

BUILDING BRIDGES

The Primes Division (Pre-K through Grade 2) at the Sage School, cordially invites Foxborough seniors for some “meaningful moments” to ring in the New Year with some love, caring and cheer! Seniors are invited to join the Primes Division students at the Sage School, 171 Mechanic Street, on Thursday, January 19 from 8:30 a.m. to 9:30 a.m. to enjoy some performances by the youngest students, read stories together and participate in some fun games and activities. Refreshments will be served. Please call the senior center at 508-543-1234 if you’d like to join the students for this memorable event.

Monday, January 16

Martin Luther King, Jr. Day
Senior Center Closed

Tuesday, January 17

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 1/16 holiday) 1:00 p.m.
Memory Café 1:30 p.m.
Talespinners 2:00 p.m.

Wednesday, January 18

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.
TRIAD 1:00 p.m.
Luncheon Outing at Jake ‘N Joe’s 1:00 p.m.
Colorist Club 2:00 p.m.
Jack Craig’s Greatest Songs 4:00 p.m.

Thursday, January 19

Coffee Connection 8:30 a.m. to 3:30 p.m.
Art Class with Barbara 9:30 a.m.
SHINE by appointment 10:00 a.m.
Low Vision Support Group 1:00 p.m.

Friday, January 20

Coffee Connection 8:30 a.m. to 12:00 noon
Stop & Shop 8:30 a.m.
No Aerobic Exercises Today
Cribbage 10:15 a.m.
Scrapbooking & Card Making Class 10:30 a.m.

JACK CRAIG – SING! THE GREATEST SONGS

Jack Craig will be back at the senior center on Wednesday, January 18th at 4:00 p.m. to present one of his “Greatest Songs” programs. The “Greatest Songs” programs contain most of the favorite songs of the 20th century and this week’s program will include the greatest songs of 1957 – 1959. The program contains about thirty songs to sing, and Jack provides anecdotal information about the songs that you’ll be hearing. Call the senior center at 508-543-1234 to sign up and we’ll save you a seat.

MEN’S BREAKFAST

Our next Men's Breakfast will be held on Thursday, January 26th at 9:00 a.m. The guest speaker for this month will be Police Chief Bill Baker. This is your chance to get to know our new Chief of Police and ask him any questions you may have. The cost for breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, January 20. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

AUTHOR KATE LARSON PROGRAM

Author and American historian, Kate Clifford Larson, will be at the senior center on Thursday, January 26th 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.

SIGN UP FOR 2017 TRIP TO THE CANADIAN ROCKIES

Join us as we travel out west this September 3rd through the 9th for a 7day / 6 night trip to the Canadian Rockies and Glacier National Park. We'll begin our trip by flying west to Calgary, Canada. On day 2, we'll visit the Waterton Lakes National Park where the sprawling prairies of Alberta meet the towering Rocky Mountains. This is not only part of the Waterton-Glacier International Peace Park, but also a UNESCO World Heritage Site and a Biosphere Reserve. We will take a day trip to the United States on day 3 to the town of St. Mary, Montana to board vintage 1930's Red Buses for an Eastern Alpine tour of Glacier National Park. We'll travel up to the Going-to-the-Sun Road to the Continental Divide and Logan Pass, the highest elevation in the park at 6,640 feet. On day 4 we head to Banff National Park, our base of exploration for the next 3 days. On day 5 we travel north along the Icefields Parkway for some of the most impressive natural scenery in the world. We'll trek across Athabasca Glacier on a mammoth vehicle designed specifically for glacial discovery, the Ice Explorer. Day 6 is our final day in Banff and we will experience some of the most breathtaking panoramas in all of Canada including Ten Peaks in Moraine Lake and a stop at Chateau Lake Louise. Other sights will include Mount Rundle, Tunnel Mountain, Bow Falls and Hoodoo rock formations. On day 7 we had back to Calgary Airport to begin our journey home. The cost for this trip is \$2,648 per person double occupancy and \$2,628 per person for a triple. This price includes round-trip airfare, motorcoach transportation, hotel accommodations, driver and escort gratuities and the services of a local professional Conway Tour manager. Sign-up for the trip by calling the senior center at 508-543-1234. Come join us for this unforgettable northwestern adventure and observe nature at its finest.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$34,001 for a one-person household, \$44,463 for two people, \$54,925 for three people, \$65,387 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. If your income does not fit into these categories, you may qualify for other energy assistance programs. Don't wait until you are out in the cold. Call the senior center at 508-543-1234 for information or to make an appointment to fill out an application for the winter season. If an early evening

appointment is more convenient for you, the senior center is open until 6:30 p.m. on Wednesdays and appointments are available up to 6:00 p.m. to assist with LIHEAP applications.

OH NO...I CAN'T MAKE THAT PROGRAM!

Were you looking forward to attending one of the senior center's programs or classes that you had signed up for? Couldn't wait to hear a particular speaker or attend an event, but then something else came up? If you sign up for a program and find that you cannot attend, please give us a call to let us know that you have to cancel. Often times we have a waiting list and someone else would be able to take advantage of the program if a slot opens up. So, even if it's the morning of a program, please call the senior center at 508-543-1234 to let us know if you won't be joining us. We thank you for your consideration!

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.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 19th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1234.

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 17th 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.

MOVIE DAY

Movie Day for the month of January is scheduled for Tuesday, January 24th at 12:30 p.m. and our featured film will be "Joy." Inspired by the true life story of Joy Mangano who created the Miracle Mop and later went on to lead a company boasting over \$1 billion in sales, "Joy" is the wild story of a family across 4 generations. Joy (Jennifer Lawrence) is the young woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love pave the road in this emotional and human comedy about becoming a true boss of family and enterprise. 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.

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.

COLOR YOURSELF CALM IN OUR COLORIST CLUB

Are you looking for something fun to do that's both calming and relaxing? We have a Colorist Club that meets at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so join us for this soothing and relaxing activity.

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 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

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 and Joe's Restaurant on Wednesday, January 18th 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 13th. Van transportation is available, but transportation arrangements must be made by Friday the 13th.

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 18 – Jake 'N Joe's Restaurant

January 25 – Kohl's/Mansfield Crossing

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 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.

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 16

Martin Luther King, Jr. Day

No Meals Served

Tuesday, January 17

Sweet & Sour Chicken 324

Oriental Vegetables 27

Lo Mein Noodles 1

Dinner Roll 125

Sodium 479

Calories 319

Wednesday, January 18

Macaroni & Cheese 403

Escalloped Tomatoes 143

Fruit Muffin 78

Tropical Fruit 10

Sodium 634

Calories 646

Thursday, January 19

Roast Turkey with Gravy 430

Cranberry Sauce 16

Mashed Potatoes 62

Squash 29

Oatmeal Bread 121

Vanilla Pudding 173

Sodium 831

Calories 612

Friday, January 20

Sloppy Joe Sandwich 221

Cabbage & Carrots 47

Baked Beans 36

Hamburg Roll 230

Peaches 4

Sodium 538

Calories 490