

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!

Monday, Nov. 11

Veterans Day
Office Closed

Tuesday, Nov. 12

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.; Ukulele 2 10:30 a.m.; Nutrition 11 a.m.; Core Strength Class 11 a.m.; Stop & Shop 1 p.m. (in lieu of Monday holiday); National Parks episode 2 @ 1 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Consequences of Uncontrolled Blood Glucose 4:45 p.m.

Wednesday, Nov. 13

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Falls Screening Event 11 a.m.; Colorist Club 1 p.m.; Walmart 1 p.m.; Senior Fitness Fun at FRCS 1:47 p.m.; Tour of the Public Safety Building 2 p.m.; Senior Supper 4:30 p.m.

Thursday, Nov. 14

Men's Breakfast 9 a.m.; Osteoporosis & Muscle Loss 9 a.m.; Art with Ally 9 a.m.; Mah Jongg Lessons & Free Play 10:45 a.m.; Reiki by appt. 1 p.m.; Canasta 1 p.m.; Computer Class with Charter School Students 2 p.m.; Cornhole 2 p.m.

Friday, Nov. 15

Senior Fitness 9 a.m.; EFT Tapping Circle 9 a.m.; Walmart 9 a.m.; GrandFriends Day @ the Sage School 9 a.m.; Cribbage 10:15 a.m.; NO Yoga today

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! Meet us at the Public Safety Building on the 13th, but you MUST call us in advance to sign up for the tour.

CONSEQUENCES OF UNCONTROLLED BLOOD GLUCOSE & SUGAR LOWERING FOODS FOR DIABETIC PATIENTS

Uncontrolled blood glucose among the diabetic population may lead to kidney damage (diabetic nephropathy), cardiovascular disease (CVD), nerve damage (neuropathy), and eye damage (retinopathy). Change in dietary habits and the intake of sugar lowering foods can help to avoid other complications in the future. Join us on Tuesday, Nov. 12 at 4:45 for this program presented by Dr. Naseem Ahmed. Call to sign up.

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.

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 Nov. 14 and continuing on the 2nd 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.

GRANDFRIENDS DAY @ THE SAGE SCHOOL

GrandFriends day is a day of community celebration where the Sage School in Foxborough invites grandparents and special friends to visit the Sage School. This program will be held on Friday, Nov. 15 from 9 to 11 a.m. and is open to all who signed up for the Sage School Collaborative Project in September as well as others who would like to learn more about this school. The day starts with refreshments and an assembly and allows for an hour to visit classes. Attendees must sign up at the senior center prior to the event.

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.

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 11/13 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.

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.

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.

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.

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.

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. 13 – Walmart, 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.

