

FALLS SCREENING EVENT

Reduce your risk for falls before the snow! On Wednesday, Nov. 13 from 11:30 a.m. to 3 p.m., the Bay State Physical Therapy team will be coming to the senior center to assess your risk for falling. They will run a series of tests to measure your standing balance, walking balance and functional strength to determine your risk. The therapists will give you suggestions on how to “fall-proof” your home, how to improve your strength and balance, and refer you to a specialist if needed. You must sign up for this program. You may arrive anytime between 11 a.m. and 2:30 p.m. for your 25 minute screening. Call to sign up.

Monday, Nov. 4

Veterans Breakfast Club 9:15 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 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.; Knitting 1 p.m. Mah Jongg 1 p.m.; Stop & Shop 1 p.m.; Town Meeting 7:30 p.m.

Tuesday, Nov. 5

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Ukulele 2 10:30 a.m.; Nutrition 11 a.m.; Core Strength Class 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Elder Law Attorney 3:30 p.m.; Senior CharlieCards 4 p.m.

Wednesday, Nov. 6

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Colorist Club 1 p.m.; Target 1 p.m.; Meet the Police Chief 2 p.m.; Senior Fitness Fun at FRCS 1:47 p.m.

Thursday, Nov. 7

Rotary Club’s Veterans Day Breakfast 9 a.m.; Pickleball 10:30 a.m.; Canasta 1 p.m.; Soup & Sandwich Lunch 12:30 p.m.; Movie Day – “Yesterday” 1 p.m.; Computer Class with Charter School Students 2 p.m.

Friday, Nov. 8

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.

TOUR THE FOXBORO PUBLIC SAFETY BUILDING

Join us on Wednesday, Nov. 13 at 2 p.m. at the Public Safety Building where we will venture behind the “authorized personnel” signs to learn how the Foxborough Fire and Police Departments operate as we take a guided tour of the Foxborough Public Safety Building. Don’t miss this opportunity! You must call us to sign up for this tour.

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.**

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.

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.

22nd 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.

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. 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.

CHARLIECARDS FOR SENIORS

On Tuesday, Nov. 5 from 4 to 5 p.m., you can apply for a CharlieCard at the Foxborough Senior Center. The CharlieCard is the payment method for the MBTA. The senior center will be partnering with the MBTA to offer Senior CharlieCards for people 65+. These cards allow you to have a reduced fair (approximately 50%) on the subway, bus, commuter rail and ferry. You will need to bring a valid government issued ID, and you must sign up in advance for this program.

COMMONWEALTH ADVISORY GROUP PRESENTATION

Come listen to a presentation by Elder Law Attorney Philip C. Amaru on Tuesday, Nov. 5 at 3:30 p.m. to learn how you and your family can preserve assets when faced with nursing home Medicaid care. Additionally, attendees will learn how to plan for having a healthcare proxy, living will and trusts. Call to sign up.

KEN BURNS' "THE NATIONAL PARKS" – AMERICA'S BEST IDEA

Experience America's National Parks through Ken Burns' unique documentary style. Join us at 4 p.m. on the following Wednesdays when we will be showing episodes of this informative documentary. On 11/6 we'll be viewing episode 1 "The Scripture of Nature (1851-1890)," on 11/13 we'll be showing episode 2 "The Last Refuge (1890-1915)" and on 11/20 we'll be viewing episode 3 "The Empire of Grandeur (1915-1919)". Episodes 4 – 6 will be shown in December. Call to sign up.

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.

SENIOR CITIZEN FUN FITNESS AS THE FOXBORO REGIONAL CHARTER SCHOOL

Do you enjoy physical activity and fun? The Foxborough Regional Charter School has a dedicated group of high school students (under the supervision of health and physical education teacher Mr. Shawn Gudmunson) who lead this club. Participants will enjoy badminton, shooting hoops, weight training, stretching and the company of some awesome high school students. The class will meet at the Foxborough Regional Charter School on Wednesdays from 1:47 to 2:35 p.m. If you're interested please contact Mrs. Jamie Droste for more info at 508-543-2508.

UKULELE 2 CLASS

Continue your musical journey on the ukulele through this 6 week Ukulele II Program. The classes will meet at 10:30 a.m. on the following Tuesdays: Nov. 5, 12, 19, 26 & Dec. 3, 10. During this 6-week program we will review the chords of C, Am, F, G, Dm, G7, Am7, Gm7 and the basic rhythms, strum patterns and songs covered during Beginner Ukulele. The cost for the program is \$75 per person and is due at the time you sign up.

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. 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.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Nov. 13 at 4:30 p.m. Our menu will include seafood salad with croissant, minestrone soup, coleslaw and almond cookie. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

MEN'S CLUB BREAKFAST

Join us for our Men's Club Breakfast on Thursday, Nov. 14 at 9 a.m. The cost for the breakfast is \$3 per person. Sign up with your payment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Nov. 6 – Target, Nov. 13 – Walmart. 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.