

## **VETERANS' BREAKFAST**

On Thursday, Nov. 7 from 9 to 11 a.m., we will be celebrating Veterans' Day at the senior center with a catered breakfast to honor our Foxborough Veterans and families of veterans. If you'd like to join us for this special program, with entertainment by the Serenading Seniors Chorus, **you must call us to sign up and reserve your seat by Monday, Nov. 4 so we may notify the caterers.**

### **Monday, Oct. 28**

Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; 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" 1 p.m.; Chronic Disease Self-Management 1 p.m.; Mah Jongg 1 p.m.; Stop & Shop 1 p.m.; The Afterworld: What I Wish I'd Known 1 p.m.

### **Tuesday, Oct. 29**

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Knitting (in lieu of 10/28) 1 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Online Safety Program 4:45 p.m.

### **Wednesday, Oct. 30**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Colorist Club 1 p.m.; Job Lot/Dollar Store 1 p.m.; Senior Supper 4:30 p.m.

### **Thursday, Oct. 31**

Art with Ally 9 a.m.; Osteoporosis & Muscle Loss Class 9 a.m.; Men's Breakfast 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.

### **Friday, Nov. 1**

Senior Fitness 9 a.m.; EFT Tapping Circle 9 a.m.; Walmart 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.; Pre-Town Meeting..Meeting 12:00 p.m.

## **22<sup>nd</sup> ANNUAL PRE-THANKSGIVING FEAST AT NICKY'S**

The management of Nicky's Restaurant, located at 460 Franklin Street in Wrentham, invites Foxborough seniors to join them for their annual pre-Thanksgiving dinner on Monday, Nov. 25. There is no charge for this event generously provided by Nicky's. Seating is very limited. **Reservations are required** and will be made on a first-come-first-serve basis by calling the senior center on Friday, Nov. 1 beginning at 8 a.m. **DO NOT** call the restaurant directly. Limited transportation is available, and must be arranged in advance.

## **MEET THE POLICE CHIEF**

In October, Michael Grace was sworn in as Foxborough's new Police Chief. He has been with the Foxborough Police Department for 21 years and is taking over after the retirement of Chief Baker. Join us on Wednesday, Nov. 6 at 2 p.m. when you will have the opportunity to hear from our new Chief, ask questions, gain knowledge and enjoy snacks. You must call us to sign up for this program.

## **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.

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

At 12:30 p.m. on Thursday, Nov. 7 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 "Yesterday." 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.

### **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. Rehearsals are held 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

### **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. We’ll be returning to Foxboro at approximately 11 p.m. 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.

### **COFFEE WITH THE TOWN MANAGER**

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, Oct. 30 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. 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, Oct. 30 at 4:30 p.m. Our menu will include meatloaf with gravy, whipped potato, mixed veggies, Halloween 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.

### **CORE STRENGTH CLASS**

Starting in November, the Core Strength Class will be held on Tuesdays, from 11 a.m. to noon. This group exercise class combines Core/Balance and light strength training. Additionally, we will emphasize the importance of strengthening the core to prevent injuries and improve balance. The cost is \$3 per class.

## **REP. JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows' next visit to the senior center will be on Monday, Oct. 28 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.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Oct. 29 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

## **MEN'S CLUB BREAKFAST**

Join us for our Men's Club Breakfast on Thursday, Oct. 31 at 9 a.m. The cost for the breakfast is \$3 per person. Sign up with your payment.

## **PRE-TOWN MEETING...MEETING**

You don't have to be a Town Meeting expert to understand the process. On Friday, Nov. 1 from noon to 12:30 p.m. we will have a meeting where we will discuss the steps of Town Meeting and especially what Article 4 on the Town Warrant means for the residents of Foxborough. Additionally, we will be connecting drivers with those who need a ride to the Special Town Meeting on Nov. 4<sup>th</sup>. Call us to sign up.

## **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Oct. 30 – Job Lot/Dollar Store, Nov. 6 - Target. 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.