

TRIP TO FOXWOODS CASINO

On Thursday, February 26th we'll be traveling to Foxwoods Casino. Come join us as we go to the northeast's largest casino, with over 6,000 slot machines, 38 restaurants and many retail shops. Check out all the table action, slot machines, Bingo and the new penny machines, or just come to enjoy good food and shopping. We will be leaving from St. Mary's church parking lot at 7:45 a.m. and return to Foxborough around 5:00 p.m. The cost for the day trip is \$25 per person and this includes round-trip transportation by motor coach, a \$10 food coupon or full buffet lunch, \$10 slot play (subject to change) and gratuity for the coach driver. Call the senior center at 508-543-1252 if you're interested in joining us. Sign-up for this trip will begin on Wednesday, January 7th and payment is due by Friday, February 6th.

Monday, December 29

NO Chair Yoga
Tai Chi 10:30 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, December 30

NO Stretch & Balance
NO Zumba Gold
Nutrition 11:00 a.m.
Classic Movie Day – "Arsenic and Old Lace" 12:30 p.m.
Computer Basics Class 1:00 p.m. & 2:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, December 31

Strength Training/EnhanceFitness 8:30 a.m.
NO Chorus Today
Job Lot / Dollar Store 1:00 p.m.
Bereavement Group 1:30 p.m.

Thursday, January 1

New Year's Day
Office Closed

Friday, January 2

Stop & Shop 8:30 a.m.
NO YMCA Exercises Today
Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

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. This program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in this 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 will be held on Wednesdays, from January 14th through March 4th at 11:30 a.m. at the senior center. If you plan on joining us, please call the senior center at 508-543-1252 to sign up. In

addition to funding the computer classes for seniors, the Rotary Club grant has also made possible the purchase of laptop computers for use by our staff at the home visits of clients.

AGING MASTERY FINANCIAL FITNESS PILOT PROGRAM

The National Council on Aging (NCOA) has chosen the Foxborough Council on Aging as one of three senior centers in the country to pilot a new financial education component of the Aging Mastery Program. The subjects of this program will be Money Management, Financial Planning and Fraud Prevention presented by local experts brought to us by the Certified Financial Planners Board. This is strictly an informational program and through an agreement with the NCOA and Certified Financial Planners Board, our presenters will not be selling any goods or services. There are a limited number of spaces available and you will have to commit to 3 Thursday afternoons, January 8th, 15th and 22nd, from 12:30 to 2:00 p.m. at the senior center. As a program participant you will be provided with course materials, handouts and resources. You will be served a light lunch, and you will have the opportunity to earn points for rewards. This program is fully funded by a grant from the NCOA and is offered free for all participants. If you're interested in joining us for this new AMP series, please call the senior center at 508-543-1252 by Monday, January 5th to register.

AGING MASTERY PROGRAM WORKSHOP #1 – MONEY MANAGEMENT

As noted above, the first in our series of 3 Aging Mastery Programs on financial fitness will be held on Thursday, January 8th from 12:30 to 2:00 p.m. The subject of this first program will be "Money Management" with guest speaker David Randall. Mr. Randall is a Certified Financial Planner (CFP). His financial consulting practice emphasizes a conservative investment management approach utilizing various forms of financial products and services. All participants in this program must sign up in advance for this 3-part series by calling the senior center at 508-543-1252 by Monday, January 5th. This is a free program. A light lunch and course materials will be provided to all participants.

HISTORY LECTURE SERIES

By popular demand, we have invited Paolo DiGregorio, "the Artifactual Scholar," back to the senior center to present a series of 3 lectures on American history. Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at programs at the senior center. Paolo's lecture series will be held on Thursdays, January 8th, 15th and 22nd from 11:00 a.m. to noon. On January 8th, the 200th anniversary of the Battle of New Orleans, the program topic will be the War of 1812. On January 15th, Paolo will be speaking about Manifest Destiny and the growth of the nation. Lastly on January 22nd, Paolo will tell us about Aaron Burr and Alexander Hamilton which is a story with a lot of political intrigue, vicious name-calling and, of course, the famous duel. Come join us to hear stories of our past and feel American history come alive. If you'd like to attend one or all three of these programs, please call the senior center at 508-543-1252.

BEREAVEMENT SUPPORT GROUP

The holidays can be a difficult time of year for many people who have experienced the loss of a loved one. Anne Bood of Ascend Hospice will facilitate a 6-session Bereavement Support Group that will meet at the Foxborough Senior Center at 75 Central Street, on Wednesdays through to January 7, 2015. We will be meeting from 1:30 p.m. to 2:30 p.m. with the exception of December 24th when we will meet from 10:00 a.m. to 11:00 a.m. This support group is open to the public. It is free of charge and will provide an opportunity to address and share personal experiences of grief and loss in an open and supportive facilitated forum. For more information and to RSVP, please contact Anne Bood, LICSW, at Ascend Hospice, 508-229-8390.

ITALIAN CLASS

Our Intermediate and Advanced Italian classes with Lucy Erhard will be starting up at the senior center once again. Both classes will meet for 10 weeks. Italian 2 (intermediate) will be meeting on Thursdays at 1:30 p.m. for 10 weeks beginning on January 8th through March 12th with an if-needed make-up class on March 19th. Italian 3 (advanced) will meet on Fridays at 1:15 p.m. beginning on January 9th through March 13th with an if-

needed make-up class on March 20th. If you already know a little Italian and would like to learn more, please call the instructor, Lucia Erhard, at 508-543-7057. With your input, she will place you in the class that is appropriate for you. Everyday conversation will be stressed. The cost for each of these 10-week sessions is \$20 and payment is due at the time of sign up. Space is very limited for each class so please call the senior center at 508-543-1252 if you'd like more information or to check on the availability of space in each class.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, January 28th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about Foxborough. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the VanGo will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

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 December 31st and January 1st the featured program will be the COA Holiday Celebration. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRIP INFORMATION

SIGN UP FOR OUR 2015 TRIP TO NOVA SCOTIA

We've had a great response with the sign up for our trip to Nova Scotia in 2015. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Our plans are to leave Foxborough by motorcoach on July 6, 2015 and spend our first night on the new cruise ship called the "Nova Star" which will take us into picturesque Yarmouth in Canada. On day 2, we'll be enjoying the final evening performance of the 2015 Royal Nova Scotia International Tattoo which is the largest annual indoor show in the world with over 800 performers. There will be special sightseeing stops in Halifax and Peggy's Cove, and we'll be spending 2 nights at the Lord Nelson Hotel in Halifax. On day 4, we'll cross the Straits of Northumberland to Prince Edward Island where we'll spend two nights at the Hotel Charlottetown in the island's capital city. A local island guide will take us to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore on the Gulf of St. Lawrence. We'll be crossing the Confederation Bridge to New Brunswick, travel through Saint John and along the Fundy coast to Calais, Maine and then on to Boothbay Harbor, returning to Foxborough on July 12th. The cost for this trip is \$1,637 per person for a double room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. If you are interested in joining us, call the senior center now at 508-543-1252 to sign up before all of our spaces have been filled! Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

REGULARLY SCHEDULED

ZUMBA GOLD

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.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. The cost for each class is \$2.

BINGO

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. Our next Bingo afternoon will be on Tuesday, January 6th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you’ll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

CLASSIC MOVIE DAY

The classic movie for the month of December is scheduled for Tuesday, December 30th at 12:30 p.m. and our featured film will be “Arsenic and Old Lace.” This Frank Capra comedy concerns the sweet old Brewster sisters (Josephine Hull, Jean Adair) beloved in their genteel Brooklyn neighborhood for their many charitable acts. One charity which the ladies don’t advertise is their ongoing effort to permit lonely bachelors to die with smiles on their faces by serving said bachelors elderberry wine spiked with arsenic. When the sisters’ drama-critic nephew Mortimer (Cary Grant) stumbles onto their secret, he is understandably put out – especially since he had just married the lovely Elaine Harper (Priscilla Lane). Given the homicidal tendencies of his aunts, the sinister activities of his escaped-convict older brother Jonathan (Raymond Massey) and the disruptive behavior of younger brother Teddy (John Alexander) – who is convinced that he’s really Theodore Roosevelt – Mortimer isn’t keen on starting a family with his new bride. Further complications ensue when the murderous Jonathan Brewster arrives home, with his sniveling accomplice Dr. Einstein (Peter Lorre) in tow. When Jonathan learns that his darling aunts have killed twelve men, he is incensed – they’re challenging his own record of murders! So come join us at the senior center to watch the 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.

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 31 – Job Lot / Dollar Store

January 7 – Christmas Tree Shop.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 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 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky’s next visit to the senior center has been scheduled for Monday, February 2nd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is

available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

DID YOU REACH THE “DONUT HOLE” LAST YEAR?

If you have a Medicare Part D or Medicare Advantage plan and do NOT get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reached \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... a \$300 brand name drug will now cost you \$135! This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program can help pay for your prescription drugs when you reach the “donut hole.” To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4635 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit the website at www.prescriptionadvantage.org. The money you save can be your own!

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 January 6th and 15th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up and appointment.

WEEKLY SCHEDULED PROGRAMS

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

NUTRITION

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

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. Classes are \$2 per session (a lower rate 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.

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. One of our favorite YMCA instructors, 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. The cost is \$2 per 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. We have an instructor from the YMCA to lead 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.

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 29

Low Sodium Hot Dog
Mustard Packet
Hot German Potato Salad
Hot 3 Bean Salad
Hot Dog Roll
Pineapple
Calories 405
Sodium 702

Tuesday, December 30

Minestrone Soup
Chicken Cacciatore
Italian Style Rotini
Whole Wheat Roll
Strawberry Cup
Calories 502
Sodium 635

Wednesday, December 31

Macroni & Cheese
Escalloped Tomato
Fruit Muffin
Fresh Fruit
Calories 443
Sodium 542

Thursday, January 1

Closed – No meals served

Friday, January 2

Meatball Sub
Seasoned Potato Wedges
Chuckwagon Vegetables
Mini Sub Roll
Apricots

Calories 379

Sodium 282