

“SAY WHAT?”

Patricia Perry of Sneak Peek Productions is “pleased as punch” to present an interactive program that will test your knowledge regarding common, everyday phrases. “Put your best foot forward” and join in the game where you could win a fabulous prize for knowing why it “rains cats and dogs” or why you might “throw the baby out with the bathwater” only once a year. Don’t be an “old stick in the mud.” Let’s go sneak a peek together and join Patricia at the senior center on Thursday, February 18th at 10:00 a.m. for the “Say What?” program that is both fun and informational. Our thanks go to the Friends of Foxborough Seniors for sponsoring this event. Call the senior center at 508-543-1252 to sign up in advance.

Monday, February 15

Presidents’ Day
Office Closed

Tuesday, February 16

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.
Informational Meeting on Warrant Articles 12:30 p.m.
Shaws 1:00 p.m. (in lieu of 2/15)
Talespinners 2:00 p.m.

Wednesday, February 17

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.
Luncheon Outing at Horse and Carriage 1:00 p.m.
Colorist Club 12:30 p.m. to 2:00 p.m.
“The Finest Hours” with Author Michael Tougias 2:30 p.m.
Music with Jack Craig 4:30 p.m.

Thursday, February 18

Coffee Connection 8:30 a.m. to 3:30 p.m.
SHINE by appointment 10:00 a.m.
“Say What” with Patricia Perry 10:00 a.m.
From Jazz to Hip Hop 1:00 p.m.

Friday, February 19

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 FOXWOODS

On Tuesday, March 1st, we’ll be traveling by motorcoach to Foxwoods Casino. Come join us as we go to the northeast’s largest casino with 4,700 slot machines, a 3,600-seat bingo hall, and many restaurants and retail shops. Check out all the table action, slot machines, Bingo and penny machines, or just come to enjoy good food and do some shopping. We will be leaving from the rear parking lot of St. Mary’s Church on Carpenter Street at 7:45 a.m. and will be returning to Foxborough around 5:00 p.m. The cost for this day trip is \$28 and

this includes round-trip motorcoach transportation, gratuity for the coach driver, plus the “Bonus Package” which includes: 1 Full Buffet Coupon or \$10 Food Voucher and \$10 Slot Play. (The Bonus Package is subject to change and you must be at least 21 years of age to receive the package.) Call the senior center at 508-543-1252 to sign up if you’re interested in joining us. Payment for this trip will be due on Friday, February 19th.

TRIP TO THE PRODUCTION OF “SAMSON” / LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th 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 10th. This trip has been arranged for us by the group tour 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.

SPECIAL PROGRAMS

INFORMATIONAL MEETING ON TOWN WARRANT ARTICLES

Join us at the senior center on Tuesday, February 16th at 12:30 for this opportunity to discuss the Town Warrant Articles for our upcoming Special Town Meeting on Tuesday, February 23rd. We will be joined by Town Manager Bill Keegan and other town officials, who will be here to talk about the warrant articles. Take advantage of this face-to face opportunity to ask questions and have the articles explained by our town officials so you will be an informed voter at the Special Town Meeting. Please call us at 508-543-1252 to let us know if you’d like us to reserve you a seat.

AUTHOR MICHAEL TOUGIAS’ PROGRAM – AUTHOR OF “THE FINEST HOURS”

Author Michael Tougias will be at the senior center on Wednesday, February 17th at 2:30 p.m. to give a slide presentation on his new book *The Finest Hours: The True Story of the U. S. Coast Guard’s Most Daring Sea Rescue*. The Disney Corporation is making a movie based on Michael’s book which was released in January, starring Chris Pine and Casey Affleck. On February 18th, 1952 an astonishing maritime event began when a ferocious nor’easter split in half a 500-foot oil tanker, the *Pendleton*, approximately one mile off the coast of Cape Cod. Incredibly, just 20 miles away, a second oil tanker, the *Fort Mercer*, also split in half. On both fractured tankers men were trapped on the severed bows and sterns, and all 4 sections were sinking in the 60 foot seas. Thus began a life and death drama of survival, heroism and a series of tragic mistakes. Of the 84 seamen aboard the tankers, 70 would be rescued and 14 would lose their lives. If you’d like to hear Michael’s account of this tragedy and the Coast Guard’s daring rescue, please call the senior center at 508-543-1252 to sign up. This program is being sponsored by the Foxborough Historical Society and the Foxborough Council on Aging and Human Services.

JACK CRAIG’S

Join us on Wednesday, February 17th at 4:30 p.m. as Jack Craig returns to the senior center for his programs on “Academy Award Winning Songs.” Lyric booklets will be provided with dozens of Academy Award winning songs from 1934 to 1974. Audience members will peruse the booklet, pick their favorite song(s) to sing, and hear Jack’s anecdotal information about their choices. It will be an Academy Award winning songfest! Our

thanks go to the Friends of Foxboro Seniors for sponsoring this program. Give us a call at 508-543-1252 to sign up.

FROM JAZZ TO HIP HOP

In honor of Black History Month, MUSIC Dance.edu will be sponsoring a group of children ages 9 to 13 years old who will be at the senior center on Thursday, February 18th from 1:00 to 2:00 p.m. to perform a musical program for all of us called "From JAZZ to Hip-Hop." MUSIC Dance.edu is a non-profit organization which offers performing arts opportunities to New England residents and music education throughout the east coast. The presentation is a musical journey with an educational narration of the history of jazz and old school hip hop music. The children performers will play the trumpet, flute, clarinet, trombone and hip hop dance, and the presentation will be upbeat, energetic and entertaining. Funding for this musical event is made possible through a grant from the Foxborough Cultural Council. Please call the senior center at 508-543-1252 to sign up and come join us for this celebration of jazz and hip-hop.

REWIND

Every Monday afternoon at 2:30 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, February 22nd at 2:30 p.m., our video will be from the Men's Breakfast with guest speaker Jack Authelet that was held on Sept. 17, 2015.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 11:30 a.m. on Thursday, February 25th to present another program in his series of history lectures. The topic on this date will be "Radicals, Revolutionaries and the Fall of Tsarist Russia." For more than three centuries the Romanov dynasty had ruled over Russia. Yet by the beginning of the 20th century, the power of the tsar was being challenged by radicals, and revolutionaries, and by 1917, the Romanovs had been deposed and a new regime installed. Paolo will tell us the story of revolutionary Russia from the Russo-Japanese War to the establishment of the Soviet Union. 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.

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, February 24th we'll be enjoying our menu of Chicken Teriyaki, Asian Rice, Oriental 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, February 22nd to make your reservation and to arrange for transportation, if needed.

MOVIE DAY

The Movie Day for the month of February is scheduled for Tuesday, February 23rd at 12:30 p.m. and our featured film will be "The Judge." In this film Robert Downey Jr. stars as Hank, a successful attorney who returns to his childhood home for his mother's funeral, only to discover that his estranged father (Robert Duvall) is suspected of murder. Arrogant and conceited, Hank has no choice but to put his life on hold to deal with his stern, newly widowed father – the town's judge who is accused of deliberately running someone down. Now determined to find the truth, the big city lawyer must reconnect with the family he left behind years ago. Come 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 508-543-1252 if you'd like to sign up.

TRIAD

Joe Canavan, Deputy Sheriff and TRIAD Division Director of the Norfolk County Sheriff's Office, will be the guest speaker at the Men's Breakfast on February 25th. There will NOT be a TRIAD meeting for the month of

February, but all TRIAD participants are invited to attend the program portion of the Men's Breakfast at 9:30 a.m. on February 25th to hear Joe's presentation. Please give us a call at 508-543-1252 to let us know if you'll be joining us so we will have enough seating for all.

MEN'S BREAKFAST

The Men's Breakfast will be held on Thursday, February 25th at 9:00 a.m. Our guest speaker this month will be the Joseph Canavan, Deputy Sheriff and TRIAD Division Director from the Norfolk County Sheriff's office. The cost for the Men's Breakfast is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, February 19th to reserve your seat. As always everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

LOW VISION SUPPORT GROUP

Instead of meeting on the 3rd Thursday of the month, the Low Vision Support Group will be meeting on the 4th Thursday for the month of February. On Thursday, February 25th from 1:00 to 2:00 p.m. Andrea Schein from the Mass Commission for the Blind will be our guest speaker at this month's meeting. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

MY LIFE, MY HEALTH SELF MANAGEMENT

Do you live with back pain, asthma, diabetes, arthritis, depression, heart disease, or other long-term conditions? Six weekly workshops of the **My Life, My Health** Chronic Disease Self-Management Program are scheduled to be held at the Walpole Public Library, 143 School Street in Walpole, from 10:15 a.m. to 1:00 p.m. on Wednesdays, March 2nd, 9th, 16th, 23rd, 30th and April 6th. A light lunch will be included. This program was held at the Foxborough Senior Center last year, so if you missed it, this is your chance to take part. These workshops meet for about 2 ½ hours each week and during these 6 weeks you will learn: Disease related problem solving; Practical ways to deal with pain, fatigue and stress; Better nutrition and exercise choices; How to improve your patient/physician relationship; Medications and management, and; Skills to manage your symptoms. For more information or to register to attend, please call the Walpole Council on Aging at 508-668-3330. This program is made possible by a grant from HESSCO Elder Services.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance is available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings, beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, March 2 from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule 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 February 18th and March 2nd. 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 an appointment.

SCAM ALERT **TELEPHONE SCAM**

If you get a telephone call claiming to be from the Internal Revenue Service and informing you that you owe money, DO NOT give out any information and hang up. If a message has been left on your answering machine, do not return the phone call. This is a scam. The IRS does not telephone taxpayers, but would notify you by mail if they wish to contact you.

REGULARLY SCHEDULED **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Horse and Carriage Restaurant on Wednesday, February 17th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Tuesday, February 16th. Van transportation is available.

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 February 17th and 18th the featured program will be "Country Western Music – the Early Years" with Jack Craig. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on February 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, February 23rd 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.

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:

Feb. 17 – Horse and Carriage Restaurant

Feb. 24 - Walmart

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, February 15

Presidents' Day

No Meals Served

Tuesday, February 16

Italian Style Ziti with Meat Sauce

Mixed Vegetables

Whole Wheat Roll

Strawberry Cup

Wednesday, February 17

Chicken Piccata

Roman Blend Vegetables

Rice Florentine

Wheat Bread

Apple

Thursday, February 18

Beef Chili with Vegetables

Rice and Beans

Corn Bread

Mandarin Oranges

Friday, February 19

Salmon with Dill Sauce

Mashed Potato

Peas and Mushrooms

Multigrain Roll

Chocolate Chip Cookie