

ST. PATRICK'S DAY PARTY

It's that time of year when everyone can claim to be Irish for a day! Come join us as we travel to the Kirkbrae Country Club in Lincoln, RI on Thursday, March 12th for a St. Patrick's Day Celebration. We will be leaving from the St. Mary's church parking lot at 11:00 a.m. and travel by motorcoach to the Kirkbrae Country Club where we'll be served a luncheon choice of either Baked Haddock or the traditional Corned Beef and Cabbage. Following lunch, our entertainment will be provided by "John Connors Irish Express" and the Irish Step Dancers. The cost for this fun and festive day is \$71 per person and the price includes transportation, lunch, entertainment and gratuity for the coach driver. The sign up for this celebration will begin on Wednesday, January 21st, so please call the senior center at 508-543-1252 if you'd like to attend. Payment will be due by Friday, February 20th.

Monday, January 19

Martin Luther King Jr. Day
Senior Center Closed

Tuesday, January 20

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Nutrition 11:00 a.m.
Shaw's – in lieu of Monday holiday 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, January 21

Sign up for trip to St. Patrick's Day Party
Strength Training/EnhanceFitness 8:30 a.m.
Chorus 10:00 a.m.
Zumba 11:30 a.m.
Computer Class with Charter School Students 11:30 a.m.
TRIAD 1:00 p.m.
Walmart 1:00 p.m.

Thursday, January 22

US History Series #3 with Paolo DiGregorio 11:00 a.m.
AMP Workshop #3 – Fraud Prevention with John McAvoy, CFP 12:30 p.m.
Intermediate Italian Class 1:30 p.m.

Friday, January 23

Stop & Shop 8:30 a.m.
YMCA Exercises 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

MEDICAL INFORMATION AND SERVICES

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.

SPECIAL PROGRAMS

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, January 29th at 9:00 a.m. Our guest speaker this month will be Foxborough's Department of Public Works Director Roger Hill. Our DPW includes the Highway and Water Departments, so this is your chance to ask Roger any questions you may have regarding those town services. The cost for the Men's Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, January 27th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

VALENTINES CELEBRATION – "CHOCOLATE 101" or A BRIEF HISTORY OF CHOCOLATE

Join us as we celebrate Valentines Day by taking part in a chocolate workshop at the senior center with performer Judith Kalahora on Thursday, February 12th from 1:00 to 3:00 p.m. Nine out of ten people love chocolate... and the tenth person is lying! What is it about this delicacy that makes mouths water? How did this food get such a bad reputation? And did you know that chocolate is good for you? All the questions you've ever had about chocolate, such as where it comes from, how it's made, and why it tastes so good, are answered in this class. You'll even learn what your chocolate preference says about your personality. "Chocolate 101" is not for the faint of heart, as we will sample some of the best chocolates from the world over, ranging from white chocolate, all the way up to 99% cacao. So, if chocolate is an invaluable part of your life, then this program is for you! Seating is limited. Please call the senior center at 508-543-1252 if you'd like to sign up for this workshop.

HISTORY LECTURE SERIES

Paolo DiGregorio, "the Artifactual Scholar," is back at the senior center to present a lecture series 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 final lecture of the series will be held on Thursday, January 22nd from 11:00 a.m. to noon. At this lecture, 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 haven't already signed up for this lecture, please call the senior center at 508-543-1252.

AGING MASTERY PROGRAM WORKSHOP #3 – FRAUD PREVENTION

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 third in our series of 3 Aging Mastery Programs on financial fitness will be held on Thursday, January 22nd from 12:30 to 2:00 p.m. The subject of this workshop will be "Fraud Prevention" with guest speaker John McAvoy. Mr. McAvoy is a Certified Financial Planner. He is an active member of the Financial Planning Association, and is currently serving as Treasurer of the Massachusetts Chapter. John has helped successful individuals, business owners and public corporations enhance and preserve their wealth since 1992.

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.

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 21 and 22 the featured program will be “Jack Craig’s Greatest Songs 1953-1954.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

NORWOOD SENIOR SUPPER PROGRAM

Senior Suppers are offered Monday through Friday, 4:45 p.m. to 6:45 p.m. in the Cafeteria, located on the basement level of the Lorusso Building at Norwood Hospital, 800 Washington Street in Norwood. All Senior Suppers consist of an entrée, beverage and either a gelatin, pudding or soup. The cost is \$5.50 per meal for one meal per person. All other items offered in the cafeteria will be charged at the a-la-carte price. Senior participants in the program must be 55 years of age or older and cannot include hospital employees or volunteers working on a shift. The phone number for the menu hotline is 781-769-4000 ext. 13663.

WINTER WEATHER PREPAREDNESS

MEMA OFFERS PRECAUTIONS FOR EXTREME COLD WEATHER

As bitter cold temperatures arrive in New England this winter, the Massachusetts Emergency Management Agency (MEMA) has issued the following cold weather safety tips: be aware of extreme weather conditions by monitoring media reports; always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio and a first aid kit; minimize outdoor activities; dress in several layers of loose-fitting and lightweight clothing; be aware that excessive exposure can lead to frostbite and hypothermia in extreme cases; ensure you have sufficient heating fuel; have an adequate supply of food on hand; be a good neighbor and check on elderly neighbors and friends; keep pipes from freezing by wrapping them in insulation, and; make sure your car is properly winterized. For additional information about MEMA and Winter Preparedness, go on line to www.mass.gov/mema.

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.

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 has begun and payment is due by Friday, February 6th.

2015 TRIP TO NOVA SCOTIA

We have just started a waiting list for those interested in 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.

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 and our travel arrangements are provided by Tours of Distinction. If you are interested in being put on the waiting list, please call the senior center ASAP at 508-543-1252.

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 to Longhorn Steakhouse in Mansfield on Wednesday, January 28th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, January 26th. Van transportation is available.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 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.

CLASSIC MOVIE DAY

The classic movie for the month of January is scheduled for Tuesday, January 27th at 12:30 p.m. and our featured film will be the re-scheduled "Arsenic and Old Lace." This Frank Capra comedy concerns the sweet old Brewster sisters (Josephine Hull, Jean Adair) beloved in their genteel Brooklyn neighborhood for their many charitable acts. One charity which the ladies don't advertise is their ongoing effort to permit lonely bachelors to die with smiles on their faces by serving said bachelors elderberry wine spiked with arsenic. When the sisters' drama-critic nephew Mortimer (Cary Grant) stumbles onto their secret, he is understandably put out – especially since he had just married the lovely Elaine Harper (Priscilla Lane). Given the homicidal tendencies of his aunts, the sinister activities of his escaped-convict older brother Jonathan (Raymond Massey) and the disruptive behavior of younger brother Teddy (John Alexander) – who is convinced that he's really Theodore Roosevelt – Mortimer isn't keen on starting a family with his new bride. Further complications ensue when the murderous Jonathan Brewster arrives home, with his sniveling accomplice Dr. Einstein (Peter Lorre) in tow. When Jonathan learns that his darling aunts have killed twelve men, he is incensed – they're challenging his own record of murders! So come join us at the senior center to watch the movie 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 508-543-1252 if you'd like 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 21 – Walmart

January 28- Luncheon Outing at Longhorn in Mansfield

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 February 3rd and February 19th. 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 and appointment.

WEEKLY SCHEDULED PROGRAMS

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

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.

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 19

Martin Luther King Jr. Day

No Meals Served

Tuesday, January 20

Macaroni & Cheese

Tomato Florentine

Whole Wheat Roll

Apricots

Calories 436

Sodium 467

Wednesday, January 21

Hawaiian Chicken

Rice Pilaf

Chopped Broccoli

Multigrain Roll
Mandarin Oranges
Calories 281
Sodium 236

Thursday, January 22

Low Salt Hot Dog
Hot Dog Roll
Mustard Packet
Baked Beans
Hot German Slaw
Peaches
Calories 425
Sodium 627

Friday, January 23

Teriyaki Salmon
Red Bliss Potato
Cut Green Beans
Wheat Bread
Banana
Calories 249
Sodium 232