

## **DECORATIVE GLASS PAINTING WITH DIANE**

Come and unlock your hidden talent in a decorative glass painting class using acrylic enamel paint to add designs to wine glasses, water goblets, vases and mirrors or glass trays. Join us for one or both of these classes at the senior center with instructor Diane Cahill on Thursdays, January 5<sup>th</sup> and 12<sup>th</sup> at 12:30 p.m. No painting experience is required. Paints and brushes will be provided and you just bring the glass items that you'd like to paint. Instructions as well as samples and inspiration will be available. Finished items can be air cured or oven baked for permanent finish. Call the senior center at 508-543-1234 if you'd like to sign up.

### **Monday, January 9**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30 p.m.

Minds in Motion 1:00 p.m.

Knitting 1:00 p.m.

Stop and Shop 1:00 p.m.

### **Tuesday, January 10**

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.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “Strangers on a Train” 12:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, January 11**

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 12:30 p.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Jack Craig's Greatest Songs 4:00 p.m.

### **Thursday, January 12**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Art Class with Barbara 9:30 a.m.

Glass Painting Class with Diane 12:30 p.m.

### **Friday, January 13**

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 2017 TRIP TO THE CANADIAN ROCKIES**

Join us as we travel out west this September 3<sup>rd</sup> through the 9<sup>th</sup> 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 will begin at 8:00 a.m. on Wednesday, January 11<sup>th</sup> by calling the senior center at 508-543-1234. Come join us for this unforgettable northwestern adventure and observe nature at its finest.

### **MULTI-SESSION CLASSES**

#### **MINDS IN MOTION – EXERCISES FOR YOUR BRAIN**

Start off the new year by getting your brain in shape for 2017. Do you feel like challenging your mind and stretching your imagination? Join us at the senior center where Jerry Cianciolio will be back to present all new topics in his "Minds in Motion" program. In a large bowl, blend in the stimulation of a college workshop with the fun of a backyard barbeque, sprinkle in a heaping cup of personal opinion and that's the recipe for Minds in Motion. This program is a series of eight all new, hour-long "courses." Each week we'll focus on a different and challenging topic. Topics range from morality to art, music, writing, architecture, inventions, humor and others that will put your mind in motion. "Minds in Motion" is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. These 8 classes will be held at 1:00 p.m. on the following Monday afternoons: January 9, 23, 30, February 6, 13, 27 and March 6 & 13. Seating is limited, so we ask participants to commit to attending at least 6 of the sessions. Please call the senior center at 508-543-1234 by January 6<sup>th</sup> to register in advance.

#### **ART CLASSES WITH BARBARA GAGE-MULFORD**

Join Barbara at the senior center for a fun, stress-free series of art workshops that will be held at 9:30 a.m. on the following Thursday mornings: January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9 & 16. Students in these workshops may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. These classes are being offered free of charge and all materials are provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). Class size is limited, so please call the senior center at 508-543-1234 to sign up in advance. This class is funded through gifts made to the Foxborough Council on Aging and Human Services.

### **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.

### **UPCOMING PROGRAMS**

#### **JACK CRAIG – SING! THE GREATEST SONGS**

Jack Craig will be back at the senior center for 2 of his “Greatest Songs” programs in January. The Greatest Songs programs contain most of the favorite songs of the 20<sup>th</sup> century. Each of these programs contains about thirty songs to sing, and Jack will provide anecdotal information that recalls the listed years of American song-writing. On Wednesday, January 11<sup>th</sup> at 4:00 p.m. Jack’s program will include the greatest songs of 1955 & 1956. The second program will be held at 4:00 p.m. on Wednesday, January 18<sup>th</sup> and will include the greatest songs of 1957 – 1959. Call the senior center at 508-543-1234 to sign up and we’ll save you a seat.

### **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 17<sup>th</sup> 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 3<sup>rd</sup> 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.

### **AUTHOR KATE LARSON PROGRAM**

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

### **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!

### **MEN’S BREAKFAST**

Our next Men’s Breakfast will be held on Thursday, January 26<sup>th</sup> 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.

### **CLASSIC MOVIE DAY**

Classic Movie Day for the month of January is scheduled for Tuesday, January 10th at 12:30 p.m. and our featured film will be one of Alfred Hitchcock's suspense classics "Strangers on a Train." Tennis pro Guy Haines (Farley Granger) chances to meet wealthy wastrel Bruno Anthony (Robert Walker) on a train. Having read all about Guy, Bruno is aware that the tennis player is trapped in an unhappy marriage to wife Miriam and has been seen in the company of senator's daughter Ann Morton. Baiting Guy, Bruno discusses the theory of "exchange murders." Suppose Bruno were to murder Guy's wife, and in exchange Guy were to kill Bruno's father? With no link between the 2 men, the police would be none the wiser, would they? When he reaches his destination, Guy bids goodbye to Bruno, thinking nothing more of the affable but rather curious young man's homicidal theories. And then, Guy's wife turns up strangled to death! 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.

### **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 18<sup>th</sup> 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 13<sup>th</sup>. Van transportation is available, but transportation arrangements must be made by Friday the 13<sup>th</sup>.

### **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 11 – Walmart

January 18 – Jake 'N Joe's Restaurant

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, January 10<sup>th</sup> from 10:00 a.m. to 12:00 noon. **For the months of February, March and April the Blood Pressure Clinics will be held on the 2<sup>nd</sup> MONDAY of each month (Feb. 13, March 13 & April 10)** from 10:00 a.m. to 12:00 noon, instead of the usual 2<sup>nd</sup> Tuesday. 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 508-543-1234 to set up and 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for January 19<sup>th</sup>. 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 9**

Beef Bolognese 163  
Roman Blend Vegetables 26  
Dinner Roll 160  
Peaches 5  
Sodium 354  
Calories 404

**Tuesday, January 10**

Italian Braised Beef 78  
Red bliss Potatoes 4  
Broccoli 12  
Whole Wheat Bread 160  
Brownie 132  
Sodium 386  
Calories 579

**Wednesday, January 11**

Carrot & Celery Soup 221  
Meatloaf with Onion Gravy 282  
Mashed Potato 62  
Oatmeal Bread 121  
Banana 1  
Sodium 687  
Calories 735

**Thursday, January 12**

Caribbean Chicken 653  
Tahitian Blend Vegetables 38  
White & Brown Rice 36  
Multigrain Bread 190  
Cinnamon Apple 4  
Sodium 921  
Calories 538

**Friday, January 13**

Catch of the Day 320  
Pesto Sauce  
California Blend Vegetables 27  
Potato Wedges 27  
Rye Bread 300  
Pears 4  
Sodium 678  
Calories 468