

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 2nd 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.

Monday, Sept. 9

Sen. Paul Feeney Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai chi 10:30 a.m.; Book Club 11 a.m.; Regain Your Balance 11:45 a.m.; SHINE by appt. 12:30 p.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Mah Jongg Free Play 1 p.m.; Knitting 1 p.m.

Tuesday, Sept. 10

Stretch and Balance Class 8:30 a.m.; Blood Pressure Clinic 9 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Beginner Ukulele Class 10:30 a.m.; Nutrition 11 a.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Program on Skimming Devices 4:45 p.m.; Grilled Pizza Party 5 p.m.

Wednesday, Sept. 11

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; "When They See Us" Viewing & Discussion 12:30 p.m.; Walmart 1 p.m.; Colorist Club 1 p.m.; Ticket Purchase for Author Chris Bohjalian at Orpheum 3:45 p.m.; 2020 Trip to Ireland Info Meeting 4 p.m.

Thursday, Sept. 12

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.; Reiki 1 p.m.; Ice Cream Social 1 p.m.; Cornhole 2 p.m.

Friday, Sept. 13

Senior Fitness 9 a.m.; Shaws 9 a.m.; Shredding Event 10 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.

NEW YORK CITY SHOPPING TRIP

On Thursday, Nov. 21, we'll be leaving from the side parking lot of St. Mary's Church, 58 Carpenter St., at 7 a.m. and traveling to New York City for the day. Take advantage of the great shopping opportunities, such as Macy's and Bloomingdale's, or take the time on your own to enjoy all that New York City has to offer including theaters, museums, as well as shopping. The cost for this trip is \$61 per person for Foxboro residents, and \$66 for non-residents. Payment is due at the time you sign up at the senior center, no later than Nov. 8. We'll be returning to Foxboro at approximately 11 p.m. Sign up for a fantastic day in the city!

"COME FROM AWAY" AT PROVIDENCE PAC

On Wednesday, Dec. 4 at 4:45 p.m. we'll be off to the Providence Performing Arts Center for a performance of the musical "Come From Away." This musical is set in the week following the September 11 attacks and tells the true story of what transpired when 28 planes were ordered to land unexpectedly in the small town of Gander in the province of Newfoundland and Labrador, Canada. The characters in the musical are based on real Gander residents as well as some of the 7,000 stranded travelers they housed and fed. This musical was nominated for the Best Musical at the 2017 Tony Awards. Our school bus will depart from the senior center for Providence at 4:45 p.m. There will be time for dinner on your own before our 7 p.m. show. The cost is \$50 per person to be paid at the time you sign up.

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.

2020 TRIP TO IRELAND INFO PROGRAM

We'll be 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. 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 about our itinerary, call to sign up for this program.

SPINNEY SPEAKER SERIES PRESENTS AUTHOR CHRIS BOHJALIAN

On Thursday, Oct. 10 at 7 p.m., the Boyden Library Annual Spinney Speaker Series will present an evening with author Chris Bohjalian at the Rodman PAC (Orpheum). Enjoy a lecture and Q & A session about his novels, plays and upcoming May 2020 book, The Red Lotus. Tickets available online or at the senior center on Sept. 11 at 3:45 p.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.

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.

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.

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.

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 Sept. 9 & 10. 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 2nd and 4th Tuesdays each month. The next clinic is on Tuesday, Sept. 10 from 9 to 11 a.m. 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: Sept. 11 – Walmart, Sept. 18 – Horse & Carriage Restaurant. 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.