

AZORES TRIP PRESENTATION FOR 2019

A representative from Conway Tours will be at the senior center on Wednesday, Oct. 24 at 12:30 p.m. to talk about our 2019 "Big Trip" to the island of Sao Miguel in the Azores. This 8 day/6 night trip is planned for Sept. 15 through Oct. 22, 2019. Sao Miguel is an exotic Azorean island paradise only 4 ½ hours from Boston, and we will be spending a memorable week exploring breathtaking volcanic craters, luxuriant gardens, mineral hot springs and incredible coastal vistas amid an ideal climate. Our base will be the colorful capital city of Ponta Delgada, full of centuries old architecture, great restaurants, unique shopping and oceanfront cafes. National Geographic Magazine rates the Azores as one of the top ten vacation spots in the world! At this informational meeting, you will have the opportunity to review the trip itinerary and ask questions. Sign-up for this trip begins on Wednesday, Nov. 7 at 8 a.m. and you MUST call us to sign up. Please call to sign up if you'd like to attend this presentation.

Monday, Oct. 15

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 & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, Oct. 16

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

Wednesday, Oct. 17

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Line Dancing Class 11:15 a.m.; Jimmy's Pub 1 p.m.; TRIAD 1 p.m.; Colorist Club 2 p.m.; SINGO 4 p.m.

Thursday, Oct. 18

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.; Computer Class with the Charter School Students 2 p.m.

Friday, Oct. 19

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

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Oct. 16 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.

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!

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.

MEN'S CLUB BREAKFAST

Gentlemen, join us for our next Men's Club Breakfast on Thursday, Oct. 25 at 9 a.m. The cost for breakfast is \$3 per person. This will be an opportunity to socialize and catch up with friends over a good meal. The caterer's deadline is Friday, Oct. 19, so please call to sign up no later than noon on Oct. 19. Payment is due by that time.

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.

TRIAD

TRIAD will be meeting on Wednesday, Oct. 17 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.

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 Thurs. Oct. 18 and Wed. Nov. 14. 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.

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.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Oct. 22 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

PROGRAM PARTNERS

Would you like to take part in a program at the senior center, but you are the primary caregiver for someone who is experiencing memory loss and you feel you cannot leave them at home alone? We have "Program Partners" at the senior center who will do puzzles, play card games, etc. with the person you are caring for and will give you the opportunity to join in some of our senior center programs. Give us a call for more information on this program.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Oct. 17 – Jimmy's Pub, Oct. 24 - Target. 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.