

## **JACK CRAIG – FAVORITE ITALIAN-AMERICAN SINGERS AND SONGS**

Jack Craig will be at the senior center on Thursday, Sept. 5<sup>th</sup> at 12:30 p.m. for his program “Favorite Italian-American Singers and Songs.” As Italian-American immigrants grew in numbers, so did the number of Italian song favorites. Just a few of the Italian-American singers included in this program are Dean Martin, Connie Francis, Frank Sinatra, Mario Lanza and Frankie Laine, and the songs will include classics such as “O Sole Mio” and “Santa Lucia.” This program is designed for all, but may be particularly interesting to those traveling with us to Italy. Call us to sign up.

### **Monday, Aug 19**

Chair Yoga 9:15 a.m.; Veterans’ Breakfast 9:15 a.m.; Tai Chi 10:30 a.m.; Regain Your Balance 11:45 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, Aug. 20**

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Safety & Self Defense for Women 5 p.m.

### **Wednesday, Aug. 21**

Strength Training Class 8:30 a.m.; Luncheon Outing at Jake n Joe’s 1 p.m.; TRIAD 1 p.m.; Colorist Club 1 p.m.; Movement for Pain Relief class 2:45 p.m.; Tech 101 5 p.m.

### **Thursday, Aug. 22**

Art with Ally 9 a.m.; Lower Body Stability Class 9 a.m.; Mah Jongg Free Play 10:45 a.m.; Ping Pong 2 p.m.; Corn Hole 2 p.m.

### **Friday, Aug. 23**

Ping Pong 8:30 a.m.; NO Senior Fitness today; Shaws 9 a.m.; Cribbage 10:15 a.m.; One-Year Review with Marc 11 a.m.

## **YOGA CLASSES**

Yoga is the union between body, mind and spirit. Join us for 8 weeks of Yoga classes on Fridays, Sept. 6 through Nov. 1 (excluding Sept. 27) from 10:30 to 11:45 a.m. Everyone is welcome and there are no fitness prerequisites to be able to develop a very meaningful and effective yoga practice, however participants should be comfortable on the ground for extended periods of time. Please bring your own Yoga mat. Space is limited. The cost is \$53 per person and is due at the time of registration.

## **BEGINNER UKULELE CLASS**

Starting Tuesday, Sept. 10 there will be a new 6-week Beginner Ukulele Class at the senior center. These classes will be held at 10:30 a.m. on Tuesdays, Sept. 10, 17, 24, Oct. 1, 8 & 15. During this 6-week program, participants will learn the parts of the ukulele, basic chords, 4 or 5 strum patterns and 8 to 10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. If you need to purchase a ukulele, please email Lisa at LICohen@comcast.net . The cost is \$75 per person and is due at the time you sign up.

## **ONE-YEAR REVIEW**

After 1 year as the Director of Human Services, Marc Craig will present a program on Friday, Aug. 23 at 11 a.m. on the successful (and not so successful) activities, survey results and interesting statistics from the past year. After discussing the past, Marc will share plans for the future and answer questions. Seniors are encouraged to attend to shape the future of the COA/HS Departments. Call to sign up.

## **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!

### **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

On Tuesday, Aug. 20 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. The Café is free of charge. 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.

### **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.

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Aug. 21 at 1 p.m. at Jake ‘n Joe’s Restaurant. Sign up is required by Friday, Aug. 16. Van transportation arrangements must be made by Friday, the 16<sup>th</sup>.

### **PROGRAM BY PSYCHIC MEDIUM DR. CATHY RIPLEY GREENE**

Psychic Medium Dr. Cathy Ripley Greene’s mission and her gift is to help others find clarity and inspiration through their connection to the spirit. If you’d like to be part of this experience, join us for our large group session on Wednesday, Sept. 4 at 6:45 p.m. The cost is \$10 per person for advanced purchase and \$12 per person at the door. A limited amount of tickets are on sale now.

### **SAFETY & SELF DEFENSE CLASS FOR WOMEN OF ALL AGES**

Unfortunately, anyone can become a victim at any age. Don’t be helpless. Join us on Tuesday, Aug. 20 from 5 to 6:15 p.m. and learn tips to keep you and your loved ones safe. This program will cover basic self-defense techniques you could use if you should ever become the victim of an assault. All participation is optional. This class will be taught by Jeanne Donnelly who has trained in many styles of martial arts and is licensed as a mental health counselor. The cost is \$10 per person and you must call us to register in advance.

### **VETERANS’ BREAKFAST CLUB**

Veterans of all ages are invited to join us on Monday, Aug. 19, at 9:15 a.m. for our Veterans’ Breakfast Club. Important veterans’ issues will be discussed under the leadership of Foxborough’s Veterans’ Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

### **COA/HS ADVISORY BOARD OPEN FORUM**

On Friday, Aug. 30 at 9 a.m., the new Executive Members of the Council on Aging/Humans Services Advisory Board would like to host an Open Forum, inviting all who wish to attend. This Open Forum will be a discussion based meeting where residents can present and talk about issues with this collective group that has been appointed to represent them. Don’t miss this chance to listen and voice your issues and concerns. Call to sign up.

### **ONLINE REGISTRATION TUTORIAL**

Starting in September, you'll be able to register for our free senior center programs online. This tutorial program will teach you how easy online registration will be. Don't worry if you aren't "tech savvy," you can still register for programs at the desk. Join us for this tutorial on Fridays, Aug. 30 or Sept. 6 at 11 a.m. Call to sign up.

### **FARMERS' MARKET COUPONS**

A limited number of Farmers' Market Coupons are still available for Foxborough senior citizens at the senior center. **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.**

### **KIDNEY DISEASE INFO SESSION**

Kidney Disease is a silent killer. Hypertension, high blood pressure and diabetes, in the long run, cause chronic renal failure or end state renal disease. A presentation by Dr. Naseem Ahmend will be held on Tuesday, Aug. 27 at 5 p.m. to enlighten those who are curious about potential Kidney Disease. Call to register.

### **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 Aug 19 & 20. 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.

### **BLOOD PRESSURE CLINICS**

Blood Pressure Clinics are being held at the senior center on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays each month. The next clinic is on Tuesday, Aug. 27 from 10 a.m. to noon and is being hosted by Deputy Fire Chief and Public Health Nurse Thomas Kenvin. These clinics are free and are open to the public. Call us to schedule an appointment.

### **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Aug. 21 – Jake n Joe's restaurant, Aug. 28 Job Lot/Dollar Store. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](http://www.foxboroughma.gov) or call at 508-543-1234.