

VALENTINE'S TEA PARTY

Treat yourself to a special Valentine's Tea on Thursday, February 14th from 1:00 p.m. until 2:30 p.m., hosted by Joanne Pratt. Indulge in delicious goodies and fine teas while you relax and enjoy the company and conversation with each other. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, February 11th or until all spots are filled, whichever comes first. In honor of Valentine's Day, please wear red for the event, and as always, bring your favorite tea cup.

Monday, January 21

Martin Luther King Day
Senior Center Closed

Tuesday, January 22

Stretch and Balance 8:30 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, January 23

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Video Lecture Series: History of the United States 11:30 a.m.
Target 1:00 p.m.
Zumba 2:30 p.m.

Thursday, January 24

Men's Breakfast with Senator Timilty 9:00 a.m.
Ceramics 9:00 a.m.
Classic Movie "On the Waterfront" 1:00 p.m.

Friday, January 25

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Cribbage 11:00 a.m.
Card Making 11:00 a.m.
Conversational Italian 1:00 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

FRIENDLY VISITOR OPPORTUNITIES

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Noreen Sherys, Community Social Worker at 508-543-1252.

REGULARLY SCHEDULED

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on January 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, January 29th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, January 24th at 1:00 p.m. and see “On the Waterfront.” Winner of eight Oscars, director Elia Kazan's classic morality tale stars Marlon Brando as Terry Malloy, a has-been boxer who experiences a crisis of conscience while working for mobbed-up union boss Johnny Friendly (Lee J. Cobb). Terry turns a blind eye when Friendly's thugs kill a fellow dockworker to keep him from testifying in a corruption case, but he has second thoughts when the victim's sister (Eva Marie Saint) urges him to take a stand. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

MEN'S BREAKFAST

Join us for a delicious breakfast and some socialization on Thursday, January 24th at our next Men's Breakfast when State Senator James Timilty will be our guest speaker. Senator Timilty will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either 'black or white', so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, January 22nd. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

VIDEO LECTURE SERIES: “THE HISTORY OF THE UNITED STATES”

As part of “The Great Courses” video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering “The History Of The United States” on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as “pure intellectual stimulation” by *Harvard Magazine* and “a serious force in American education” by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., 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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

January 23 Target

January 30 Luncheon Outing @ Foxboro Mandarin

February 6 Christmas Tree Shops

COMMUNITY SUPPORT PROGRAMS

LOOK GOOD...FEEL BETTER

Come and learn how to manage your cancer-related side effects. Cosmetology professionals will help you with makeup application and choice and care of a wig on Wednesday, January 23rd from 3:00 p.m. to 5:00 p.m. at the

Norwood Hospital Cancer Center, Radiation Oncology Conference Room, 70 Walnut Street, Foxboro, MA. First time participants will receive a FREE make up kit with their beauty consultation. A light dinner will be served. To register, please contact DoctorFinder at 1-800-488-5959.

DIABETES SUPPORT GROUP

The Diabetes Support Group meets on the 2nd Tuesday of each month from October through May from 6:30 p.m. to 7:30 p.m. at the RANI Conference Room, Lorusso Building, Norwood Hospital, 800 Washington Street, Norwood. This is open to all those with diabetes and their family members. Meetings are facilitated by a registered nurse and registered dietician, each a certified diabetes educator. For more information or questions, please call 781-278-6022. No pre-registration required.

DOMESTIC VIOLENCE SUPPORT GROUP

Are you or someone you know living in fear? You don't need to be a victim of physical violence to need this support! Verbal and emotional abuse can lead to invisible scars that are hard to heal. Please call Judith Gormley, LICSW, at 781-278-6025 for a confidential screening. This group is sponsored by the Community Benefits Department of Norwood Hospital.

SENIOR SUPPER PROGRAM

Senior Suppers are offered for those who are 55 years of age or older, Monday through Friday from 4:45 p.m. to 6:45 p.m. in the cafeteria on the basement level of the Lorusso building, Norwood Hospital, 800 Washington Street, Norwood. All senior suppers consist of an entrée, beverage, and either a gelatin, pudding or soup. The cost is \$5.50.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Mary Kay Grzenda of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, February 5th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

WINTER WEATHER INFORMATION AND RESOURCES

YOU MAY QUALIFY FOR HELP PAYING FOR HEAT THIS WINTER

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with winter heating costs. Renters may qualify even if heat is included in their rent. The maximum annual household income to qualify is \$31,271 for a single person, \$40,893 for 2 people, \$50,515 for a 3 person household, \$60,137 for 4 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. Don't wait until you're out in the cold! Fill out an application at the Council on Aging & Human Services. Just call 508-543-1252 to make an appointment. The Fuel Assistance program is administered by Self Help Inc. which can be reached at 508-588-5440.

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

Please note that if the Foxborough Schools are cancelled due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human

Services will remain open and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

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. Suggested donation is \$2.50. 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 21

Martin Luther King Day

No Meal Served

Tuesday, January 22

American Chop Suey

Waxed & Green Beans

Muffin

Peaches

Wednesday, January 23

Lentil Soup

Roast Chicken W/Brown Gravy

Tuscan Blend Vegetables

Whole Wheat Roll

Fresh Fruit

Thursday, January 24

Apple Cider Beef Stew W/Vegetables

Whipped Potatoes

Multigrain Roll

Blonde Brownie

Friday, January 25

Fish Sticks W/Tartar Sauce

O'Brien Potatoes

Peas & Mushrooms

Wheat Bread

Pears