

## **DARKNESS TO LIGHT PROGRAM**

Foxboro has raised the bar in its' efforts to prevent child sexual abuse by offering Darkness to Light training to people who work with children in a variety of capacities. We are pleased to be able to offer this important training to everyone in the community, to continue to raise awareness and help you be part of the solution to end child sexual abuse. Darkness to Light is designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. Parents and grandparents, please take advantage of this training to become informed about protecting our children and breaking the cycle of abuse. Join us at the Foxboro Senior Center on Wednesday, February 3<sup>rd</sup> from 1:00 to 3:00. Please call us at 508-543-1252 to sign up. An evening program will also be offered at Brigham & Women's/ Mass General Health Care Center on Tuesday, February 2<sup>nd</sup> from 6:30 – 8:30 in the 2<sup>nd</sup> floor conference room. Please call 800-294-9999 to register. (For voice mail, simply leave your name, phone number and the number of seats you require.)

### **Monday, January 11**

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

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Video Lecture Series 2:00 p.m.

### **Tuesday, January 12**

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

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie – “The French Connection” 12:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, January 13**

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Walmart 1:00 p.m.

Relaxation/Meditation Program 2:30 p.m.

Jack Craig 4:30 p.m.

### **Thursday, January 14**

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

Judith Kalaora as “Hedy Larmarr” 1:00 p.m.

Grand Canyon Trip Presentation 3:00 p.m.

### **Friday, January 15**

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

## **TRAVEL INFORMATION**

**SIGN UP FOR TRIP TO PRODUCTION OF “SAMSON” / LONGWOOD GARDENS VISIT**

Come join us on Wednesday, June 8<sup>th</sup> when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10<sup>th</sup>. This trip has been arranged for us by the group travel specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

### **"GREAT TRAINS & GRAND CANYONS 2016" TRIP PRESENTATION**

Our Group Tour Specialist from Tours of Distinction will be at the senior center on Thursday, January 14<sup>th</sup> at 3:00 p.m. to tell us about our upcoming "Big Trip" in 2016 to Arizona which will feature a trip on the Grand Canyon Railway. This 6 day / 5 night trip is planned for October 2<sup>nd</sup> through the 7<sup>th</sup>. We will fly into Phoenix Airport and then travel out to Sedona where we'll be spending five nights in a picturesque resort hotel. At this trip presentation meeting you will have the opportunity to review the itinerary for the trip and ask any questions you may have. The sign up for this trip will begin on Wednesday February 3<sup>rd</sup>.

### **SPECIAL PROGRAM**

#### **ZUMBA GOLD CLASSES – NEW YEAR, NEW YOU!**

The New Year has begun and it's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape for spring. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to workout, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. Come and learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

#### **GARY HYLANDER'S LECTURE ON "WATER FOR ELEPHANTS"**

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, January 20<sup>th</sup> at 4:30 p.m. for a literature lecture on the novel "*Water for Elephants*." This novel is the story of the memories of ninety-something -year-old Jacob Jankowski. As a young man, fate brought Jacob onto a rickety train that was home to the Benzini Brothers Most Spectacular Show on Earth. To Jacob, the world of the circus was both salvation and a living hell. It was the early part of the Great Depression, and Jacob was thankful to have a job because his luck had run out, he was orphaned and he was penniless. It was there that Jacob meets Marlena, the star of the equestrian act. And there he also met Rosie the elephant, the "great gray hope" and the new act that was going to be the salvation of the circus; the only problem was, Rosie didn't have an act and couldn't follow instructions. The bond that grew among this unlikely trio was one of love and trust, and ultimately, their only hope for survival. If you'd like to join us for this program in Gary's literature lecture series, sponsored by the Friends of Foxborough Seniors, please call the senior center at 508-543-1252 to sign up in advance.

#### **MEN'S BREAKFAST**

For many years, our friend Ted Inman was a regular attendee of our monthly Men's Breakfasts. In Ted's honor, there will be no charge for our Men's Breakfast this month. The cost for the breakfast will be paid for by donations made to the senior center in Ted's memory. The Men's Breakfast will be held on Thursday, January 28<sup>th</sup> at 9:00 a.m. Our guest speaker this month will be the new Director of the Boyden Library, Manny Leite. If you would like to join us for breakfast and have the opportunity to meet Manny, please call the senior center at 508-543-1252 by Monday, January 25<sup>th</sup> to reserve your seat.

### **HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO**

"Artifactual Scholar" Paolo DiGregorio will be back at the senior center at 11:30 a.m. on Thursday, January 28<sup>th</sup> to present another program in his series of history lectures. The topic on this date will be "1916: War, Uprisings, and the Destiny of Europe." By the start of 1916, the Great War was almost 18 months old. The nations of Europe were locked in a destructive struggle for dominance, fighting a war that had grown larger than anyone could have imagined. Yet, 1916 would bring greater bloodshed and violence. Away from the battlefields, social upheaval and political maneuvering added to the chaos and unease of the period. Paolo will examine the many events that made 1916 a seminal year in the formation of the 20<sup>th</sup> century. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

### **REWIND WITH US**

Every Monday afternoon at 2:00 p.m. we'll be showing videos from our own video library of programs that have been held at the senior center, and we'll be viewing videos from "The Great Courses" program of the Kastrenos video library series. On Monday, January 11<sup>th</sup> at 2:00 p.m., our video will be "Lifelong Health: Achieving Optimum Well-Being at Any Age" from The Great Courses series. Come join us for these interesting and entertaining programs from our own senior center video library.

### **CLASSIC MOVIE DAY**

The featured movie classic for the month of January will be "The French Connection" and is scheduled for Tuesday, January 12<sup>th</sup> at 12:30 p.m. New York Detectives Popeye Doyle (Gene Hackman) and Buddy Russo (Roy Scheider) hope to break a narcotics smuggling ring and ultimately uncover the French Connection. But when one of the criminals tries to kill Doyle, he begins a deadly pursuit that takes him far outside the city limits. Based on a true story, this action-filled thriller, with its renowned chase scene, won 5 Academy Awards in 1971, including best picture and best actor for Gene Hackman. So feel free to bring your lunch to enjoy ahead of time in our Coffee Connection at the senior center and then enjoy a great film classic. If you'd like to join us, please call 508-543-1252 to sign up.

### **JACK CRAIG'S "BEST OF BROADWAY" SERIES**

Join us on Wednesday, January 13<sup>th</sup> at 4:30 p.m. as we welcome Jack Craig back to the senior center for another one of his programs on "The Best of Broadway." From "Second Hand Rose" (1921) through "Memory" (1982), the songs in this program celebrate the high points of American musical theatre. Standout productions like "Showboat," "South Pacific," "My Fair Lady" and "Hello Dolly" are all included, as well as unique hits from writers such as Noel Coward, Kurt Weil and Irving Berlin. This program concentrates on the "golden age of musicals" by Rodgers and Hammerstein, Lerner and Loewe, and Stephen Sondheim – but all of the 24 songs you will be singing are classics! Our thanks go to the Friends of Foxboro Seniors for sponsoring this program. Give us a call at 508-543-1252 to sign up.

### **JUDITH KALAORA PERFORMS AS HEDY LAMARR**

When you hear the name Hedy Lamarr, whom do you see? A smoldering bejeweled temptress, perched on velour cushions in the 1949 Hollywood classic "Samson and Delilah"? Or, a demure and professionally clad inventor, deep in the throes of ingenuity, embarking on scientific ideas that were generations ahead of her time? Hedy Lamarr was not only a great star in Hollywood's Golden Age of Cinema, she was also devoted to helping the Allies beat the Nazi forces of World War II. Whether she was selling war bonds for \$50,000 a kiss, or inventing a secret communication system with the help of American composer George Antheil, Hedy Lamarr

knew she was so much more than just a glamorous girl. Join History-at-Play character actress, Judith Kalaora, as she returns to the senior center at 1:00 p.m. on Thursday, January 14<sup>th</sup> and transforms herself into Hedy Lamarr, the young Austrian refugee who became the Most Beautiful Woman in the world and the inventor of technology that changed our world. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like to join us and want us to save you a seat, please call the senior center at 508-543-1252 to sign up in advance.

### **HISTORY-HUMOR-HOSPITALITY OF NEW ENGLAND**

On Thursday, January 21st at 10:00 a.m., the senior center welcomes Alison O'Leary, award-winning travel writer and journalist, and co-author of the book "Inns and Adventures: A History and Explorer's Guide to New Hampshire, Vermont and the Berkshires." New England's woods and wild places are full of stories: cannibalism in Vermont, Thoreau's cold and lonely night on Massachusetts' Mt. Greylock, an Eskimo in New Hampshire. There are also cozy inns where travelers can benefit from local knowledge of innkeepers and enjoy locally-grown, home cooked fare. Alison and her co-author Michael J. Tougias have visited each inn and have taken every hike outlined in their book, but have difficulty choosing favorites. Alison's "Hidden Gems" presentation traces the history of areas large and small, from the reasons behind the creation of the White Mountains National Forest to the struggle of innkeepers trying to hold onto family-owned property. If you'd like to join us for this free program which includes a lot of fun and funny historical tidbits from New Hampshire, Vermont and the Berkshires, please call us at 508-543-1252 to reserve yourself a seat. The Friends of Foxborough Seniors are sponsoring this program.

### **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 13<sup>th</sup> and 14<sup>th</sup> the featured program will be Paolo DiGregorio's program on the American History Series "The Nation at War: The Battle Front." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **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 27<sup>th</sup>, we'll be enjoying our menu of Italian Style Pasta with Meatball, Mixed Vegetables 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 508-543-1252 by Monday, January 25<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, January 12<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. 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 508-543-1252 to set up an 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 21<sup>st</sup>. In addition to the SHINE program, 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 508-543-1252 to set up and appointment.

## **REGULARLY SCHEDULED**

### **AEROBICS**

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

### **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

### **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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **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 13 – Walmart

January 20 – Longhorn Restaurant in Mansfield

### **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 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, January 11**

BBQ Pork Patty

Beans Bonanza

Garlic Mashed Potato

Honey Wheat Bread

Applesauce

Calories 409

Sodium 519

#### **Tuesday, January 12**

Buttermilk Chicken

Garden Peas

Red Bliss Potato  
Whole Wheat Roll  
Strawberry Cup  
Calories 336  
Sodium 466

**Wednesday, January 13**

Tuna Salad Plate  
Coleslaw  
Pasta Salad  
Pita Bread  
Mixed Fruit  
Calories 296  
Sodium 445

**Thursday, January 14**

Roast Turkey with Gravy  
Cranberry Sauce  
Parsley Mashed Potato  
Winter Squash  
Whole Wheat Bread  
Bread Pudding  
Calories 426  
Sodium 236

**Friday, January 15**

Italian Style Pasta with Meat Sauce  
Green Beans  
Scali Bread  
Mandarin Oranges  
Calories 312  
Sodium 127