

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,065 for a one person household, \$41,932 for two people, \$51,798 for three people, \$61,664 for a four 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 are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

Monday, December 2

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 p.m.

Book Club 11:00 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 3

Stretch & Balance 8:30 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day 12:30 p.m. – “The Life of Pi”

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

Wednesday, December 4

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba 1:00 p.m.

Emerald Square Mall 1:00 p.m.

Thursday, December 5

Ceramics 9:00 a.m.

Holiday Party at Lake View Pavilion 12:30 p.m.

Friday, December 6

8:30 a.m. Stop & Shop

9:30 a.m. YMCA Exercises

11:00 a.m. Card Making

11:00 a.m. Cribbage

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

MEDICARE'S OPEN ENROLLMENT PERIOD

Open Enrollment for Medicare will be ending on December 7th. Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding your Medicare options for 2014. Medicare is stronger than ever with more benefits, better choices and lower costs to beneficiaries. Expanded Medicare benefits under the health care law continue to be available, including certain free preventative benefits, cancer screenings and an annual wellness visit. Whether you choose Original Medicare or a Medicare Advantage Plan, take advantage of this Open Enrollment period to review cost, coverage or both for 2014. Take time to review your prescription drug and health insurance needs. Your health

coverage needs change from year to year and your health plan may change the benefits and costs each year as well. It is important to evaluate your Medicare choices regularly and Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage. Call the senior center at 508-543-1252 to set up an appointment with Pam or Ken to review your options.

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 as well as some additional times during "Open Enrollment". Appointments are being scheduled on December 3rd and 19th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, December 10th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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.

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 Wednesday, December 4th and Thursday, December 5th a broadcast of the Medicare Seminar held at the senior center will be featured. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SPECIAL EVENTS AND PROGRAMS

THE FRIENDS' HOLIDAY PARTY

Come join in the fun at the senior center on Thursday, December 12th from 1:00 p.m. to 3:00 p.m. as we gather for our annual holiday party sponsored by the Friends of Foxboro Seniors. Get into the holiday spirit as we enjoy a special time together filled with treats to eat and entertainment too. Mel Simons, "The King of Nostalgia," will perform a holiday-themed show for us. If you'd like to join us for this festive event, please call the senior center at 508-543-1252 to sign up by Monday, December 9th. The price of admission is a donation to the Foxboro Food Pantry. This year, the food pantry is in need of the following items: canned beef stew, boxed stuffing mix, canned soup, canned vegetables, "kid friendly" cereal, toilet tissue and bottled fruit juice. Don't miss out on this holiday celebration!

LAKE VIEW PAVILION HOLIDAY CELEBRATION

Our annual Holiday Celebration will be held at Lake View Pavilion on Thursday, December 5th. Jim DePillo of JD's Music Express will be providing our entertainment of music and fun to help us all get into the holiday spirit. Our DJ Jim will be happy to play any song requests! So please put your musical requests into the Suggestion Box on the hutch in the senior center. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The Van-Go will be available for the transportation of all of our regular van riders. The cost for this event is \$23.00 per person and payment was due by Friday, November 8th. This event is for Foxborough residents only.

REGULARLY SCHEDULED **PAINTING WITH BOB MCLEOD**

It's time again to come and explore your artistic talents at the senior center. You will amaze yourself when you leave this class with a fantastic oil painting that has been done by you. Come and enjoy a painting class with Bob McLeod and you'll want to come back for more. This class is for everyone, not just the experienced, so give it a try! Bob's next visit to the senior center will be on Wednesday, December 18th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited, so call the senior center at 508-543-1252 to sign up for the class.

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, December 2nd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

MOVIE DAY

December's Movie Day is scheduled for Tuesday, December 3rd at 12:30 p.m. Our feature presentation this month is "The Life of Pi." Embark on the adventure of a lifetime! This visual masterpiece from Oscar winning director Ang Lee is based on the best-selling novel. After a cataclysmic shipwreck, young Pi Patel finds himself stranded on a lifeboat with the only other survivor – a ferocious Bengal tiger named Richard Parker. Bound by the need to survive, the 2 of them are cast on an epic journey that must be seen to be believed. This movie has been described as an experience of the coming of age, of survival and of spiritual awakening. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, December 3rd from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SIT AND BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. This program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 to 10:30 a.m. The cost is \$2 per class.

CARD MAKING CLASS

Learn the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely new.

JOIN US FOR TAI CHI

Come and try a Tai Chi class at the senior center. Tai Chi is held on Mondays from 10:45 a.m. to 11:45 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. Classes are \$2 per session (a low rate that is being 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. Please call the senior center at 508-543-1252 to sign up.

TALESPINNERS

Do you have a story or experience that you would like to share? Does a fond memory bring you a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group you will have an opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

CERAMICS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided, and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

DISCUSSION GROUP

Everyone is invited to attend a weekly discussion group at the senior center. This small and friendly group will discuss anything from current events to politics and is self-run. Anyone interested in joining in intellectual and entertaining discussions is invited to meet each Tuesday at 1:00 p.m.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, December 18th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on December 19th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

COMPLIMENTARY BREAKFAST PROGRAM

Start your day right with a delicious and nutritious breakfast! HESSCO is introducing a new complimentary breakfast program with a breakfast menu that includes: hearty and healthy steel cut oatmeal with apples, cinnamon and raisins; snack-n-loaf fruity high fiber muffin; mouthwatering all-natural orange smoothie and low-fat milk. The nutritional information of the breakfast is as follows: 710 calories, 29gm of protein, 565mg of sodium, 6gm fiber, 100% DRI vitamin C (79mg), 1/3 DRI calcium (400mg). Enjoy your breakfast in the company of friends at the meal site or you can take it to go. If you are interested, please call Marcia at the meal site at 508-698-0754 to make a reservation.

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 at 508-543-1252 to arrange for a ride.

December 4 Emerald Square Mall

December 11 Walmart

December 18 Target

MEDICAL INFORMATION AND SERVICES

COMMUNITY BENEFITS PROGRAMS

Norwood Hospital is offering ongoing Community Benefits programs to help promote the health and well-being of our community. Some of the following programs being offered are as follows: **Diabetes Support Group** – free, meeting on the second Tuesday of the month October through May, 6:30 p.m. to 7:30 p.m., in the RANI Conference Room at Norwood Hospital; **Domestic Violence Support Group** – free, offered at Norwood Hospital with confidential screening provided by LICSW, and; **Senior Supper Program** – Monday through Friday, 4:45 p.m. to 6:45 p.m. in the cafeteria of the Lorusso Building at Norwood Hospital, a nutritious meal is offered at a reduced cost. If you have any questions on these programs, please call Margaret Lutz at 781-278-6024 or visit the website at www.Norwood-Hospital.org.

INCOME TAX INFORMATION

SENIOR CIRCUIT BREAKER CREDIT

You may qualify for Senior Circuit Breaker credit on your 2013 income tax returns if you meet the following criteria: you are 65 years of age on or before December 31, 2013; you own or rent in Massachusetts as your principal residence, and; your total income does not exceed \$55,000 if you are single, \$82,000 if you are married filing jointly, \$69,000 if you are the head of household, and if your assessed real estate valuation does not exceed \$700,000. For more information, check out the www.mass.gov/dor/seniors website for full details or call customer service at 617-887-6367 or toll-free in Mass. at 800-392-6089.

PUBLIC SAFETY INFORMATION AND SCAM WARNINGS

AVOIDING SCAMS AND TROLLS ON TWITTER

Not long ago, Twitter was a novelty social media site that average users thought was silly. Now the microblogging tool is a vital news source and publishing platform, letting anyone share information and opinions from almost anywhere. But as is the case with every emergent trend on the Internet, Twitter is also populated by scammers and so-called “trolls,” people who harass and provoke others with posts that range from the annoying to the profane. And what’s more, that security risk is essentially built into Twitter – its public-facing nature allows anyone to follow or mention anyone else which means that users have little control over who can read their tweets, or who is tweeting about them. Specifically blocking individual users is the only ingrained privacy protection. It is always important to have a backup system for your computer, and the following tips can assist in helping you keep your personal data safe and secure: know how and when to “block” unwanted and potentially malicious followers; use strong and long passwords to help keep from being hacked; beware of trending topics that can be hijacked by Twitter users; don’t trust URL shorteners; don’t share personal information, and; don’t use public WiFi.

PHISHING SCAM

Phishing scams are a well-known form of scam. Someone may call you on the telephone pretending to want to help you. Ignore phone calls claiming to be from “Microsoft” wanting to fix errors coming from your computer. The caller will say that they “work with Microsoft to resolve issues” and asks respondents to log on to correct problems. This is a scam! Do not follow their directions or advice and do not provide any information to them. Just hang up!

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, December 2

Potato Leek Soup
Herb Baked Chicken
Beets
Multigrain Roll
Mixed Fruit

Tuesday, December 3

Meatball Sub
O'Brien Potato
Italian Blend Vegetables
Mini Sub roll
Strawberry Cup

Wednesday, December 4

Low Salt Hot Dog on a Roll
Mustard Packet
Baked Beans
Hot German Slaw
Blond Brownie

Thursday, December 5

Shepherds Pie with Sweet Potato
California Blend Vegetables
Whole Wheat Bread
Pears

Friday, December 6

Salmon Fillet with Dill Sauce
Confetti Rice
Peas and Carrots
Whole Wheat Roll
Fresh Orange