

LECTURE BY AUTHOR AND JOURNALIST ALISON O'LEARY

On Wednesday, December 21st, at 4:30 p.m., Author Alison O'Leary will be at the senior center to talk about the novel she co-wrote with Michael Tougias titled "So Close to Home: The True Story of an American Family's Fight for Survival During World War II." On May 19, 1942, a U-boat in the Gulf of Mexico stalked its prey fifty miles from New Orleans. The submarine set its sights on the freighter Heredia, with 62 people on board. Most of those on board the Heredia were merchant seamen, but there were also a handful of civilians, including the Downs family: Ray, Ina and their two children. Fast asleep in their berths, the Downs family had no idea that two torpedoes were heading their way. When the ship exploded, chaos ensued and each had to find his own path to survival. Join us as Alison presents this story with dramatic images in a multimedia event that will educate and inspire. Please call the senior center at 508-543-1234 to sign up in advance.

Monday, December 5

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.

Knitting 1:00 p.m.

Meditation and Relaxation 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, December 6

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

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

SHINE by appointment

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, December 7

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 a.m.

Christmas Tree/Trader Joe's 1:00 p.m.

Colorist Club 2:00 p.m.

Rick Beyer's Program on the "Ghost Army" 4:30 p.m.

Thursday, December 8

No Programs

Friday, December 9

Stop & Shop 8:30 a.m.

Aerobics Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

SENIOR CENTER HOLIDAY PARTY

The holiday season is here, so come join us at the senior center on Thursday, December 15th from 1:00 to 3:00 p.m. as we gather for our Annual Holiday Party at the Senior Center. Get into the holiday spirit as we enjoy a special time together filled with sweet treats to eat, music and lots of fun. Our musical entertainment for this afternoon will be provided by Gary Leanues. Sing along, tap your feet or just sit back and get into the spirit.

The price of admission is the donation of a canned or boxed food item(s) for the Foxborough Food Pantry, or a donation to the Foxborough Discretionary Fund. During this upcoming holiday season, the Food Pantry has listed the following items as suggested donations: bottled juice, toilet paper, canned beef stew and instant oatmeal. Seating is limited. If you'd like to join us for this festive event, please call the senior center at 508-543-1234 to sign up.

CONCERT AND SING-ALONG WITH OUR SERENADING SENIORS

Come join us at the senior center for a special concert and "Sing-Along" with our own Serenading Seniors Chorus on Thursday, December 22nd from 1:00 to 2:00 p.m. The chorus will be singing for us, so be prepared to tap your feet and get into the spirit of the day. You'll even have the chance to do some singing along with them. Light refreshments will be served. Please sign up in advance by calling the senior center at 508-543-1234 and we'll save you a seat.

RICK BEYER'S LECTURE ON "THE GHOST ARMY OF WORLD WAR II"

2016 marks the 75th anniversary of D-Day. Join us at the senior center on Wednesday, December 7th at 4:00 p.m. when best-selling author and award winning filmmaker, Rick Beyer, will be here for the presentation of his program based on his book "The Ghost Army of World War II: How One Top Secret Unit Deceived the Enemy with Inflatable Tanks, Sound Effects and Other Audacious Fakery." Rick wrote and directed the acclaimed documentary film *The Ghost Army*, which premiered on PBS in 2013. The Ghost Army was a US Army tactical deception unit during WWII, officially known as the 23rd Headquarters Special Troops. The 1,100 man unit was given a unique mission within the US Army to impersonate other US Army units to deceive the enemy. From a few weeks after D-Day to the end of the war, utilizing inflatable tanks, sound-effects records and fake radio transmissions, they created a "traveling road show" of battlefield deceptions. Their job was to fool the enemy about the strength and location of American units. Every move they made was top secret and their story was kept secret for 40 years. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like to join us for Rick's critically acclaimed program on the story of this amazing "Ghost Army," please call the senior center at 508-543-1234 to sign up in advance.

YULE LOG FLORAL ARRANGING CLASS WITH BARBARA

In keeping with the holiday season, Barbara Mulford will be at the senior center to lead us in a Yule Log Floral Arranging Class on Wednesday, December 14th from 3:30 to 5:00 p.m. The Yule Log is a real birch log that is mounted on a stand, and we will be decorating it with holiday greens, a bow and a battery-operated votive candle. Join us as we create this beautiful holiday decoration. The cost for materials for the Yule Log is \$15 per person. Class size is limited, so please call the senior center at 508-543-1234 and we'll save you a seat.

GREETING CARD-MAKING AND SCRAPBOOKING CLASS

There is nothing more thoughtful than a handmade gift. Consider sending some hand-made holiday cards to your family and friends during this upcoming holiday season. If you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends as you work on your projects, come join us at our Greeting Card Making Class on Friday mornings at 10:30 a.m. If you'd like to try something new, the Greeting Card-Making Class also includes learning the art of Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class. Other embellishments and supplies will be provided. These personally designed scrapbooks would make great gifts! Our volunteer instructor, Helen Rice, teaches both card-making and scrapbooking at every class. Try one of both of these creative crafts!

MEDITATION AND RELAXATION CLASSES

Our Chair Yoga instructor Michelle Lawlor will be back to the senior center to lead us in a series of Meditation and Relaxation Workshops. The workshops will be held on the following Mondays from 1:00 to 2:00 p.m.: December 5th, 12th and 19th. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into

awareness. Come join us as we work to get our minds into shape. Class size for the Meditation and Relaxation Workshops is limited, so please call us at 508-543-1234 to reserve your spot. Please bring your own coloring book.

SENIOR CENTER INCLEMENT WEATHER POLICY

If the Foxborough schools are cancelled due to inclement weather, then the activities, Human Services appointments and transportation services at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when Senior Center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough's children to attend school. So, please remain safe and warm at home.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve 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, December 20th 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 3rd 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.

CLASSIC MOVIE DAY

Classic Movie Day for the month of December is scheduled for Tuesday, December 13th at 12:30 p.m. and our featured film will be "The Maltese Falcon." Detective Sam Spade (Humphrey Bogart) gets more than he bargained for when he takes a case brought to him by a beautiful but secretive woman (Mary Astor). As soon as Miss Wonderly shows up, trouble follows as Sam's partner is murdered and Sam is accosted by a man (Peter Lorre) demanding he locate a valuable statuette. Sam, entangled in a dangerous web of crime and intrigue, soon realizes he must find the one thing they all seem to want – the bejeweled Maltese Falcon. 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.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. every morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, December 13th 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 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 508-543-1234 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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for December 6th and 15th. 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.

REGULARLY SCHEDULED 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.

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.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, December 6th from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1234 to let us know if you'll be joining us. This event is hosted by the Friends of Foxboro Seniors.

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.

December 7 – Christmas Tree Shop/Trader Joe's

December 14 – Job Lot/Dollar Store

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, December 5

Pasta with Meat Sauce 124

Peas & Carrots 80

Whole Wheat Roll 160

Mandarin Oranges 6

Sodium 370

Calories 320

Tuesday, December 6

Beef burgundy 241

Mashed Potato 63

Green Beans 3

Mini Croissant 199

Cinnamon Apples 4

Sodium 510

Calories 538

Wednesday, December 7

Cream of Broccoli Soup 212

Chicken L'Orange 391

Confetti Rice 43

Oatmeal Bread 121

Banana 1

Sodium 768

Calories 416

Thursday, December 8

Baked Ham 294

Raisin Sauce 52

Sweet Potato 33

Brussel Sprouts 12

Multigrain Bread 190

Apple Pie 190

Sodium 771

Calories 364

Friday, December 9

Salmon with 61

Herb Sauce 76

Cheesy Potato 90

Hot Beet Salad 173

Honey Wheat Bread 135

Peaches 5

Sodium 540

Calories 361