

“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.

TRAVEL INFORMATION

SIGN UP FOR TRIP TO 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.

SIGN UP FOR GREAT TRAINS AND GRAND CANYON TRIP

If a trip to the Grand Canyon has been on your “bucket list” or if you’d just like to experience one of America’s magnificent natural wonders, come join us as we travel out west from October 2nd through the 7th for a 6 day / 5 night trip to Arizona. On day 1, we’ll be flying out to Phoenix and travel by motorcoach to our “home” for the next 5 nights in our picturesque resort-style accommodations in the Sedona area, where we’ll enjoy a Welcome Dinner. On day 2, we’ll travel on a Sedona Trolley Tour featuring the Holy Cross and Airport Mesa for spectacular views. We’ll also be visiting Uptown Sedona Tlaquepaque to explore the area’s art galleries and shops. We’ll begin our third day with an unforgettable drive through Oak Creek Canyon, and then arrive in Williams to board the Grand Canyon Railway for a 2-hour journey to the South Rim of Grand Canyon National Park. Dinner will be in Flagstaff at the lively “Black Bart’s Steakhouse & Saloon.” Day 4 will include a morning visit to Montezuma Castle National Monument, a visit to the old mining town of Jerome, and then a trip on the Verde Canyon Railroad for a 4-hour train ride between two national forests, past the crimson cliffs. Our fifth day will be a day of leisure for all to explore Sedona and enjoy the amenities of our resort. An optional tour will be available. Our Farewell Dinner will be at the Blazin’ M Ranch for a hearty Chuckwagon Supper and Western Stage Show. On day 6, we will travel to Old Town Scottsdale where Western storefronts recreate an aura of the past, and then we’re off to the Phoenix Airport for our flight home. The cost for this trip is \$2,574 per person for a double occupancy and \$3,329 per person for a single. This price includes round-trip airfare, motorcoach transportation, admissions, hotel accommodations, baggage handling, a professional tour director, 8 meals (5 breakfasts & 3 dinners) and all gratuities. The sign-up for this trip will begin at 8:00 a.m. on Wednesday, February 3rd by calling the senior center at 508-543-1252. Come join us for an unforgettable journey to the west.

REGULARLY SCHEDULED

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.

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 8th at 2:30 p.m., our video will be from the Men's Breakfast held on February 19, 2015 with guest speaker Jeff Peterson who spoke on "Legendary Locals of Foxborough."

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

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, February 9th 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.

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.

REGULARLY SCHEDULED 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. 10 – Christmas Tree Shop/Trader Joe's

Feb. 17 – Horse and Carriage Restaurant

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 8

Chili Lime Chicken Lo Mein with Vegetables

Snowflake Roll

Fortune Cookies

Tuesday, February 9

Lazy Man's Stuffed Peppers

Tuscany Blend Vegetables

Whole Wheat Roll

Mandarin Oranges

Wednesday, February 10

Cheese Lasagna

Roman Blend Vegetables

Multigrain Roll

Mixed Fruit

Thursday, February 11

Swedish Meatballs

Noodles

Tarragon Carrots

Scali Bread

Pineapple Chunks

Friday, February 12

Rainbow Trout with Lemon Pepper Sauce

Parsley Mashed Potatoes

Riviera Blend Vegetables

Whole Wheat Bread

Red Velvet Cupcake