

## **ANNUAL HOLIDAY PARTY AT LAKEVIEW**

The holidays are approaching, so mark your calendar for Thursday, Dec. 5 from 12:30 to 4 p.m. for our annual Holiday Celebration at Lakeview Pavilion in Foxboro. This year's holiday party will once again include entertainment by "The Reminisants." This band specializes in music from the 1950's through the 90's, playing a collection of great music for all kinds of musical tastes and generations. Doors will **not** open until 12:30 p.m. and lunch will be served at 1 p.m. The 2 meal choices are: pan seared Boneless Chicken with Asiago Cheese Sauce, or Herb Crusted Cod with Herbs & Seasoned Breadcrumbs, Lemon Beurre Blanc. Meals include a tossed green salad, fresh seasonal vegetables and starch, and chocolate mousse for dessert. This year we are also welcoming non-residents to the party. The cost is \$30 per person for Foxborough residents and \$40 for non-residents. Payment is due at the time you sign up at the senior center. Sign up by Friday, Nov. 15.

### **Monday, Oct. 7**

Chair Yoga 9:15 a.m.; Veterans' Breakfast 9:15 a.m.; "King Lear": Karma + Grace Class 10 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Lower Body Stability 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.; Chronic Disease Self- Management 1 p.m.

### **Tuesday, Oct. 8**

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.; Understanding Credit & Debit 4:45 p.m.

### **Wednesday, Oct. 9**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Line Dancing Class 11:15; Colorist Club 1 p.m.; Walmart 1 p.m.; Drum Circle 4 p.m.

### **Thursday, Oct. 10**

Trip to Mt. Washington Cog Railway 8:30 a.m.; Art with Ally 9 a.m.; Osteoporosis & Muscle Loss Class 9 a.m.; Pickleball 10:30 a.m.; Mah Jongg Free Play 10:45 a.m.; Reiki 1 p.m.; Canasta 1 p.m.; Cornhole 2 p.m.; Computer Class with Charter School Students 2 p.m.

### **Friday, Oct. 11**

Senior Fitness 9 a.m.; Shaws 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.; Tech 101 – GATRA on Demand 10:30 a.m.

## **SHAKESPEARE'S "KING LEAR": KARMA + GRACE**

Join us on 3 Mondays in October (7, 21 & 28), from 10 a.m. to noon for our program on "Shakespeare's King Lear: Karma + Grace." After a "what to look for" introduction, we'll spend 3 sessions watching the great Sir Lawrence Olivier's "King Lear", this will give us a chance to stop and clarify the action, when passages are unclear to our 21<sup>st</sup> century ears. Although the play "King Lear" is over 400 years old, the themes of narcissism, lust for power, abuse and redemption are today's news. This program will include a sandwich lunch each week. The cost is \$20 to be paid at the time you sign up.

## **DRUM CIRCLE**

Scientific studies show that the effect of group drumming are more powerful than medications in alleviating anxiety and depression as well as relieving pain, arthritis and boosting the immune system. Join us on Wednesday, Oct. 9 at 4 p.m. for this exciting program with Cape Cod African Drumming. Call us to sign up.

## **PAOLO DIGREGORIO – MEZZOGIORNO: SICILY, NAPLES AND KINGDOMS OF S. ITALY**

The southern regions of Italy have a long complex, and layered past that is often overlooked in the bigger picture of European history. Yet, the events in the Italian Mezzogiorno (Sicily, Naples and the Kingdoms of Southern Italy) were often a microcosm of the dynastic turmoil of other parts of Europe. On Wednesday, Oct.

16 at 4:30 p.m., Paolo DiGregorio will be at the senior center to explore the colorful tales and characters that shaped the southern kingdoms of Italy. Call us to sign up.

### **CANASTA LESSONS**

On Thursdays in October at 1 p.m., we will be playing Canasta at the senior center. Canasta is a game of the rummy family and was the most popular American game in the early 1950's. If you have always wanted to play, now is the time. An instructor will give lessons over the 5 Thursdays in October. If there is enough interest, Canasta may become a regular program offered at the senior center. Call to sign up.

### **COMPUTER CLASSES AT THE SENIOR CENTER**

On Thursday afternoons at 2 p.m., students from the Foxborough Regional Charter School (FRSC) are at the senior center to provide computer training classes. We have WIFI here so bring your laptops, ipads, smart phones, or use our on-site computer lab and join us for one-on-one computer instruction. The students are here to answer all your questions. Call to sign up.

### **TECH 101 – TRANSLOC, GATRA ON DEMAND**

GATRA started an On Demand Transportation Option in September. On Friday, Oct. 11 at 10:30 a.m., we will be learning about GATRA's On Demand option which is available through a mobile application called TansLoc. IN this class you will be taught how to request a ride using you phone. Call us to sign up.

### **UNDERSTANDING CREDIT AND DEBIT**

On Tuesday, Oct. 8 at 4:45 p.m., there will be a presentation on "Understanding Credit & Debit" at the senior center by Robyn Putnam from the Massachusetts Office of Consumer Affairs. This program will cover what a credit report is and how to check it, types of credit inquiries, tips on how to improve your credit, credit cards, late payments and budgeting. Call to sign up.

### **VETERANS' BREAKFAST CLUB**

Veterans of all ages are invited to join us on Monday, Oct. 7 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.

### **OSTEOPOROSIS & MUSCLE LOSS CLASS**

A 6-week Osteoporosis & Muscle Loss Program will be held at the senior center at 9 a.m. on the following Thursdays: Oct. 10, 17 24 & 31, Nov. 7 & 14. After age 40 people lose roughly 5% of their muscle mass every 10 years. It can be up to 10% for sedentary people. Bone density is an issue as we age as well. Falls due to muscle loss can cause hip fractures due to lack of bone density. Join us to learn how you can slow and/or reverse sarcopenia and osteoporosis. The cost of this program is \$42 and is due at the time you sign up.

### **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM**

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$37,360 for a one-person household, \$48,855 for two people, \$60,351 for three people, \$71,846 for a four-person household, and so forth. You may also qualify for reduced utility rates, and weatherization services. If you need assistance with an application or recertification, please call Christina or Pam to set up an appointment.

### **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. On Oct. 10 and continuing on the 2<sup>nd</sup> Thursday of each month, we are 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.

### **PHYSICAL THERAPY SCREENING FOR INJURY**

Come see Kate Degnan, a physical therapist from Bay State Physical Therapy, on Wednesday, Oct. 16, regarding any injury/pain you may have. You will receive exercises to alleviate your pain. The therapist will also let you know if you would benefit from continued physical therapy to further improve your function and decrease pain. Appointments will be made at 15 minute time slots beginning at 2 p.m. This service is free. Call to sign up.

### **PICKLEBALL LESSONS**

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton and ping pong. Two or four players use solid paddles to hit a perforated ball (similar to a wiffleball) over a net. Join us on Thursdays in October from 10:30 to 11:30 a.m. at the tennis/pickleball courts at the Booth Field, to learn from an expert on how to play the fastest growing sport in America. This program will be run in conjunction with the Foxborough Recreation Dept. You **MUST** sign up to participate. Paddles will be provided, and if you'd like to purchase your own, most sports stores sell them.

### **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, Oct. 8 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: Oct. 9 – Walmart, Oct 16 – Mansfield Crossing. 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.