

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. This program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in this 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 will be held on Wednesdays, from January 14th through March 4th at 11:30 a.m. at the senior center. If you plan on joining us, please call the senior center at 508-543-1252 to sign up.

Monday, January 5

Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 11:00 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, January 6

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Computer Basics Class 1:00 p.m. & 2:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
Bingo 2:00 p.m.

Wednesday, January 7

Sign up for trip to Foxwoods 8:00 a.m.
Strength Training/EnhanceFitness 8:30 a.m.
NO Chorus Today
Zumba 11:30 a.m.
Christmas Tree Shop 1:00 p.m.
Bereavement Group 1:30 p.m.

Thursday, January 8

US History Series #1 with Paolo DiGregorio 11:00 a.m.
AMP Workshop #1 – Money Management with David Randall 12:30 p.m.
Intermediate Italian Class 1:30 p.m.

Friday, January 9

Stop & Shop 8:30 a.m.
YMCA Exercises Today 9:30 a.m.
Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Advanced Italian Class 1:15 p.m.
Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

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, January 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 Foxborough. 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 508-543-1252 to let us know if you'll be coming.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the VanGo will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

SPECIAL PROGRAMS

HISTORY LECTURE SERIES

By popular demand, we have invited Paolo DiGregorio, “the Artifactual Scholar,” back to the senior center to present a series of 3 lectures on American history. Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at programs at the senior center. Paolo’s lecture series will be held on Thursdays, January 8th, 15th and 22nd from 11:00 a.m. to noon. On January 8th, the 200th anniversary of the Battle of New Orleans, the program topic will be the War of 1812. On January 15th, Paolo will be speaking about Manifest Destiny and the growth of the nation. Lastly on January 22nd, Paolo will tell us about Aaron Burr and Alexander Hamilton which is a story with a lot of political intrigue, vicious name-calling and, of course, the famous duel. Come join us to hear stories of our past and feel American history come alive. If you’d like to attend one or all three of these programs, please call the senior center at 508-543-1252.

AGING MASTERY FINANCIAL FITNESS PILOT PROGRAM

The National Council on Aging (NCOA) has chosen the Foxborough Council on Aging as one of three senior centers in the country to pilot a new financial education component of the Aging Mastery Program. The subjects of this program will be Money Management, Financial Planning and Fraud Prevention presented by local experts brought to us by the Certified Financial Planners Board. This is strictly an informational program and through an agreement with the NCOA and Certified Financial Planners Board, our presenters will not be selling any goods or services. There are a limited number of spaces available and you will have to commit to 3 Thursday afternoons, January 8th, 15th and 22nd, from 12:30 to 2:00 p.m. at the senior center. As a program participant you will be provided with course materials, handouts and resources. You will be served a light lunch, and you will have the opportunity to earn points for rewards. This program is fully funded by a grant from the NCOA and is offered free for all participants. If you’re interested in joining us for this new AMP series, please call the senior center at 508-543-1252 by Monday, January 5th to register.

AGING MASTERY PROGRAM WORKSHOP #1 – MONEY MANAGEMENT

As noted above, the first in our series of 3 Aging Mastery Programs on financial fitness will be held on Thursday, January 8th from 12:30 to 2:00 p.m. The subject of this first program will be “Money Management” with guest speaker David Randall. Mr. Randall is a Certified Financial Planner (CFP). His financial consulting practice emphasizes a conservative investment management approach utilizing various forms of financial products and services. All participants in this program must sign up in advance for this 3-part series by calling the senior center at 508-543-1252 by Monday, January 5th. This is a free program. A light lunch and course materials will be provided to all participants.

ITALIAN CLASS

Our Intermediate and Advanced Italian classes with Lucy Erhard will be starting up at the senior center once again. Both classes will meet for 10 weeks. Italian 2 (intermediate) will be meeting on Thursdays at 1:30 p.m. for 10 weeks beginning on January 8th through March 12th with an if-needed make-up class on March 19th. Italian 3 (advanced) will meet on Fridays at 1:15 p.m. beginning on January 9th through March 13th with an if-needed make-up class on March 20th. If you already know a little Italian and would like to learn more, please call the instructor, Lucia Erhard, at 508-543-7057. With your input, she will place you in the class that is appropriate for you. Everyday conversation will be stressed. The cost for each of these 10-week sessions is \$20 and payment is due at the time of sign up. Space is very limited for each class so please call the senior center at 508-543-1252 if you'd like more information or to check on the availability of space in each class.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, January 21st at 1:00 p.m. Everyone is welcome to attend these informational services.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On January 7th and 8th the featured program will be the Men's Breakfast with Town Manager Bill Keegan. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRIP INFORMATION

TRIP TO FOXWOODS CASINO

On Thursday, February 26th we'll be traveling to Foxwoods Casino. Come join us as we go to the northeast's largest casino, with over 6,000 slot machines, 38 restaurants and many retail shops. Check out all the table action, slot machines, Bingo and the new penny machines, or just come to enjoy good food and shopping. We will be leaving from St. Mary's church parking lot at 7:45 a.m. and return to Foxborough around 5:00 p.m. The cost for the day trip is \$25 per person and this includes round-trip transportation by motor coach, a \$10 food coupon or full buffet lunch, \$10 slot play (subject to change) and gratuity for the coach driver. Call the senior center at 508-543-1252 if you're interested in joining us. Sign-up for this trip will begin on Wednesday, January 7th and payment is due by Friday, February 6th.

SIGN UP FOR OUR 2015 TRIP TO NOVA SCOTIA

We've had a great response with the sign up for our trip to Nova Scotia in 2015. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Our plans are to leave Foxborough by motorcoach on July 6, 2015 and spend our first night on the new cruise ship called the "Nova Star" which will take us into picturesque Yarmouth in Canada. On day 2, we'll be enjoying the final evening performance of the 2015 Royal Nova Scotia International Tattoo which is the largest annual indoor show in the world with over 800 performers. There will be special sightseeing stops in Halifax and Peggy's Cove, and we'll be spending 2 nights at the Lord Nelson Hotel in Halifax. On day 4, we'll cross the Straits of Northumberland to Prince Edward Island where we'll spend two nights at the Hotel Charlottetown in the island's capital city. A local island guide will take us to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore on the Gulf of St. Lawrence. We'll be crossing the Confederation Bridge to New Brunswick, travel through Saint John and along the Fundy coast to Calais, Maine and then on to Boothbay Harbor, returning to Foxborough on July 12th. The cost for this trip is \$1,637 per person for a double

room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. If you are interested in joining us, call the senior center now at 508-543-1252 for information or to sign up – there are a very limited number of spaces available. Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

REGULARLY SCHEDULED

ZUMBA GOLD

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, and have some fun while getting in shape. The cost for each class is \$2.

WEDNESDAY ZUMBA

By popular demand we have added another Zumba Gold class. Our Zumba instructor BB Dimitrova will be at the senior center for more Zumba classes to be held on Wednesday mornings at 11:30 a.m. Join us as we have fun while getting in shape for the new year.

JAY BARROWS’ OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on January 26th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

BINGO

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. Our next Bingo afternoon will be on Tuesday, January 6th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you’ll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

The featured movie for the month of January is “The Guilt Trip” and is scheduled to be shown on Tuesday, January 13th at 12:30 p.m. Seth Rogan plays Andy, an organic chemist who has poured his life savings into a nontoxic cleaning solution. While in New Jersey to make a pitch for Scieoclean – a name no one can pronounce – he pays a visit to his mother Joyce (Barbra Streisand), who has plenty of friends, but gave up on romance when his father died. In an unguarded moment, she tells her son that she named him after a college sweetheart, which makes such an impression that he invites her to accompany him across the country as he attempts to find a buyer for Scieoclean. Little does she know that Andy plans to set up a meeting with her and her old boyfriend in San Francisco, where he hopes she can put her unresolved feelings to rest, leading to a road-trip comedy, in which the characters generate a combination of humor and touching moments. Take in a good movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

SHOPPING

We will be going to Shaw’s on Mondays at 1:00 and to Stop & Shop 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 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 7 – Christmas Tree Shop.

January 14 – Target

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 13th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. 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 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, February 2nd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an 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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for January 6th and 15th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up an appointment.

WEEKLY SCHEDULED PROGRAMS

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

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

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

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

Monday, January 5

Chicken a la King
Rice Florentine
Peas
Whole Wheat roll
Fresh Orange
Calories 381
Sodium 298

Tuesday, January 6

BBQ Beef Rib
Cheesy Whip Potato
Mixed Vegetables
Wheat Bread
Peaches
Calories 440
Sodium 684

Wednesday, January 7

Chicken Parmesan
Italian Style Pasta
Italian Style Veggies
Whole Wheat Bread
Chocolate Chip Cookie
Calories 414
Sodium 447

Thursday, January 8

Apple Cider Beef Stew
Parslied Boiled Potato
Multigrain Roll
Butterscotch Pudding
Calories 449
Sodium 348

Friday, January 9

Fish Nuggets
Tartar Sauce
Lyonnaise Potato
Cut Green Beans
Wheat Bread
Mandarin Oranges
Calories 322
Sodium 409