

## **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.

### **Monday, Sept. 24**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Rep. Jay Barrow’s 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, Sept. 25**

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.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Talespinners 2 p.m.

### **Wednesday, Sept. 26**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper Club 4:30 p.m.

### **Thursday, Sept. 27**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Men’s Cookout 12:00 noon; Computer Class with the Charter School Students 2 p.m.; COA/HS Advisory Board Meeting 3 p.m.

### **Friday, Sept. 28**

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

## **MEET OUR HUMAN SERVICES DIRECTOR MARC CRAIG**

Join us on Wednesday, Oct. 3 at 4:30 p.m. to meet our new Human Services Director Marc Craig. Marc will be hosting a presentation at the senior center with a Question and Answer period. This is your opportunity to get a “sneak peek” at some of Marc’s ideas about future programs and services offered at the senior center, and it will also be your chance to ask questions and express some ideas or concerns of your own. Light refreshments will be available for all, so call us to sign up.

## **MEN’S CLUB COOKOUT**

Gentlemen, join us for our Men’s Club Cookout on Thursday, Sept. 27 at noon. The cost for lunch is \$3 per person. This will be an opportunity to everyone to meet our new director, Marc Craig, socialize and catch up with friends over a good meal. The caterer’s deadline is Friday, Sept. 21, so please call to sign up no later than noon on Sept. 21. Payment is due by that time

## **COMPUTER CLASSES AT THE SENIOR CENTER**

On Thursday afternoons at 2 p.m., starting September 27, 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.

## **ART CLASSES WITH ALLIE**