

MEDITATION AND RELAXATION SERIES

The holiday season is a fun and festive time of year, but it can also be both stressful and exhausting! To help us “decompress” as we start the New Year, we’ll be offering a weekly series of programs of Meditation and Relaxation at the senior center on Wednesday afternoons at 2:30 p.m. during the month of January. Our first class of the series on January 6th will start with an adult coloring class. Colored pencils and coloring books are part of a new therapeutic model to relieve stress and are thought to help people suffering from a variety of health ailments. Coloring is soothing, comforting and surprisingly relaxing. We have colored pencils for use during the class, but feel free to bring your own markers or colored pencils with you if you’d like. There is a \$4.00 fee for each participant to cover the cost of the coloring book. Participants will be able to take their coloring book home to continue to practice this form of relaxation. The sessions offered on January 13th, 20th and 27th will be classes on mediation led by our Chair Yoga instructor Michelle Lawlor. Meditation is about training your brain to bring your thoughts and feelings into awareness: it’s about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. Similar to how we do bicep curls to develop our arms, meditation tones and strengthens the mind. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is not a part of any religion; it is a Science. Science has shown that your mind and body benefits from taking time out of your daily life to shut down and meditate. Come join us as we work to get our minds into shape for the New Year. Class size for the Meditation and Relaxation Series is limited, so please call us at 508-543-1252 to reserve your spot.

Monday, December 14

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.

Tuesday, December 15

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

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, December 16

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

TRIAD 1:00 p.m.

Kohl’s/Mansfield Crossing 1:00 p.m.

Country Line Dancing 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, December 17

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

SHINE by appointment 10:00 a.m.

Audio-Described Movie – “White Christmas” 1:00 p.m.

COA/HS Advisory Board Meeting 3:00 p.m.

Friday, December 18

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

Stop & Shop 8:30 a.m.

Aerobic Exercise 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

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 14th 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. If you’d like to join us for this program and want us to save you a seat, call the senior center at 508-543-1252 to sign up in advance.

AUDIO-DESCRIBED CLASSIC MOVIE

Join us on Thursday, December 17th at 1:00 p.m. for an audio described showing of the holiday movie classic “White Christmas” starring Bing Crosby and Danny Kaye. Described videos provide narration of a program’s key visual elements, such as characters’ actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialogue. The result is a finished soundtrack that enables visually impaired viewers to fully understand the film through listening. This program is open to everyone, so come and enjoy this movie experience with the Low Vision Support Group here at the senior center. Popcorn is included! Call us at 508-543-1252 to sign up in advance.

MOVIE DAY

The Movie Day for the month of December is scheduled for Tuesday, December 22nd at 12:30 p.m. and our featured film will be “Elf.” Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and was raised to adulthood among Santa’s elves. Unable to shake the feeling that he doesn’t fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, his dad is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves that Buddy really is his son, Walter reluctantly attempts to start a relationship with the childlike Buddy with chaotic results! Come join us at the senior center to watch this touching and funny movie, 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 508-543-1252 if you’d like to sign up.

UNDERSTANDING REAL ESTATE TAX RELIEF PROGRAMS

Deborah Cochrane from the Foxborough Tax Assessors’ Office will be here at the senior center for an informational program on Thursday, January 7th at 10:00 a.m. She will be speaking on real estate tax exemptions that are available to qualifying Foxborough residents who may be eligible for tax assistance. Widows, seniors, veterans, those who suffer from blindness, etc. may find that they are eligible for some tax relief. This is your chance to ask Debbie any questions you may have regarding local real estate tax rates and find out if you qualify for any of the available tax assistance programs. Please call the senior center at 508-543-1252 to let us know if you’ll be joining us.

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. everyone 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!

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, December 16th, we'll be enjoying our menu of boneless stuffed chicken breast, red bliss potato, vegetable medley and holiday pie. 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, December 14th to make your reservation and to arrange for transportation, if needed.

RESOURCES AND INFORMATIONAL SERVICES

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 (LIHEAP) 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: \$33,126 for a one-person household, \$43,319 for two people, \$53,511 for three people, \$63,704 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. Beginning on November 2nd, call the senior center at 508-543-1252 for information on this program or to make an appointment to fill out an application for the upcoming winter season.

EMERGENCY PREPAREDNESS

The Foxborough Council on Aging and Human Services is gathering pertinent data from people with critical needs in Foxborough who would like to be entered into the Public Safety database to be contacted in the event of a town-wide emergency. We are making every effort to reach all Foxborough residents who want to be identified as needing assistance in case of a town-wide evacuation or emergency. We particularly want to include those who are most vulnerable during an emergency. Forms are available at the Foxborough Senior Center. To request assistance or arrange for a home visit, call 508-543-1252 to speak with our Human Services staff.

MEDICAL INFORMATION AND SERVICES

LIFE AFTER LOSS BEREAVEMENT GROUP

All who have experienced the death of a loved one and are in need of a compassionate, safe place to express their grief, are invited to attend your choice of bereavement groups sponsored by Seasons Hospice & Palliative Care. At 6:00 p.m. on the third Thursday of every month, the Life after Loss Bereavement Support Group meets at The Village at Willow Crossing, 25 Cobb St., Mansfield, MA. At 6:30 p.m. on the 2nd and 4th Tuesday of each month (starting January 12th), the Life After Loss Bereavement Group will meet at 1 Edgewater Drive #103 in Norwood. If you are interested in registering to attend one of these groups or would like more information, please call Nancy Sherman, Director of Supportive Care, at 617-454-0200.

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 17th. 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

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 service. 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 is a senior citizen run and directed group, and 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 16th at 1:00 p.m. Everyone is welcome to attend these informational services.

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, let 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 Lawlor, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, December 22nd beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

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.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a “Stretch and Balance” class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

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:

December 16 – Kohls/Mansfield Crossing

December 23 – Stop and Shop at 8:30 a.m.

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 14

Macaroni & Cheese

Tomatoes & Spinach

Fruit Muffin

Pears

Calories 434

Sodium 524

Tuesday, December 15

Kale Soup

Portuguese Chicken with Sauce

Confetti Rice

Multigrain Roll

Fresh Apple

Calories 359

Sodium 662

Wednesday, December 16

Baked Ham with Raisin Sauce

Scalloped Potato

Broccoli & Carrots

Scali Bread

Red Velvet Cupcakes

Calories 320

Sodium 1339

Thursday, December 17

Meatloaf with Mushroom Gravy

Mashed Potato

Winter Squash

Whole Wheat Roll

Peaches

Calories 433

Sodium 382

Friday, December 18

Penne Pasta with Meat Sauce

Italian Blend Vegetables

Oatmeal Bread

Mixed Fruit

Calories 319

Sodium 150