

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 us to sign up.

Monday, Sept. 23

Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 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.; Focus Group on Housing 1 p.m.

Tuesday, Sept. 24

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.; Manicures 10 a.m.; Beginner Ukulele Class 10:30 a.m.; Nutrition 11 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; "Darkness to Light" Training 4:45 p.m.

Wednesday, Sept. 25

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Hearing Health 10 a.m.; Coffee with the Town Manager 12:30 p.m.; "When They See Us" Viewing & Discussion 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 1 p.m.; Senior Supper 4:30 p.m.

Thursday, Sept. 26

Art with Ally 9 a.m.; Men's Breakfast 9 a.m.; Upper Body Mobility Class 9 a.m.; Mah Jongg Free Play 10:45 a.m.; Cornhole 2 p.m.; COA/HS Advisory Board 3 p.m.

Friday, Sept. 27

Senior Fitness 9 a.m.; Shaws 9 a.m.; Cribbage 10:15 a.m.; NO Yoga today; Tech 101 – "Peapod" 11 a.m.

TABLE TOP GARDEN CLUB FALL PERENNIAL PLANT SALE

Fall is a good time to plant perennials. Here at the senior center we have extra plants and want to offer them for sale to the public. The plants will be available Monday thru Friday when the senior center is open. Prices will be listed by the size of the plant and will start at \$3. Payment will be on the honor system, and you should pay at the desk inside the building. All Proceeds will benefit the Table Top Garden Club.

DARKNESS TO LIGHT TRAINING.

One out of 10 children will be sexually abused before they turn 18. Chances are, someone you know has been impacted. Darkness to Light understands that learning the facts about childhood sexual abuse helps to prevent it. Come join us for our training program on Tuesday, Sept. 24 at 4:45 p.m. Call to sign up. Space is limited.

LINE DANCING CLASS

It's time to get moving, so let's do some dancing! Join us on Wednesdays, Oct. 2, 9, 16 and 23 from 11:15 to 12:15 for line dancing class with instructors Jeanne Bonneau and Faye Sullivan. They will lead us through some line dancing steps. The steps are uncomplicated, the classes are fun and beginners are always welcome. Call to sign up.

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.

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.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Sept. 25 from 12:30 p.m. to 1:30 p.m. 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, Sept. 25 at 4:30 p.m. Our menu will include chicken teriyaki, rice pilaf, stir fry veggies, cake roll and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Sept. 23 at 9 a.m. Call to sign up and take advantage of this chance to get to meet our state representative and have your concerns heard.

TECH 101 – STOP & SHOP PEAPOD

Is going grocery shopping a pain sometimes? Come to this Tech 101 class on Friday, Sept. 27 at 11 a.m. and learn how to use Stop & Shop Peapod and have your groceries delivered right into your kitchen! Call to sign up.

MEN'S CLUB BREAKFAST

Join us for our Men's Club Breakfast on Thursday, Sept. 26 at 9 a.m. The cost for the breakfast is \$3 per person. Sign up with your payment.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Sept. 24 from 1 to 2 p.m. The Low Vision Support Group meets on the 4th Tuesday of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

HEARING HEALTH

On Wednesday, Sept. 25 from 10 to 11:30 a.m., and continuing every 4th Wednesday of each month, there will be a Hearing Health program offered at the senior center. This program is free and will provide hearing testing, ear wax removal, hearing aid cleaning and service by appointment. Call in advance to schedule a 15 minute 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. 24 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.

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. 23 & 24. 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. 25 – Job Lot/Dollar Store, Oct. 2 – Patriot Place South Marketplace. 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.