

## **2020 TRIP TO IRELAND INFO PROGRAM**

We're off to Ireland next year for a one-week tour from Sept. 2 -10, 2020. Kevin from Conway Tours will be at the senior center on Wednesday, Sept. 11 at 4 p.m. for an informational program on this upcoming trip. In Ireland, we'll be visiting castles and quaint towns, view magnificent coastal vistas and enjoy Irish entertainment. If you think you may be interested in joining us on the trip, or you just want to hear more about our itinerary, call to sign up for this program.

### **Monday, Sept. 2**

Office Closed – Labor Day

### **Tuesday, Sept. 3**

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.; Stop & Shop in lieu of Monday holiday 1 p.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Azores Documents Meeting 3:30 p.m.; Kidney Disease Info 4:45 p.m.

### **Wednesday, Sept. 4**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; “When They See Us” Viewing & Discussion 12:30 p.m.; Target 1 p.m.; Colorist Club 1 p.m.; Psychic Medium Dr. Cathy Ripley Greene 6:45 p.m.

### **Thursday, Sept. 5**

Art with Ally 9 a.m.; Upper Body Mobility Class 9 a.m.; Mah Jongg Free Play 10:45 a.m.; Jack Craig – Favorite Italian American Songs 12:30 p.m.; Ping Pong 2 p.m.

### **Friday, Sept. 6**

Ping Pong 8:30 a.m.; Walmart 9 a.m.; Senior Fitness today 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.; Online Registration Tutorial 11 a.m.; Sage School Partnership 11:30 a.m.

### **“WHEN THEY SEE US” Viewing and Discussion**

Join us on Wednesdays, Sept. 4, 11, 18 & 25 at 12:30 p.m., to watch the 4-part, Emmy Nominated Netflix Series “When They See Us” followed by a guided discussion on each episode. In 1989, a jogger was assaulted and raped in Central Park and 5 young people were charged with the crime. The quintet, labeled the Central Park Five, maintained their innocence and spent years fighting the convictions. This 4-part series spans a quarter of a century, from when the teens are first questioned about the incident in 1989, going through their exoneration in 2002, and ultimately the settlement reached with the city of New York in 2014. We will watch one episode each week, followed by a group discussion. Note: Although the content and language are explicit at times, this well-acted and captivating series is one not to be missed! Call to sign up.

### **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.

### **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.

## **SAGE SCHOOL PARTNERSHIP**

Eighth grade students from the Sage School for gifted students in Foxborough are participating in a unique project that involves getting to know and building relationships with seniors in the community. The students will meet and talk with seniors and document their interesting life stories through videography, collaborative research and art installation. The hope is that students and seniors can both learn from each other. These projects will culminate with a community celebration of the students showcasing their projects. Join us at the senior center on Friday, Sept. 6 at 11:30 a.m. to kick off this project and meet the students. Sign up by Sept. 4

## **SHREDDING EVENT**

A private shredding company will be at the senior center on Friday, Sept. 13 from 10 a.m. to 1 p.m. This event is being sponsored by District Attorney Michael W. Morrissey. He and his staff will be on hand to give a brief talk at the start of the event on avoiding identity theft. This is your chance to have your documents shredded for free.

## **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.

## **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 Friday, Sept. 6 at 11 a.m. Call to sign up.

## **ROCK N ROLL MONSTER MASH HALLOWEEN PARTY**

Join us at the senior center for a Rock n Roll Monster Mash Halloween Party with Jim the DJ guy on Friday, Oct. 4 from 6 to 8 p.m. We'll be having sandwiches, soda, coffee/tea and dessert. Costumes are optional, but there will be a costume contest, trivia games and other fun activities! This party is free and is sponsored by the Council on Aging/Human Services Advisory Board. Call to sign up by Sept. 20.

## **FARMERS' MARKET COUPONS**

A limited number of Farmers' Market Coupons are still available for Foxborough senior citizens at the senior center. Each participant will receive \$25 worth of coupons to spend at local Farmers' Markets.

## **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, Sept. 3 at 5 p.m. to enlighten those who are curious about potential Kidney Disease. Call to register.

## **GRILLED PIZZA PARTY**

On Tuesday, Sept. 10 at 5 p.m. we're having a Grilled Pizza Party. Pick out your toppings from our toppings bar and enjoy a tasty grilled pizza with friends. The cost is \$7 per person and there is a limited number of openings for this program. Call to sign up by Sept. 9 with payment due at the time you sign up.

## **SKIMMING DEVICES PROGRAM**

On Tuesday, Sept. 10 at 4:45 p.m., there will be a presentation on “Skimming Devices” at the senior center by Robyn Putnam from the Massachusetts Office of Consumer Affairs and Business Regulation. This program will include tips on how to spot “skimming” devices found at gas stations and ATM’s. Call to sign up.

## **REIKI**

Reiki is a type of energy healing that targets the energy fields within the body. Practitioners say that improving the flow of energy around the body can enable relaxation, reduce pain, speed healing and reduce other symptoms of illness. Starting on Sept. 12 and continuing on the 2<sup>nd</sup> Thursday of each month, we will be scheduling Reiki appointments at the senior center from 1 to 3 p.m. The cost is \$15 for 15 minute appointments and \$25 for 30 minute appointments. This fee is due at the time you schedule your appointment.

## **TV BINGE WATCHING CLUB**

Binge-watching, also called binge-viewing or marathon viewing, is the practice of watching television for a long time span, usually a single television show. We will be starting a “TV Binge Watching Club” in October. Is there a show that you really wish you had watched, or would love to watch again with friends. Please offer your suggestions on which show we start with on the clipboard underneath the television in the lobby. We plan on watching 2-3 episodes a week in a group setting at the Senior Center.

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.