

MINDS IN MOTION – EXERCISES FOR YOUR BRAIN

Start off the new year by getting your brain in shape for 2017. Do you feel like challenging your mind and stretching your imagination? Join us at the senior center where Jerry Cianciolio will be back to present new topics in his “Minds in Motion” program. In a large bowl, blend in the stimulation of a college workshop with the fun of a backyard barbeque, sprinkle in a heaping cup of personal opinion and that’s the recipe for Minds in Motion. This program is a series of eight **all new**, hour-long “courses.” Each week we’ll focus on a different and challenging topic. Topics range from morality to art, music, writing, architecture, inventions, humor and others that will put your mind in motion. “Minds in Motion” is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. These 8 classes will be held at 1:00 p.m. on the following Monday afternoons: January 9, 23, 30, February 6, 13, 27 and March 6 & 13. Seating is limited, so we ask participants to commit to attending at least 6 of the sessions. Please call the senior center at 508-543-1234 by January 6th to register in advance.

Monday, December 19

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Meditation and Relaxation 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, December 20

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Memory Café 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, December 21

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Walmart 1:00 p.m.

TRIAD 1:00 p.m.

Colorist Club 2:00 p.m.

Alison O’Leary “So Close to Home” 4:30 p.m.

Thursday, December 22

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chorus Holiday Sing-Along 10:00 a.m.

Low Vision Audio-Described Movie “The Finest Hours” 1:00 p.m.

COA/HS Advisory Board Meeting 3:00 p.m.

Friday, December 23

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

Aerobics Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

DIABETES PREVENTION PROGRAM CLASSES

The Hockomock Area YMCA and Foxborough Council on Aging and Human Services will be partnering to facilitate a Diabetes Prevention Program. Caitlin Gibbs, YMCA Director of Health Innovation, will be holding an informational session at the senior center on Thursday, December 29th from 11 a.m. to 12:00. She will talk about this life changing series of classes being offered to help prevent the onset of type 2 diabetes. People with prediabetes are at high risk of developing type 2 diabetes, heart disease and stroke. This program will help all participants learn their risk and take action to delay or prevent this devastating disease. Understanding your risk is the first step in preventing diabetes. If you're interested in learning more about this exciting new program that we will be rolling out in February, you are encouraged to join us at the informational session on Thursday, December 29th at 11:00 a.m. Lunch will be provided to all who attend. Space is limited. You **must** sign up for this informational session by calling the senior center at 508-543-1234 no later than Thursday, December 22nd.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, December 20th from 1:30 to 3:00 p.m. 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, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is "open" at the senior center on the 3rd Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

LECTURE BY AUTHOR AND JOURNALIST ALISON O'LEARY

On Wednesday, December 21st, at 4:30 p.m., Author Alison O'Leary will be at the senior center to talk about the novel she co-wrote with Michael Tougias titled "So Close to Home: The True Story of an American Family's Fight for Survival During World War II." On May 19, 1942, a U-boat in the Gulf of Mexico stalked its prey fifty miles from New Orleans. The submarine set its sights on the freighter Heredia, with 62 people on board. Most of those on board the Heredia were merchant seamen, but there were also a handful of civilians, including the Downs family: Ray, Ina and their two children. Fast asleep in their berths, the Downs family had no idea that two torpedoes were heading their way. When the ship exploded, chaos ensued and each had to find his own path to survival. Join us as Alison presents this story with dramatic images in a multimedia event that will educate and inspire. Please call the senior center at 508-543-1234 to sign up in advance.

CONCERT AND SING-ALONG WITH OUR SERENADING SENIORS

Come join us at the senior center for a special concert and "Sing-Along" with our own Serenading Seniors Chorus on Thursday, December 22nd from 10:00 to 11:00 a.m. The chorus will be singing for us, so be prepared to tap your feet and get into the spirit of the day. You'll even have the chance to do some singing along with them. Light refreshments will be served. Please sign up in advance by calling the senior center at 508-543-1234 and we'll save you a seat.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, December 28th we'll be enjoying our menu of Roast Pork with Gravy, Whipped Potatoes, Winter Squash, Roll and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Tuesday, December 27th to make your reservation and to arrange for transportation, if needed.

LOW VISION SUPPORT GROUP – AUDIO-DESCRIBED MOVIE

The Low Vision Support Group will NOT be meeting on their usual 3rd Thursday for the month of December but on Thursday, December 22 at 1:00 they will meet to view the audio-described movie “The Finest Hours.” Described videos provide narration of a program’s key visual elements, such as characters’ actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialogue. The result is a finished soundtrack that enables visually impaired viewers to full understand the film through listening. This program is open to everyone, so come and enjoy the audio-described movie experience with the Low Vision Support Group. “The Finest Hours” is based on the true story of the greatest small boat rescue in Coast Guard History. It is a tale of courage, loyalty and honor in the face of overwhelming odds. Please call the senior center at 508-543-1234 to sign up if you’d like to join us.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, December 27th. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what’s up for 2017.

MOVIE DAY

Movie Day for the month of December is scheduled for Tuesday, December 27th at 12:30 p.m. and our featured film will be “Far From the Madding Crowd.” Based on the literary classic by Thomas Hardy, this movie is the story of independent, beautiful and headstrong Bathsheba Everdene (Carey Mulligan), who attracts 3 very different suitors: sheep farmer Gabriel Oak; a handsome and reckless Sergeant, Frank Troy; and a prosperous, mature bachelor named William Boldwood. This is a story of Bathsheba’s choices, the nature of relationships and the ability to overcome hardships through resilience and perseverance. Join us at the senior center to watch this film and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you’d like to sign up.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Wednesday, December 28th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1234 to let us know if you’ll be coming.

ART CLASSES WITH BARBARA GAGE-MULFORD

Join Barbara at the senior center for a fun, stress-free series of art workshops that will be held at 9:30 a.m. on the following Thursday mornings: January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9 & 16. Students in these workshops may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. These classes are being offered free of charge and all materials are provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). Class size is limited, so please call the senior center at 508-543-1234 to sign up in advance. This class is funded through gifts made to the Foxborough Council on Aging and Human Services.

JACK CRAIG – SING! THE GREATEST SONGS

Jack Craig will be back at the senior center for 2 of his “Greatest Songs” programs in January. The Greatest Songs programs contain most of the favorite songs of the 20th century. Each of these programs contains about thirty songs to sing, and Jack will provide anecdotal information that recalls the listed years of American song-writing. On Wednesday, January 11th at 4:00 p.m. Jack’s program will include the greatest songs of 1955 &

1956. The second program will be held at 4:00 p.m. on Wednesday, January 18th and will include the greatest songs of 1957 – 1959. Call the senior center at 508-543-1234 to sign up and we'll save you a seat.

DECORATIVE GLASS PAINTING WITH DIANE

Come and unlock your hidden talent in a decorative glass painting class using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for this program at the senior center with instructor Diane Cahill on Thursday, January 12th at 12:30 p.m. No painting experience is required. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for permanent finish. Call the senior center at 508-543-1234 if you'd like to sign up for this class.

SENIOR CENTER INCLEMENT WEATHER POLICY

If the Foxborough schools are cancelled due to inclement weather, then the activities, Human Services appointments and transportation services at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when Senior Center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough's children to attend school. So, please remain safe and warm at home.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for January 3rd and 19th. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1234 to set up and appointment.

REGULARLY SCHEDULED EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, January 3rd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Stop & Shop on Mondays at 1:00 and on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to

arrange for a ride. The following is a list of other shopping trips and outings we have planned.

December 21 – Walmart

December 28 - Target

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, December 19

Chicken Mexicali 173

Spanish Rice 22

Roman Veggies 26

Whole Wheat Tortilla 115

Peaches 5

Sodium 341

Calories 256

Tuesday, December 20

Greek Meatballs 354

Tricolor Pasta 1

Veggie Blend 40

Pita Bread 135

Orange 0

Sodium 530

Calories 410

Wednesday, December 21

French Meat Pie 221

Mashed Potato 62

Country Blend Vegetables 32

Biscuit 340

Cheese Cake 230

Sodium 885

Calories 680

Thursday, December 22

American Chop Suey 211

Peas 82

Whole Wheat Roll 160

Pears 4

Sodium 457

Calories 333

Friday, December 23

Baked Fish with Dill Sauce 116

Red Bliss Potato 76

Glazed Carrots 4

Multigrain Bread 190

Tropical Fruit 10

Calories 396

Sodium 371