

## **CHRONIC DISEASE – SELF MANAGEMENT**

A 6-week workshop, “Chronic Disease-Self Management”, will be held at the senior center from 1 to 3 p.m. on Mondays, Sept. 30, Oct. 7, 21, 28, Nov. 4 & 18. This program is for those living with a physical or mental condition such as diabetes, heart disease, asthma, cancer, arthritis, fibromyalgia, depression, anxiety or other ongoing health condition. The program helps participants learn strategies to manage chronic illness symptoms on a daily basis and develop their own personal approach to making lifestyle changes, and to help develop the self-confidence to be more physically and socially active. Call us to sign up.

### **Monday, Sept. 16**

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.; 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. 17**

Stretch and Balance Class 8:30 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.; Foxborough Fire Dept. BBQ 11:30; Memory Café 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; A World Without Alzheimer’s 4 p.m.

### **Wednesday, Sept. 18**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; “When They See Us” Viewing & Discussion 12:30 p.m.; Horse & Carriage Lunch 1 p.m.; Colorist Club 1 p.m.; TRIAD 1 p.m.; End of Summer Luau 4 p.m.

### **Thursday, Sept. 19**

Art with Ally 9 a.m.; Chair Massages 9 p.m.; Upper Body Mobility Class 9 a.m.; Mah Jongg Free Play 10:45 a.m.; Soup & Sandwich Lunch 12:30 p.m.; Movie – “Christopher Robin” 1 p.m.;

### **Friday, Sept. 20**

Senior Fitness 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.

## **ANNUAL FALL LUNCHEON AT LAKE PEARL**

The Annual Fall Luncheon sponsored by the Walpole Co-operative Bank and Norfolk County Councils on Aging will be held at Lake Pearl Ballroom, located at 299 Creek Street in Wrentham, on Tuesday, Sept. 24 at 11:30 a.m. There are a limited number of tickets available at the senior center for Foxborough seniors for this free event.

## **FOCUS GROUP ON HOUSING**

On Monday, Sept. 23 from 1 to 2 p.m., the Metropolitan Area Planning Council (MAPC), the town’s planning consultant for Foxborough’s Housing Production Plan (HPP), will be in town to meet with residents in order to hear your concerns and get your opinions on future housing development in town. We have arranged a focus group discussion for seniors to be held at the senior center. This is your opportunity to be heard....we want your input about Foxborough’s housing. Call to sign up.

## **VETERANS’ BREAKFAST CLUB**

Veterans of all ages are invited to join us on Monday, Sept. 16 at 9:15 a.m. for our Veterans’ Breakfast Club. Important veterans’ issues are discussed under the leadership of Foxborough’s Veterans’ Services Officer Ally Rodriguez. Free coffee and pastries are available to all participants. Call us to sign up.

## **FOXBOROUGH FIRE DEPARTMENT BBQ**

Come meet the Foxborough Fire Department personnel at the senior center on Tuesday, Sept. 17 at 11:30 a.m. and join us for a free BBQ. You MUST sign up with us by Friday, Sept. 13.

## **A WORLD WITHOUT ALZHEIMER’S DISEASE**

On Tuesday, Sept. 17 from 4 to 6 p.m., Lenore Jackson-Pope R.N., Co-Director of Primary Care Outreach at the Center for Alzheimer Research and Treatment, Mass. Alzheimer's Disease Research Center, will be hosting "A World Without Alzheimer's Disease" program at the senior center. This talk will address the fundamental questions about memory, aging and Alzheimer's Disease: When is memory normal? When is it not? What is Alzheimer's Disease? What is happening in research? Call if you'd like to join us for this program.

### **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.

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

On Tuesday, Sept. 17 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. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is "open" on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. 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.

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Sept. 18 at 1 p.m. at Horse & Carriage Restaurant. Sign up is required by Friday, Sept. 13. Van transportation arrangements must be made by Friday, the 13<sup>th</sup>.

### **SOUP/SANDWICH AND A MOVIE**

At 12:30 p.m. on Thursday, Sept. 19 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 "Christopher Robin." 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.

### **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 Thursday, Sept. 19 from 9 a.m. to 1:30 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.

### **END OF SUMMER LUAU**

Join us for a Luau at the senior center on Wednesday, Sept. 18 from 4 to 5:45 p.m. to celebrate the end of summer. Wear your best Polynesian outfit, enjoy sounds of the islands and socialize with friends. The cost is \$5 per person. Call to sign up.

### **TRIAD**

TRIAD will be meeting on Wednesday, Sept. 18 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. 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. Each participant will receive \$25 worth of coupons to spend at local Farmers' Markets.

## **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. 16 & 17. 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.

## **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Sept. 18 – Horse & Carriage Restaurant, Sept. 25 – 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.