

VILLAGES IN FOXBOROUGH INFO SESSION

Villages are membership-driven, grassroots, nonprofit organizations run by volunteers and paid staff. They coordinate affordable services such as home repairs, social and educational activities. Villages positively impact isolation, interdependence, health and purpose of their individual members to reduce overall cost of care. On Tuesday, Nov. 19 at 3 p.m., Town Planner Paige Duncan will be on hand to speak about the “Village Model Concept” and the successes found across the region. At the end of the Info Session, attendees are encouraged to plan out the next steps in outlining a strategy of bringing a Village to Foxborough.

Monday, Nov. 18

Chair Yoga 9:15 a.m.; Veterans Breakfast Club 9:15 a.m.; Tai Chi 10:30 a.m.; Lower Body Stability 11:45 a.m.; SHINE by appt. 12:30; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Mah Jongg 1 p.m.; Knitting 1 p.m.; Chronic Disease Self-Management 1 p.m.; Guys and Dolls Rehearsal 1 p.m.

Tuesday, Nov. 19

Stretch and Balance Class 8:30 a.m.; Encore Casino Trip 9:10 a.m.; Zumba Gold 9:45 a.m.; Ukulele 2 10:30 a.m.; Nutrition 11 a.m.; Core Strength Class 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Villages in Foxboro Info Session 3 p.m.

Wednesday, Nov. 20

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Sage School Partnership 11 a.m.; Colorist Club 1 p.m.; Job Lot/Dollar Store 1 p.m.; TRIAD 1 p.m.; Senior Fitness Fun at FRCS 1:47 p.m.; “National Parks” video by Ken Burns, episode 3 4 p.m.; Family Feud 4 p.m.

Thursday, Nov. 21

Chair Massage by appt. 9 a.m.; Osteoporosis & Muscle Loss 9 a.m.; Art with Ally 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Soup & Sandwich Lunch 12:30 p.m.; Movie Day – “Across the Universe” 1 p.m.; Computer Class with Charter School Students 2 p.m.; COA/HS Advisory Board Meeting 3 p.m.

Friday, Nov. 22

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

TRIP TO ENCORE CASINO

This past June, the \$2.6 billion Encore Boston Harbor Casino opened its doors along the Mystic River. Encore operates a premium motor coach bus, departing from Patriot Place daily. On Tuesday, Nov. 19, we will be meeting outside the Renaissance Hotel at Patriot Place at 9:10 a.m. for a 9:30 departure. Our return trip will leave the casino at 4:30 p.m. There are a limited number of seats available and the cost is \$14 per person which must be paid at the time you sign up.

FRIENDSGIVING

Friendsgiving is a blend of friend and Thanksgiving. This modern tradition is a great way for friends to gather for a meal prior to the Thanksgiving holiday. On Tuesday, Nov. 25 from 4 to 5 p.m., join your friends at the Foxboro Senior Center for a nice meal and enjoy some time to socialize with others. The cost is \$5 per person and must be paid at the time you sign up.

PODIATRY CLINIC

Join Dr. Kelly McLaughlin for Podiatric Foot Care and Screening on Wednesday, Dec. 4 from 9 a.m. to noon. Dr. McLaughlin will be offering 15 minute appointments for \$30 on the 1st Wednesday of each month. This fee is due at the time you set up an appointment.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Nov. 19 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory

loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is “open” on the 3rd Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire at the senior center.

VETERANS’ BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, Nov. 18 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.

TRIAD

TRIAD will be meeting on Wednesday, Nov. 20 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, Nov. 21 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 “Across the Universe.” 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.

FAMILY FEUD – COA/HS ADVISORY BOARD VS. FRIENDS OF FOXBORO SENIORS

Come watch the Council on Aging/Human Services Advisory Board on Wednesday, Nov. 20 at 4 p.m. as they take on the Friends of Foxboro Seniors in a head to head game of Family Feud. Audience members will be able to play along from their seats and win prizes valued at over \$100. Call to sign up and join us!

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 11/20 we’ll be viewing episode 3 “The Empire of Grandeur (1915-1919)”. Episodes 4 – 6 will be shown in December. Call to sign up.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Nov. 26 from 1 to 2 p.m. This month we will be traveling to the Franklin Senior Center for a group outing. We will participate in a program at 1 p.m. on hearing loss and what to do about it. We will learn about hearing aids and other devices and how to pay for them. Call Pam McGuire at the senior center for information.

SENIOR CITIZEN FUN FITNESS AT 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.

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.

CORE STRENGTH CLASS

The Core Strength Class is 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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Nov. 20 – Job Lot/Dollar Store. 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.