

## **AUTHOR KATE LARSON PROGRAM**

Author and American historian, Kate Clifford Larson, will be at the senior center on Thursday, January 26<sup>th</sup> at 1:00 p.m. to talk about her book titled "*Rosemary: The Hidden Kennedy Daughter.*" Joe and Rose Kennedy's strikingly beautiful daughter Rosemary attended exclusive schools, was presented as a debutante to the Queen of England, and traveled the world with her high-spirited sisters. And yet, Rosemary was intellectually disabled – a secret fiercely guarded by her powerful and glamorous family. Major new sources – Rose Kennedy's diaries and correspondence, school and doctors' letters, and exclusive family interviews- bring Rosemary alive as a girl adored but left behind by her competitive siblings. In her book, Kate Larson reveals both the sensitive care Rose and Joe gave to Rosemary and then - as the family's standing reached an apex- the often desperate and duplicitous arrangements the Kennedys made to keep her away from home as she became increasingly intractable in her early twenties. Finally, Kate writes about Joe's decision to have Rosemary lobotomized at age 23 and the family's complicity in keeping the secret. Join us at the senior center as Kate Larson talks about how Rosemary's siblings came to understand what had actually happened to their sister and how this understanding inspired them to get involved in the plight of the disabled, transforming the lives of millions. Please call the senior center at 508-543-1234 to sign up in advance if you'd like to attend this special program.

### **Monday, January 2**

Office Closed

In Observance of the New Year

### **Tuesday, January 3**

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

Stretch & Balance today 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Stop & Shop (in lieu of 1/2) 1:00 p.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, January 4**

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

Strength Training 8:30 a.m.

NO Chorus today

Computer Class 12:30 p.m.

Job Lot/Dollar Store 1:00 p.m.

Colorist Club 2:00 p.m.

### **Thursday, January 5**

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

Art Class with Barbara 9:30 a.m.

Glass Painting Class with Diane 12:30 p.m.

Canadian Rockies 2017 Trip Presentation 2:00 p.m.

### **Friday, January 6**

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

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

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

## **CANADIAN ROCKIES & GLACIER NATIONAL PARK – 2017 TRIP PRESENTATION**

A Travel Specialist from Conway Tours will be at the senior center on Thursday, January 5<sup>th</sup> at 2:00 p.m. to tell us about our upcoming “Big Trip” in 2017 to the Canadian Rockies and Glacier National Park. This 7 day / 6 night trip is planned for September 3<sup>rd</sup> through the 9<sup>th</sup>. We’ll start our trip by flying into Calgary and continue our adventure by exploring the Waterton Lakes, Glacier National Park and Banff National Park. Magnificent mountains, crystal-clear waters and incredible geologic formations are just some of the discoveries that await us. At this trip presentation meeting you will have the opportunity to review the itinerary for the trip and ask any questions you may have. If you’re interested in joining us on this trip, the sign up will begin at 8:00 a.m. on Wednesday, January 11.

### **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 all 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 6<sup>th</sup> to register in advance.

### **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 one or both of these classes at the senior center with instructor Diane Cahill on Thursdays, January 5<sup>th</sup> and 12<sup>th</sup> 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.

### **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 20<sup>th</sup> 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 11<sup>th</sup> 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 18<sup>th</sup> 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.

### **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.

### **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.

### **COMPUTER CLASSES AT THE SENIOR CENTER**

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

### **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, January 17<sup>th</sup> 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 3<sup>rd</sup> 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.

### **CLASSIC MOVIE DAY**

Classic Movie Day for the month of January is scheduled for Tuesday, January 10<sup>th</sup> at 12:30 p.m. and our featured film will be one of Alfred Hitchcock's suspense classics "Strangers on a Train." Tennis pro Guy Haines (Farley Granger) chances to meet wealthy wastrel Bruno Anthony (Robert Walker) on a train. Having read all about Guy, Bruno is aware that the tennis player is trapped in an unhappy marriage to wife Miriam and has been seen in the company of senator's daughter Ann Morton. Baiting Guy, Bruno discusses the theory of "exchange murders." Suppose Bruno were to murder Guy's wife, and in exchange Guy were to kill Bruno's father? With no link between the 2 men, the police would be none the wiser, would they? When he reaches his destination, Guy bids goodbye to Bruno, thinking nothing more of the affable but rather curious young man's homicidal theories. And then, Guy's wife turns up strangled to death! 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.

### **MEDICAL INFORMATION AND SERVICES**

#### **HELPING WOMEN WITH CANCER**

During cancer treatment, Look good Feel Better volunteer beauty professionals can help you with: skin care and makeup application; tips on wig selection and wig care; dry skin and discolored nails; scarves, turbans and hats, and; style tips. This program is available at the Norwood Hospital Cancer Center, Radiation Oncology Conference Room, 70 Walnut Street in Foxborough on Mondays, January 23 and July 17, 2017 from 11 a.m. to 1 p.m. If you are interested, RSVP with Margaret Lutz at 781-278-6024 or [margaret.lutz@steward.org](mailto:margaret.lutz@steward.org).

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, January 10<sup>th</sup> from 10:00 a.m. to 12:00 noon. **For the months of February, March and April the Blood Pressure Clinics will be held on the 2<sup>nd</sup> MONDAY of**

**each month (Feb. 13, March 13 & April 10)** from 10:00 a.m. to 12:00 noon, instead of the usual 2<sup>nd</sup> Tuesday. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up and appointment.

### **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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for January 19<sup>th</sup>. 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**

#### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at Jake & Joe's Restaurant on Wednesday, January 18<sup>th</sup> at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Friday, January 13<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Friday the 13<sup>th</sup>.

#### **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 3<sup>rd</sup> 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.

#### **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.

#### **ZUMBA GOLD CLASSES**

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

#### **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.

January 4 – Job Lot/Dollar

January 11 - Walmart

**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, January 2**

New Year Holiday

No Meals Served

**Tuesday, January 3**

Swedish Meatball 567

Noodles 35

Parslied Carrots 77

Whole Wheat Roll 160

Tropical Fruit 10

Sodium 849

Calories 571

**Wednesday, January 4**

Roast Pork 188

Sweet Potato 33

Roman Blend Vegetables 126

Wheat Bread 135

Apple 2

Sodium 484

Calories 547

**Thursday, January 5**

Shepherd's Pie 283

Peas & Carrots 80

Multigrain Roll 190

Chocolate Chip Cookie 171

Sodium 724

Calories 879

**Friday, January 6**

Chicken Cantonese 189

Pineapple Rice 35

Oatmeal Bread 121

Mandarin Oranges 8

Calories 353

Sodium 426