

## **HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO**

Paolo DiGregorio, the “Artifactual Scholar,” will be back at the senior center once again to present a series of history lecture programs at 1:00 p.m. on upcoming Thursday afternoons. The first series of programs will focus on events in colonial history leading up to the Revolutionary War. On March 5<sup>th</sup> the program topic is “Indians and Englishmen: Conflict and Conquest in Colonial New England,” and on March 12<sup>th</sup> the topic will be “The Collision of Empires: France and Britain in North America 1873-1763.” 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, and an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at the senior center. Come join us as we listen to Paolo bring his stories of our American heritage to life. If you’re interested in attending, please call the senior center at 508-543-1252.

### **Monday, February 23**

Rep. Jay Barrows’ Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Podiatrist 12:00 noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, February 24**

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “The One Hundred Foot Journey” 12:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, February 25**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Computer Class with Charter School Students 11:30 a.m.

Coffee and Conversation with the Town Manager 12:30 p.m.

Luncheon Outing at the Horse and Carriage 1:00 p.m.

### **Thursday, February 26**

Trip to Foxwoods leaving from St. Mary’s parking lot at 7:45 a.m.

Farewell Luncheon for Ken 11:30 a.m.

Intermediate Italian Class 1:30 p.m.

### **Friday, February 27**

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Advanced Italian Class 1:15 p.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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **MOVIE DAY**

Due to the February 10<sup>th</sup> snow day, we have re-scheduled our showing of the movie “The Hundred-Foot Journey to Tuesday, February 24<sup>th</sup> at 12:30 p.m. An Indian teen, Hassan Kadam, living in France goes to work

for his father's culinary adversary. When Hassan's family is forced to move from their native India, his papa relocated to a peaceful hamlet in Saint-Antonin-Noble-Val in the south of France. Determined to give his new neighbors a little of home, papa decides to open an Indian restaurant in the village and names it Maison Mumbai. Meanwhile, across the street at the traditional French restaurant Le Saule Pleureu, uptight proprietor Madame Mallory (Helen Mirren) doesn't exactly welcome the competition. When Madame Mallory ignites a bitter feud that quickly escalates, the only hope for a peaceful resolution lies in Hassan's talent for French haute cuisine and his growing affection for Madam Mallory's pretty young sous chef Margerite! Take in a good movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. 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.

### **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, February 25<sup>th</sup> 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 our town. 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.

### **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 25<sup>th</sup> 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 Monday, February 23<sup>rd</sup>. Van transportation is available.

### **A FAREWELL LUNCHEON FOR KEN**

Our Outreach Worker/Transportation "Guru" Ken Levy will be retiring at the end of February. On Thursday, February 26<sup>th</sup> from 11:30 to 1:00 p.m. we'll be having an open house/luncheon at the senior center in Ken's honor. The HESSCO mealsite will be at the senior center on this date and the luncheon menu will include chicken with gravy, potatoes, broccoli and a snowflake roll. We'll also be having a celebratory cake for dessert. Registration is required if you're coming for lunch, so please call us at 508-543-1252 to sign up in advance. The suggested donation for the meal is \$3.00. Come join us as we wish Ken well and send him off into retirement with our many thanks and good wishes! If you're considering a retirement gift for Ken, a donation to the Foxborough Discretionary Fund or a food donation to the Foxborough Food Pantry in Ken's honor would be greatly appreciated.

### **LOSS OF VISION ASSOCIATED WITH AGING**

Join us at the senior center on Thursday, March 5<sup>th</sup> at 10:00 a.m. for an informative program on the issue of vision loss during the aging process. Our guest speaker will be Andrea Schein from the Massachusetts Commission for the Blind. Andrea's presentation will cover the following topics: normal changes in vision associated with aging; four major causes of vision loss for seniors including macular degeneration, glaucoma, cataracts and diabetic eye disease; what you can do to preserve your vision; legal blindness and services of the Massachusetts Commission for the Blind; Mass. Agencies that provide services to people who have vision loss but are not legally blind; interesting low vision aids, and; how to assist people with vision loss in your community. If you are interested in attending this program, please call the senior center at 508-543-1252 to sign up. Van transportation is available for Foxboro residents by calling the senior center at least 24 hours in advance

### **FOXBORO CABLE ACCESS WORKSHOPS**

Our local cable television station, Foxboro Cable Access (FCA), will begin a series of free training workshops that are available to all Foxborough residents. This is your opportunity to learn some new skills at our community television station. There will be an Open House and Orientation at the FCA office at 28 Central Street on Tuesday, February 24<sup>th</sup> at 6:30 p.m. Find out what community television is all about and how you can

get involved. In this hour long session, participants will learn about the mission of FCA, steps to becoming a volunteer crew member and how you can start your own show. The three free workshops will be held on March 3<sup>rd</sup>, 10<sup>th</sup> and 17 at 6:30 p.m. For more information and to register please call FCA at 508-543-4757.

### **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 25<sup>th</sup> and 26<sup>th</sup> the featured program will be "Jack Craig Presents – Big Band Signature Songs." All of our senior center programs are available on DVD and

### **MEDICAL INFORMATION AND SERVICES**

#### **PODIATRIST**

Due to the February 2<sup>nd</sup> snowstorm, Podiatrist Dr. Jeffrey Willinsky's visit to the senior center has been re-scheduled to Monday, February 23, beginning at 12:00 noon. 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.

#### **CHOLESTEROL CLINIC**

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 5<sup>th</sup> from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. Please call the senior center at 508-543-1252 to make 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for March 3<sup>rd</sup> and 19<sup>th</sup>. 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 an appointment.

### **TRIP INFORMATION**

#### **ST. PATRICK'S DAY PARTY**

It's that time of year when everyone can claim to be Irish for a day! We have some openings available on this trip, so come join us as we travel to the Kirkbrae Country Club in Lincoln, RI on Thursday, March 12<sup>th</sup> for a St. Patrick's Day Celebration. We will be leaving from the St. Mary's church parking lot at 11:00 a.m. and travel by motorcoach to the Kirkbrae Country Club where we'll be served a luncheon choice of either Baked Haddock or the traditional Corned Beef and Cabbage. Following lunch, our entertainment will be provided by "John Connors Irish Express" and the Irish Step Dancers. The cost for this fun and festive day is \$71 per person and the price includes transportation, lunch, entertainment and gratuity for the coach driver. The sign up for this celebration has begun, so please call the senior center at 508-543-1252 if you'd like to attend. Payment is due by Friday, February 20<sup>th</sup>.

#### **TRIP TO THE NEWPORT PLAYHOUSE**

Save the date of Thursday, April 2<sup>nd</sup> and come join us for lunch and a show at the Newport Playhouse in Newport, RI. Our trip includes round-trip motorcoach transportation leaving from the parking lot at St. Mary's Church at 10:00 a.m. and we will be returning home around 6:00 p.m. We'll begin our day at the theater with a hearty buffet including a variety of hot and cold foods, main entrees, side dishes, beverages and desserts. Then we move into the intimate theater for the performance of the comedy "When the Cat's Away." After the show, we go back into the dining room for a special Cabaret show where the performers will continue to entertain us

with laughter and song. The total cost for the transportation and gratuity, the luncheon, the show, and lots of laughs is \$81.00. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment is due by Friday, March 13<sup>th</sup>.

### **TRIP TO NEW YORK CITY**

Come join us as we travel to New York City on May 17<sup>th</sup> - 18<sup>th</sup> where we'll be visiting the 9/11 Memorial and Museum. We'll be leaving Foxborough at 7:00 a.m. on Sunday, May 17<sup>th</sup> from St. Mary's parking lot and return home on Monday, May 18<sup>th</sup> in the early evening. On Sunday afternoon we'll be having lunch at the famous Chelsea Market of the Food Club Network and then spend the afternoon at the 9/11 Memorial. That evening, dinner will be served at the Chart House Restaurant on the Hudson River where we'll enjoy a view of the skyline of Midtown New York. Our overnight lodging will be at the Hampton Inn & Suites Riverwalk in Newark, NJ. On Monday, we'll continue to nearby Liberty Park to board the ferry for the Ellis Island National Monument and the Statue of Liberty. The ferry continues on to Battery Park and in the afternoon we'll be visiting the historic South Street Seaport and enjoy a guided sightseeing tour of Lower and midtown Manhattan, including many famous sights. The cost for this trip, including all gratuities, is \$371 per person for a double, \$351 per person/triple and \$451 per person/single. The sign up for this trip has begun and payment is due by Friday, April 3.

### **TAX ASSISTANCE**

#### **AARP INCOME TAX ASSISTANCE**

Free income tax assistance will be 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, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning on February 3<sup>rd</sup>. Call the senior center at 508-543-1252 to schedule your appointment. Prior to 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

### **SENIOR TAX PROGRAM**

The Senior Tax Program is a program that allows the Town of Foxborough the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the residents' property tax bill. The program enhances municipal services while alleviating senior residents' tax burden. A qualified resident will be paid the current state minimum wage per hour toward a maximum credit of \$1000 per household during a fiscal year. To find out more about this program, please call the senior center at 508-543-1252.

### **REGULARLY SCHEDULED**

#### **HEART HEALTHY MONTH**

February is Heart Healthy Month. Thanks to the support of the Friends of Foxborough Seniors, all of the exercise classes held at the senior center in the month of February will be offered free of charge to participants. Our weekly exercise schedule is as follows: Chair Yoga at 9:30 a.m. and Tai Chi at 10:30 a.m. on Mondays; Stretch and Balance at 8:30 a.m. and Zumba Gold at 9:45 a.m. on Tuesdays; Strength Training at 8:30 a.m. and Zumba Gold at 11:30 a.m. on Wednesdays, and; Aerobic Exercises at 9:30 a.m. on Fridays. This is your chance to try out some of the exercise programs you may have been hearing about. So come join us as we get our hearts pumping and get our bodies into shape.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on February 23<sup>rd</sup>. 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 24<sup>th</sup> 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:  
February 25 – Horse and Carriage Restaurant  
March 4 – Job Lot / Dollar Store

## **WINTER WEATHER PREPAREDNESS**

### **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](mailto: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.

## **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, February 23**

Pineapple and Ginger Chicken

Mixed Vegetables

Garlic Whipped Potato

Whole Wheat Bread

Applesauce

Calories 406

Sodium 224

### **Tuesday, February 24**

Low sodium Hot Dog

Mustard Packet

Baked Beans

Country Blend Vegetables

Hotdog Roll

Mandarin Oranges

Calories 450

Sodium 655

**Wednesday, February 25**

Happy Birthday!

Meatloaf with Mushroom Gravy

Whipped Potato

Beets

Honey Wheat Bread

Birthday Cake

Calories 472

Sodium 541

**Thursday, February 26**

Turkey Tetrazzini

Chopped Broccoli

Snowflake Roll

Fresh Apple

Calories 488

Sodium 523

**Friday, February 27**

Cheese Omelet

Stewed Tomato with Spinach

O'Brien Potato

Fruit Muffin

Peaches

Calories 327

Sodium 497