

ANNUAL HOLIDAY PARTY AT LAKEVIEW

The holidays are approaching, so mark your calendar for Thursday, Dec. 6 from 12:30 to 4 p.m. for our annual Holiday Celebration at Lakeview Pavilion in Foxboro. This year's holiday party will include entertainment by "The Reminisants." The Reminisants have been entertaining audiences of all ages throughout New England since 1973. The band specializes in music from the 1950's through the 90's, playing a collection of great music for all kinds of musical tastes and generations. They have performed for just about every type of event and have shared the stage with many legends of Rock-N-Roll including The Beach Boys, The Drifters and Chubby Checker, to name a few. Doors will **not** open until 12:30 p.m. and lunch will be served at 1 p.m. The menu includes your choice of Pan Seared Boneless Chicken, Caramelized Mushrooms & Sweet Madiera Sauce or New England Scrod, Herbs & Seasoned Breadcrumbs, Lemon Beurre Blanc & Rice Primavera. All meals will include a tossed salad, the chef's choice of fresh seasonal vegetables and starch, warm rolls and butter, vanilla bean ice cream with rich chocolate sauce and whipped cream. There will be a cash bar open by 12:45. Transportation is available, but must be reserved in advance. The cost is \$26 per person, and payment is due at the time of sign up. Sign up by Friday, Nov. 16. This event is for Foxborough residents only.

Monday, Oct. 22

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

Tuesday, Oct. 23

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.; Talespinners 2 p.m.

Wednesday, Oct. 24

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.; Azores Trip Presentation 12:30 p.m.; Target 1 p.m.; Colorist Club 2 p.m.; Senior Supper Club 4:30 p.m.

Thursday, Oct. 25

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Men's Breakfast 9 a.m.; Computer Class with the Charter School Students 2 p.m.; COA/HS Advisory Board Meeting 3 p.m.

Friday, Oct. 26

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

VETERANS' DAY BREAKFAST

Compliments of the Rotary Club of Foxborough, on Thursday, Nov. 8 from 9:30 a.m. to 11:30 a.m., we will be celebrating Veterans' Day at the senior center with a catered breakfast to honor our Foxborough veterans and families of veterans. Following breakfast, there will be a guest speaker. If you'd like to join us for this special program sponsored by the Rotary Club, **you must call us to sign up and reserve your seat by Wednesday, Oct. 31** so we may notify the caterer.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$35,510 for a one-person household, \$46,437 for two people, \$57,363 for three people, \$68,289 for a four-person household, and so forth. You may also qualify for reduced utility rates, and weatherization services. If you need assistance with an application or recertification, please call Christina or Pam to set up an appointment.

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 Sept. 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.

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 for everyone 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. 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.

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.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Oct. 30 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. Call us to make your 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. Nov. 14 and Thurs Nov. 15. 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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Oct. 24 – Target, Oct. 31 – Job Lot/Dollar Store. 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.