jeanne Donnelly, has been teaching Tai Chi, Qi Gong and Yoga for many years. Come join us. Wear loose clothing and comfortable flat shoes, and be ready to move and stretch. Cost - \$2 per class. Thank you to the Friends of Foxboro Seniors for their partial funding of this program.

Monday, Oct. 8

Senior Center Closed – Columbus Day

Tuesday, Oct. 9

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stop & Shop in lieu of Monday holiday 8:30 a.m.; Stretch and Balance Class 8:30 a.m.; Table Top Garden Club 9:45 a.m.; Zumba Gold 9:45 a.m.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; “Beauty and the Beast” Audio-Enhanced Movie 1 p.m.; Talespinners 2 p.m.

Wednesday, Oct. 10

Coffee Connection 8:30 a.m. to 3:30 p.m.; NO Strength Training Class ; SHINE by appt. 10 a.m.; Chorus 10 a.m.; Line Dancing Class 11:15 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; Medicare Open Enrollment Program 5:00 p.m.

Thursday, Oct. 11

Coffee Connection 8:30 a.m. to 3:30 p.m.; Trip for Brunch and Brewery Tour 9 a.m.; Art with Allie 9 a.m.; Computer Class with the Charter School Students 2 p.m.

Friday, Oct. 12

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

MEDICARE: WHAT YOU SHOULD KNOW

Melinda Morle, SHINE Program Director for HESSCO, will be at the senior center on Wednesday, Oct. 10 at 5 p.m. to present the program “Medicare: What You Should Know.” Learn more about how to supplement Medicare coverage, saving money on prescriptions, changes in 2019, new Medicare cards and more. The Medicare Open Enrollment period is from Oct. 15 through Dec. 7, and this is the time of year when Medicare beneficiaries can add, change or drop their Part D prescription plans or their Part C Medicare Advantage plans. This is your chance to get answers to questions you may have from the SHINE Program Director. SHINE (Serving the Health Insurance Needs of Everyone) is a federally funded program administered through the Executive Office of Elder Affairs in partnership with elder service agencies. It is a free and unbiased service that provides Medicare counseling to any Medicare beneficiary in Massachusetts either over the phone or in person at local Councils on Aging Centers. Call us to sign up.

THE SINGO CHALLENGE

On Wednesday, Oct. 17 at 4 p.m., “Jim the DJ Guy” will be at the senior center to host an afternoon of SINGO - Bingo with songs! SINGO is a new spin on the traditional game of Bingo. Instead of listening for a number, players listen to their favorite music. Match the songs you hear to the song titles on your SINGO card. It’s time to try something new and test your musical knowledge. Call to sign up, join in the fun and win some prizes!

AUDIO-DESCRIBED MOVIE “BEAUTY AND THE BEAST”

Join us at the senior center on Tuesday, Oct. 9 at 1 p.m. for a showing of the movie “Beauty and The Beast.” This is an audio-described version of the movie, providing a narration of the program’s key visual elements, such as characters’ actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in the movie’s dialogue. “Beauty and the Beast” is the story of an arrogant prince who is cursed

to live as a terrifying beast until he finds true love, the bold and beautiful clockmaker's daughter, Belle. Helped by the beast's similarly enchanted servants, including a clock, teapot and a candelabra – Belle begins to see the sensitive soul behind the Beast's fearsome façade. Call us to sign up for this special movie presentation.

COMPUTER CLASSES AT THE SENIOR CENTER

On Thursday afternoons at 2 p.m., students from the Foxborough Regional Charter School (FRSC) will be at the senior center to provide computer training classes. We have WIFI here so bring your laptops, ipads, smart phones, or use our on-site computer lab and join us for one-on-one computer instruction. The students are here to answer all your questions. Call to sign up.

LINE DANCING CLASS WITH JEANNE AND FAYE

It's time to get moving, so let's do some dancing! Our line dancing instructors, Jeanne Bonneau and Faye Sullivan, will be here in October to lead us through some line dancing steps. The steps are uncomplicated, the classes are fun, and beginners are always welcome. According to the New England Journal of Medicine, dancing is not just great physical exercise, but it can even improve your brain power! So join us every Wednesday in Oct. from 11:15 a.m. to 12:15 p.m. Call us to sign up.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Oct. 24 at 4:30 p.m. Our menu will include meatloaf with gravy, whipped potato, roasted Brussel sprouts, roll and Halloween cake. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Oct. 17 at 1 p.m. at Jimmy's Pub in Mansfield. Sign up is required by Friday, Oct. 12. Van transportation arrangements must be made by Friday, the 12th.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Oct. 9 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., Oct. 10 and Thurs. Oct. 18. 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, Oct. 2 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 at 1 p.m. are on the following: Oct. 10 -Walmart, Oct. 17 – Jimmy's Pub in Mansfield. 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, Fridays at 9 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.