

DIABETES PREVENTION PROGRAM

The Hockomock Area YMCA and Foxborough Council on Aging and Human Services are partnering to facilitate a Diabetes Prevention Program to be held at the senior center on Thursdays at 1:00 p.m. starting on February 2nd. These life changing classes will help you prevent the onset of type 2 diabetes. People with pre-diabetes are at a high risk of developing type 2 diabetes, heart disease and stroke. The Diabetes Prevention Program will help all participants learn their risk and take action to delay or prevent this devastating disease. Take advantage of this free program funded by the Sturdy Foundation. Future programs will have a cost to consumers or their health insurance. Please call the senior center at 508-543-1234 to sign up. Pre-registration is required, and space is limited, so don't hesitate to call.

Monday, January 23

Coffee Connection 8:30 a.m.
Jay Barrows' Office Hour 9:00 a.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Scrabble 12:30 p.m.
Minds in Motion 1:00 p.m.
Stop & Shop 1:00 p.m.

Tuesday, January 24

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.
Movie Day – "Joy" 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, January 25

Sign up for Trip to Finger Lakes/Niagara Falls 8:00 a.m.
Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Computer Class 11:30 p.m.
Coffee with the Town Manager 12:30 p.m.
Kohl's 1:00 p.m.
Colorist Club 2:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, January 26

Coffee Connection 8:30 a.m. to 3:30 p.m.
Men's Breakfast 9:00 a.m.
Art Class with Barbara 9:30 a.m.
Author Kate Larson Program on "Rosemary Kennedy" 1:00 p.m.
COA/HS Advisory Board Meeting 3:00 p.m.

Friday, January 27

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.

SIGN UP FOR A TRIP TO THE FINGER LAKES & NIAGARA FALLS

On May 15th through the 18th we'll be leaving Foxborough from the side parking lot of St. Mary's Church on Carpenter Street, for a 4 day/3 night trip by motorcoach to the scenic Finger Lakes of New York State and a visit to Niagara Falls. On day one, we'll travel to Geneva, New York, where we'll be staying at the Ramada on the Lake, on the shores of Lake Seneca. We'll then enjoy a visit to Belhurst Castle and we'll have dinner. On day 2, we'll continue on to Niagara Falls and the Canadian Horseshoe Falls where we will sail on into the mist on the Hornblower Boat right up to the falls. Our hotel for 2 nights will be the Country Inn & Suites located across the street from the Casino Niagara on the Canadian side of the falls. Our evening meal will be at Betty's Restaurant. On day 3, we will meet our local guide who will be with us for the day to show us the sights. We'll also be doing some shopping and browsing in the English community of Niagara on the Lake. Dinner will be at the revolving dining room atop the Skylon Tower. After breakfast, we'll be heading for home on day 4 with a stop at the Rainbow Bridge Duty Free Store. We'll arrive back in Foxborough at approximately 7:30 p.m. The cost for the trip is \$719 per person for a double, \$665 per person for a triple and \$909 for a single. **A valid passport is required for this trip.** If you'd like to join us, the sign-up will begin at 8:00 a.m. on Wednesday, January 25th. If you've never been to The Falls, this is your chance to see one of Nature's wonders. If it's been a while since your last visit, come join us to experience these magnificent sights once again.

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 ON ROSEMARY KENNEDY

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. In her book, Kate Larson reveals both the sensitive care Rose and Joe gave to Rosemary, and then she writes of 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.

HISTORY LECTURE WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio, one of our most popular lecturers and our favorite history teacher, will be at the senior center on Thursday, February 2 at 9:00 a.m. Paolo is an historian, archeologist and educator with a passion for telling stories and bringing history to life. If you'd like to join us for one of Paolo's "never boring and always entertaining" historical lectures, please call the senior center at 508-543-1234 to sign up and reserve your seat.

PROGRAM ON HARRIET TUBMAN WITH AUTHOR KATE LARSON

In honor of Black History Month, author Kate Larson will be back at the senior center on Wednesday, February 1st at 4:30 p.m. to discuss her book "*Bound for the Promised Land: Harriet Tubman: Portrait of an American Hero.*" Harriet Tubman is one of the giants of American history – a fearless visionary who led scores of her fellow slaves to freedom and battled courageously behind enemy lines during the Civil War. And yet in the nine decades since her death, next to nothing has been written about this extraordinary woman. Kate Larson's biography reveals Tubman as a complex woman – brilliant, shrewd, deeply religious and passionate in her pursuit of freedom. Harriet was born into slavery, and after having won her own freedom, she returned again

and again to liberate family and friends, tapping into the Underground Railway. In her book, Kate Larson presents stunning new details about Tubman's accomplishments, personal life, and influence during the Civil War and after the war. Harriet Tubman's life and work is an inspiration to all who value freedom. If you'd like to join us for this special program with Kate Larson, please call the senior center at 508-543-1234 to sign up in advance and reserve yourself a seat.

JACK CRAIG – SONGS OF LOVE

Join us on Wednesday, February 8th at 4:00 p.m. when Jack Craig will be back at the senior center to entertain us with his program on "Songs of Love." Celebrate Cupid's favorite time of the year by singing some of the greatest songs written about love. Irving Berlin once said, "Songs do well if they are based on one of these ideas – home, love, self-pity or happiness." From *I Love you Truly* through *Somewhere My Love*, every song in this program has the word "Love" in its title. Come sing along with Jack and learn about some of the love songs that have been our perennial favorites! Call the senior center at 508-543-1234 to sign up and we'll save you a seat.

INCOME TAX ASSISTANCE – AARP

Free income tax assistance is available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesday and Thursday mornings, starting on February 21st. Call the senior center at 508-543-1234 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

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 head 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. **A valid passport is required for all travelers.** Come join us for this unforgettable northwestern adventure and observe nature at its finest.

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.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, January 25th we'll be enjoying our menu of a meatball sub, tossed salad, potato wedges and cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, January 23rd to make your reservation and to arrange for transportation, if needed.

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 23rd. 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.

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.

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 25 – Kohl's/Mansfield Crossing

February 1 - Walmart

MEDICARE SCAM ALERT

It has been reported by some seniors that they have received telephone calls telling them that medicare will be changing, and the callers have then asked the seniors for their Social Security number and date of birth. These telephone calls were made during the evening hours. **This is a scam**, and unless you have initiated the telephone call, DO NOT give this information over the phone.

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 23

Cold Plate

Chicken Salad 241

German Potato Salad 62

Cole Slaw 81

Pita Bread 135

Mixed Fruit 10
Sodium 529
Calories 478

Tuesday, January 24

Cuban Beef Piccadillo 251
White & Brown Rice 36
Cut Green Beans 3
Multigrain Bread 190
Tropical Fruit 10
Sodium 490
Calories 446

Wednesday, January 25

Chicken Bruschetta 694
Italian Pasta 1
Roman Blend Vegetables 26
Scali Bread 190
Birthday Cake 219
Sodium 1130
Calories 685

Thursday, January 26

Beef & Broccoli Casserole 108
Asian Rice 92
Oatmeal Roll 121
Apple 2
Sodium 323
Calories 561

Friday, January 27

Potato Pollock 150
Tartar Sauce 261
Au Gratin Potato 154
Wax & Green Beans 3
Whole Wheat Bread 160
Mandarin Oranges 6
Sodium 734
Calories 587