

FREE PRE-DIABETES PROGRAM

Paula Deen, T.V.'s popular Food Network star recently announced that she has Type 2 diabetes. Medical experts are wondering if her physicians ever told her that she had pre-diabetes. 79 million people in the United States have pre-diabetes, now called the "silent menace". Do you have it? Are you at risk? Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from HESSCO Elder Services, is providing a **free two-part Pre-Diabetes Program** on Thursday, March 7th at the Foxborough COA. Pre-Diabetes has become a major health concern particularly among seniors. Pre-Diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. This two-part program will evaluate your risk for pre-diabetes. **The first part will be held on March 7th at 1:00 PM** and is an in-depth group talk that highlights helpful strategies including healthy recipes to help you lower your identified risk. **The second part is an individual screening by appointment beginning at 1:30 PM through 3:00 PM.** A VNA Care Network Registered Nurse will meet with each participant to help identify personal risks and provide information to help minimize risks. Become pro-active and learn how to make these easy lifestyle changes. For more information or to sign-up for an appointment, please contact the Foxborough COA at 508-543-1252.

Monday, February 25

Jay Barrows' Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, February 26

Foxwoods Trip-departing from St. Mary's parking lot at 7:45 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Stretch and Balance 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 27

Sign-up for Wright's Farm & BINGO Trip

No Chorus Today

Strength Training 8:30 a.m.

Jack Craig "Jerome Kern" 11:00 a.m.

Video Lecture Series: History of the United States 12:30 p.m.

Luncheon Outing at Olive Garden 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 28

Ceramics 9:00 a.m.

Jack Craig "Rodgers and Hammerstein" 11:00 a.m.

Classic Movie "Man in the Gray Flannel Suit" 1:00 p.m.

Friday, March 1

\$46 Payment Due for St. Patrick's Day at Lake Pearl

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.
Conversational Italian 1:00 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

TRAVEL AND ENTERTAINMENT

FOXWOODS TRIP

Come with us on Tuesday, February 26th to Foxwoods Resort Casino, the North East's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. At Foxwoods you'll find a game that suits you! Try your luck at the slots. Let it ride at the tables. Lay down a bet in Racebook. Play the numbers game at Keno. If Poker or Bingo is your game, they have more live games than anywhere in the country. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 Free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon, and driver's gratuity. The cost for the day is \$22 per person. Sign-up for this trip by calling 508-543-1252.

WRIGHT'S FARM & BINGO TRIP

Come along and join the fun with the Foxboro seniors on Thursday, April 18th at Wright's Chicken Farm in Harrisville, Rhode Island. Enjoy a delicious meal of Wright's famous chicken, salad, and pasta shells with sauce. The mealtime will be followed by Bingo sponsored by the Friends of Foxboro Seniors. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Feel free to play along, watch the activities, or visit the gift shop if you prefer. We will leave Saint Mary's parking lot at 10:30 a.m., travel by school bus to the farm, and will return home by 4:00 p.m. The cost of this trip is \$18 per person and is due by Friday, March 29th. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, February 27th beginning at 8:00 a.m.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

It is said that we are all a 'wee bit' Irish on Saint Patty's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for a St. Patrick's Day celebration on Thursday, March 14th from 11:30 a.m. to 3:30 p.m. You will enjoy a wonderful sit down lunch which will include your choice of traditional Corned Beef & Cabbage or New England Baked Scrod. Enjoy an entertaining afternoon with "John Connors Irish Express." Forget your cares for a while, relax and enjoy yourselves, and sing-along to the familiar Irish tunes. You don't have to be Irish to enjoy this delicious luncheon and party! The cost for this fun and festive day is \$46 per person. Transportation will be on your own. The Van-Go will be available for regular van riders upon request. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, March 1st. Sign-up for this opportunity by calling the senior center at 508-543-1252.

SPECIAL EVENTS AND PROGRAMS

JACK CRAIG MUSIC SERIES

Come to the senior center on Wednesday, February 27th and Thursday, February 28th at 11:00 a.m. for a special 2-day series given by Jack Craig on Great Songwriters. On February 27th Jack will present "Jerome Kern: The Song Is 'Him'!" Most of the great songwriters of the 20th century have acknowledged a debt to Jerome Kern for his influence on American popular music. From Kern's collaboration with Oscar Hammerstein on their masterpiece Showboat, through the many classic Kern songs hummed, whistled, and performed around the world - Jerome Kern's multi-faceted personality was portrayed in his music. Kern's music creates a portrait of American song and includes: They Didn't Believe Me, Make Believe, Old Man River, Smoke Gets in Your Eyes, and The Last Time I Saw Paris. Then on February 28th, come and hear about Rodgers and Hammerstein. Trace the work and friendship of two musicians considered the greatest collaborative pair in American musical theatre. From the triumphant opening of Oklahoma (1943) to their final smash hit The Sound of Music (1959), their musicals became legendary hits. One cannot fail to enjoy their 'sound of music'! Please call 508-543-1252

to sign-up.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: March 13th, 20th, 27th, and April 3rd. Please call the senior center at 508-543-1252 to sign-up.

AARP 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 benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays through April 9th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

MEDICAL INFORMATION AND SERVICES

ALZHEIMER'S DISEASE : RECENT SCIENTIFIC PROGRESS ON TREATMENT

On Saturday, March 2nd from 10:00 a.m. to 11:30 a.m., at the Newton Marriott Hotel, Grand Ballroom, the McCourt Foundation hosts Dr. Dennis Selkoe and Dr. Reisa Sperling as they present the latest word on the diagnosis and treatment of Alzheimer's Disease. This workshop is for patients, caregivers, family and friends. A continental breakfast will be served. Call The McCourt Foundation at 781-444-2544 to reserve your seats.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Mary Kay Grzenda of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, March 5th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. This 7-week session runs from February 25th through April 14th, and will cost \$35. Payment is due at sign-up. Call 508-543-1252 with any questions.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, February 28th at 1:00 p.m. and see "Man in the Gray Flannel Suit," starring Gregory Peck, Jennifer Jones, Fredric March. Tom Rath lives in Connecticut and commutes to work every day in Manhattan. He's happily married and has a loving wife and three children. Money is a bit tight and when the opportunity arises, he applies for a public relations job with a major television network. During his long commute to work every day, Tom reminisces about the war. Although 10 years have gone by, he is still haunted by the violence and the men he killed. He also thinks of Maria, an Italian girl with whom he had an affair while stationed in Rome. At his new job, the head of the network Ralph Hopkins takes

an immediate liking to him. Tom soon realizes that he will have to choose between becoming a wholly dedicated company man or maintaining a healthy work-life balance. When he learns that Maria gave birth to his son after he left Italy, he decides to let his wife know and ensure that the boy is cared for. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on February 25th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, March 5th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"-*please note time change on some dates*

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow! ****On February 27th, March 13th, March 20th, March 27th, and April 3rd, this series will be shown at 12:30 p.m.**

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., 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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

February 27 Luncheon Outing @ Olive Garden

March 6 Target

March 13 Kohl's @ Mansfield Crossing

WINTER WEATHER INFORMATION AND RESOURCES

MASS SAVE ENERGY AUDIT

Through this program, an Energy Specialist will visit to assess your home's current energy use, provide a custom list of energy-saving recommendations for your home, and will help you develop a plan to make your home more efficient. A Home Energy Assessment usually takes 1.5 to 2.5 hours. All key decision-makers should be present at the assessment. The specialist will help you develop an energy plan and explain applicable incentives. Your no-cost Home Energy Assessment includes:

1. Personalized report outlining recommended energy efficiency improvements

2. Installation of no-cost immediate savings measures such as compact fluorescent light bulbs (CFLs), programmable thermostats, and water saving devices, as needed
3. Screening for eligibility for the ENERGY STAR® refrigerator rebate
4. Air Sealing and Insulation specification, if applicable
5. Infrared Testing, if applicable
6. Combustion Safety Testing

Learn about rebates and incentives. Generous weatherization rebates of 75%, up to \$2000 towards the cost of the work, and other incentives are available to qualifying Massachusetts residents. Get started today. Schedule your no-cost Home Energy Assessment with a Mass Save® Energy Specialist by calling 866-527-SAVE (7283).

YOU MAY QUALIFY FOR HELP PAYING FOR HEAT THIS WINTER

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with winter heating costs. Renters may qualify even if heat is included in their rent. The maximum annual household income to qualify is \$31, 271 for a single person, \$40,893 for 2 people, \$50,515 for a 3 person household, \$60,137 for 4 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're out in the cold! Fill out an application at the Council on Aging & Human Services. Just call 508-543-1252 to make an appointment. The Fuel Assistance program is administered by Self Help Inc. which can be reached at 508-588-5440.

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

Please note that if the Foxborough Schools are cancelled due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services will remain open 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. Suggested donation is \$2.50. 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 25

Cheese Tortellini
 Tomato Basil Sauce
 Roman Blend Veg
 Whole Wheat Roll
 Peaches

Tuesday, February 26

Cold Plate
 Chicken Salad
 Pasta Salad

Cold Beet Salad
Pita Bread
Fresh Fruit

Wednesday, February 27

Happy Birthday

Roast Turkey & Gravy
Cranberry Sauce
Whipped Potatoes
Winter Squash
White Bread
Birthday Cake

Thursday, February 28

Meatballs W/Sauce
Italian Style Spaghetti
Tuscany Blend Vegetables
Multigrain Roll
Mixed Fruit

Friday, February 29

Macaroni & Cheese
Escalloped Tomatoes
Fruit Muffin
Chocolate Pudding