

INTRODUCTION TO REIKI

A brief history of Reiki Energy Medicine will be held at the senior center on Tuesday, Aug. 6 at 4 p.m. Our Reiki program presenter will also give us some insight into her background and experience. A question and answer period will be followed by mini-Reiki (5 minute) sessions to interested parties. If this program draws enough interest, the Foxborough Senior Center will consider offering regular Reiki appointments in the future. Registration is required for this event, so join us!

Monday, July 29

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.; SHINE by appt. 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Mah Jongg Free Play 1 p.m.

Tuesday, July 30

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Blood Pressure Self Monitoring 12 noon.; Talespinners 2 p.m.; Beginner Painting on Canvas Class 3 p.m.; Busting Myths and Getting Savvy About Senior Living 5:15 p.m.

Wednesday, July 31

Strength Training Class 8:30 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 1 p.m.; Movement for Pain Relief class 2:45 p.m.; Senior Supper 4:30 p.m.

Thursday, August 1

Art with Ally 9 a.m.; Lower Body Stability Class 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Soup & Sandwich Lunch 12:30 p.m.; Movie Day 1 p.m.; Ping Pong 2 p.m.

Friday, August 2

Ping Pong 8:30 a.m.; Senior Fitness 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Performance of a Sample of Songs from "Mary Poppins Jr." production 11:30 a.m.

FARMERS' MARKET COUPONS

A limited number of Farmers' Market Coupons will be available for Foxborough senior citizens beginning on Monday, July 29 at the senior center. Each participant will receive \$25 worth of coupons to spend at local Farmers' Markets. **In order to qualify to receive these coupons, you must be at least 60 years of age, be a resident of Foxborough and have an income level at or below \$23,107 for an individual and \$31,284 for a couple.** Due to the limited number of coupon books that will be available, you must come in person to the senior center to sign the self-declaration agreement that you meet the eligibility requirements. Coupon books will be awarded on a first-come, first-serve basis.

REGAIN YOUR BALANCE CLASS

This class was originally held at the senior center as "Reverse the Aging Process," but is now called "Regain Your Balance." The 6-week program will be held at 11:45 a.m. on Mondays, Aug. 19, 26 and Sept. 9, 16, 23 and 30 and costs \$36 per person, due at the time you register. The program is designed to help individuals regain their balance. Participants will work on their balance, their sense of balance and proprioception. "Regain Your Balance" is the first part of the "Reverse the Aging Process" series, but it is open to everyone. The program is facilitated by Steve Avellino CFT, CES. This is a NEW session for NEW students and will fill up quickly! Sign up ASAP!

TECH 101 – IPHONE BASICS

Do you have an iPhone? Are you constantly confused by the most basic functions of your phone? Join us on Wednesday, Aug. 21 at 5 p.m. for our next Tech 101 class where we will explore the basic applications on your phone. Additionally, we will explore tips and tricks to get the most out of your device. This class is taught in a group setting, therefore we won't have enough time for individual lessons. Call to sign up.

CHAIR MASSAGE APPOINTMENTS

Amy Rogers has been a licensed Massage Therapist for 19 years and has had the privilege of working with a wide variety of clients with different needs. She will be at the senior center on Wednesday, Aug. 14 from 10 a.m. to noon, and 1 p.m. to 3 p.m. to provide chair massages for those who are interested. Her goal is to customize a massage specific to the needs of each individual. The cost is \$15 for each block of 15 minute appointments and you can choose to stack up to 45 minutes of massage time. Call to schedule an appointment.

SWIM CLASSES AT THE Y

Through a partnership with the Hockomock Area YMCA, you are able to join an Aqua Fit Class at the Y for just \$5 per class. You don't have to have a YMCA membership - simply show your Foxborough Senior Center ID tag to the front desk at the Invensys Foxborough YMCA Branch, pay \$5 and have fun! The swim classes are: Aqua Zumba on Mondays, Wednesdays and Fridays from 12:10 to 1 p.m.; Low Impact Aqua Aerobics on Mondays and Tuesdays from 8 to 9 a.m., and; Aqua Zumba on Tuesdays and Thursdays from 7 to 7:45 p.m.

BLOOD PRESSURE SELF MONITORING PROGRAM

Come join Kelly DeSantis, Hockomock YMCA Program Coordinator, on Tuesday, July 30 at 12 p.m., and learn how to reduce your blood pressure by monitoring at home! The YMCA is offering free blood pressure screenings and an information session about their evidence based program that may help to reduce your blood pressure over a short period of time. This is accomplished through both group and individual meetings. They will have refreshments and a raffle to win a brand new blood pressure cuff (valued at \$40). Call us to sign up for this program.

MARILYN RODMAN PAC SENIOR CENTER SERIES

Each month the Marilyn Rodman Performing Arts Center (Orpheum) showcases their upcoming show with a selection of performances presented at the senior center. We are offering an opportunity on Friday, Aug. 2 from 11:30 a.m. to noon to hear a couple of songs and purchase advanced tickets for the upcoming Mary Poppins Jr. Musical. Call to sign up.

BUSTING MYTHS & GETTING SAVVY ABOUT SENIOR LIVING

There are many misconceptions about senior living. Join us on Tuesday, July 30 at 5:15 p.m. for a highly informative program designed to shed light on what the senior living lifestyle is really all about, so seniors and their families can make well-educated decisions. Senior living expert, Jodi Tolman from Whitney Place at Sharon, will be at the senior center to talk about the difference between independent, assisted living, memory care, and skilled nursing; when the time is right to make a move; how to find the right community for you; what it costs and how do you pay for it? You will leave with a list of key questions to ask when researching and visiting communities and a VERY different opinion about senior living! Dinner will be served. Call to sign up.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, Aug. 1 we'll be serving a light lunch of soup and a sandwich at the senior center, for a suggested donation of \$3. Following lunch at 1 p.m., we will be showing the movie "The Highwaymen." Please give us a call to sign up and let us know if you are coming to just lunch or just the movie, or both. Transportation is available.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, July 31 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you'd like to discuss.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, July 31 at 4:30 p.m. Our menu will include hotdog with roll (oil based), pasta salad with vegetables, coleslaw, mustard and relish, watermelon and

lemonade. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. A SHINE counselor is available on Monday, July 29, Aug 5 & 6. 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.

PING PONG

We're playing Ping Pong at the senior center every Thursday at 2 p.m., and every Friday morning at 8:30 a.m. Join us to play some ping pong and have a great time with friends! Give us a call to sign up.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: July 31 – Job Lot/Dollar Store, Aug.7 – Kohl's. 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.

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.