

## **EFT TAPPING CIRCLE**

On Friday mornings, starting Oct. 25, from 9 to 10:30 a.m., we will be hosting an EFT Tapping Circle at the senior center. This healing/support group allows you to frequently, safely and economically transform your struggles using Emotional Freedom Techniques. You'll not only experience the relieving power of this easy self-applied acupressure technique, but also feel the encouragement and caring of the others in the circle. The first meeting on Oct. 25 is free, but starting in November the cost will be \$5 per person each Friday. Call us to sign up.

### **Monday, Oct. 21**

Chair Yoga 9:15 a.m.; NO Veterans Breakfast Club today; Shakespeare's King Lear 10 a.m.; Tai Chi 10:30 a.m.; Lower Body Stability 11:45 p.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; "Guys & Dolls" Audition 1 p.m.; Chronic Disease Self-Management 1 p.m.; Knitting 1 p.m.; Mah Jongg 1 p.m.; Stop & Shop 1 p.m.

### **Tuesday, Oct. 22**

Stretch and Balance Class 8:30 a.m.; Blood Pressure 9 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Identity Theft and Fraud Prevention Program 4:45 p.m.

### **Wednesday, Oct. 23**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Hearing Health by appt. 10 a.m.; Commuter Rail Trip to Boston 10:30 a.m.; Line Dancing Class 11:15; Colorist Club 1 p.m.; Lunch at Olive Garden 1 p.m.; SINGO 2 p.m.; Pumpkin Carving 4:30 p.m.

### **Thursday, Oct. 24**

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.; Canasta 1 p.m.; Cornhole 2 p.m.; Computer Class with Charter School Students 2 p.m.; Equifax Data Breach Info Session 2 p.m.; COA/HS Advisory Board Meeting 3 p.m.

### **Friday, Oct. 25**

Senior Fitness 9 a.m.; EFT Tapping Circle 9 a.m.; Shaws 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.

## **PUMPKIN CARVING**

Come join friends on Wednesday, Oct. 23 at 4 p.m. as we carve some pumpkins! Tools, stencils and assistance will be available. These pumpkins will then be featured on the Common for the Recreation Department's "Uncommon Pumpkin Patch" Celebration. You must call us to sign up in advance. Space is limited.

## **SINGO**

SINGO is a new and exciting musical spin on the game of Bingo. Instead of listening for a number, you listen to your favorite music and win great prizes! Join us for some fun on Wednesday, Oct. 23 at 2 p.m. to play SINGO with Jim the DJ Guy. To play you just match the songs you hear to the song titles on your SINGO card. Call to sign up.

## **TRIP TO BOSTON ON THE NEW COMMUTER RAIL IN FOXBORO**

Weekday Commuter Rail Service begins in Foxboro in mid-October. We will be organizing a group trip into Boston to test out our new transportation option on Wednesday, Oct. 23 at 10:30 a.m. Seniors are encouraged to meet at the Foxboro Station/Patriot Place at approximately 10:15. The train will leave at 10:30 and if you have never been on a Commuter Rail Train before, you will be provided with instructions. After arriving at South Station at 11:30, you'll be able to enjoy lunch and shopping on your own. We'll meet back up at 2:30 for our 2:45 departure and we will arrive back in Foxboro at 3:51. The base price for this trip is \$17.50 (plus \$4 for parking). Don't forget to bring your senior CharlieCard to receive a discount. Call us to sign up.

## **TRAVEL WITH US TO IRELAND IN 2020**

We have started signing up for our big trip to Ireland next year, from September 2-10, 2020. Join us for this 9 day, 7 night visit to the Emerald Isle. The cost is \$3180 for double/triple occupancy, and \$3740 for a single. This price includes all transportation, 7 nights accommodation and 13 meals. Don't miss this opportunity to kiss the Blarney Stone, visit castles and quaint towns, view magnificent coastal vistas, and enjoy some Irish entertainment. Call us for info or to sign up.

## **THE AFTERWORLD: WHAT I WISH I'D KNOWN**

Death is universally feared because it's the great unknown. It need not be so. Join us on Monday, Oct. 28 from 1 to 3 p.m. for a program that will highlight the amazing commonalities in the reports of near-death experiences, mystics, poets, hypnotic regressionists, and the great spiritual traditions. Author D'Anne Olsen will be presenting this program based on her book. Call us to reserve your seat.

## **GUYS AND DOLLS PRODUCTION**

Join our dynamic team for a fun filled few months of song and dance, and take part in the upcoming production of the musical "Guys and Dolls" that is produced and tailored to adults 55 and older. This program will start on Monday, Oct. 21 from 1 to 2:30 p.m. for "auditions" (no one is cut based on their ability – sing anything you'd like!), and rehearsals will continue every Monday from 1 to 2:30 p.m. Starting Jan. 6, rehearsals will also be held on Wednesdays from 12 to 1:30 p.m. All rehearsals will be held at the Foxborough Senior Center at 75 Central Street. The Registration Fee is \$150 and includes the script, all rehearsals, one-on-one instruction as needed and 2 full performances with sets and costumes. Payment can be made in full or in 4 installments (\$37.50 each) at the senior center. The Production Week Schedule is April 19-23 from 4-7 p.m. Any questions, please contact Laura Canfield at 508-463-8023

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

Join us on Mondays, October 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.

## **NEW YORK CITY SHOPPING TRIP**

We still have openings on our day trip to New York City on Thursday, Nov. 21. Take advantage of the great shopping opportunities, 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. Sign up for a fantastic day in the city!

## **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.

## **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.

#### **IDENTITY THEFT & FRAUD PREVENTION**

On Tuesday, Oct. 22 at 4:45 p.m., there will be a presentation on Identity Theft and Fraud Prevention at the senior center by Robyn Putnam from the Massachusetts Office of Consumer Affairs. This program will cover how to spot and avoid scams, and how to prevent identity theft. Call to sign up.

#### **EQUIFAX DATA BREACH INFO SESSION**

Join Gayle Bellotti from District Attorney Michael Morrissey's Office on Thursday, Oct. 24 from 2 to 3 p.m., to learn about how you may be effected by the Equifax data leak, and what you can do to ensure your privacy in the future. Call us to sign up.

#### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, Oct. 22 from 1 to 2 p.m. The Low Vision Support Group meets on the 4<sup>th</sup> Tuesday of each month. Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

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.