

## **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 beginning on Wednesday, February 11<sup>th</sup>. Payment will be due by Friday, March 13<sup>th</sup>.

### **Monday, February 9**

Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.

### **Tuesday, February 10**

Stretch & Balance 8:30 a.m.  
Zumba Gold 9:45 a.m.  
Blood Pressure 10:00 a.m.  
Nutrition 11:00 a.m.  
Movie Day – "The Hundred Foot Journey" 12:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, February 11**

Sign up for Trip to Newport Playhouse  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Zumba 11:30 a.m.  
Computer Class with Charter School Students 11:30 a.m.  
Walmart 1:00 p.m.

### **Thursday, February 12**

"The History of Chocolate" – Chocolate 101 1:00 p.m.  
Intermediate Italian Class 1:30 p.m.

### **Friday, February 13**

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.

### **Saturday, February 14**

Valentines Tea Social 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](http://www.foxboroughma.gov)

## **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.

## **TRIP INFORMATION**

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

It's that time of year when everyone can claim to be Irish for a day! 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 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.

### **TRIP TO FOXWOODS CASINO**

On Thursday, February 26<sup>th</sup> 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 has begun and payment is due by Friday, February 6<sup>th</sup>.

## **SPECIAL PROGRAMS**

### **VALENTINE'S TEA SOCIAL**

Valentine's Day falls on a Saturday this year. So we'll be celebrating the day with a special Saturday afternoon Valentine's Tea Social at the senior center from 1:00 to 3:00 p.m. on Saturday, February 14<sup>th</sup>. Feel free to wear some red, and if you have a special teacup, bring it along with you. Tea and sweets will be served, and Gary Leanes will be here to provide the musical entertainment. If you're interested in joining us for an afternoon of fun with friends, please call the senior center at 508-543-1252 by Wednesday, February 11<sup>th</sup> to sign up. Thanks to the support of the Friends of Foxborough seniors, this event is free. And don't worry about the weather. We'll give you a call if we have to cancel the social due to poor weather conditions.

### **VALENTINES CELEBRATION – "CHOCOLATE 101" or A BRIEF HISTORY OF CHOCOLATE**

Join us as we celebrate Valentines Day by taking part in a chocolate workshop at the senior center with performer Judith Kalahora on Thursday, February 12<sup>th</sup> from 1:00 to 3:00 p.m. Nine out of ten people love chocolate... and the tenth person is lying! What is it about this delicacy that makes mouths water? How did

this food get such a bad reputation? And did you know that chocolate is good for you? All the questions you've ever had about chocolate, such as where it comes from, how it's made, and why it tastes so good, are answered in this class. You'll even learn what your chocolate preference says about your personality. "Chocolate 101" is not for the faint of heart, as we will sample some of the best chocolates from the world over, ranging from white chocolate, all the way up to 99% cacao. So, if chocolate is an invaluable part of your life, then this program is for you! Seating is limited. Please call the senior center at 508-543-1252 if you'd like to sign up for this workshop. This program is offered for free thanks to the support of the Friends of Foxborough Seniors.

### **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!

### **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 11<sup>th</sup> and 12<sup>th</sup> the featured program will be "The American History Lecture Series – Manifest Destiny." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **INCOME TAX ASSISTANCE**

#### **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 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

### **REGULARLY SCHEDULED**

#### **MEN'S BREAKFAST**

The next Men's Breakfast will be held on Thursday, February 19<sup>th</sup> at 9:00 a.m. Our guest speaker this month will be Jeff Peterson, Publisher of The Foxboro Reporter. This is your chance to ask Jeff any questions you may have on our local weekly newspaper and the newspaper industry in general. The cost for the Men's Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, February 17<sup>th</sup> to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

#### **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.

### **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.

### **MOVIE DAY**

The featured movie for the month of February will be “The Hundred-Foot Journey” and is scheduled to be shown on Tuesday, February 10th 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.

### **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 11 – Walmart

February 18 – Kohl’s

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, February 10<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> 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 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 February 19<sup>th</sup> and March 3<sup>rd</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 and appointment.

## **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 here 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 and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

## **WEEKLY SCHEDULED PROGRAMS**

### **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 offered for free in the month of February. 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.

## **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 9**

Beef Patty with Onion Gravy

Potato Wedges

Chuck Wagon Vegetables

Oatmeal Roll

Peaches

Calories 542

Sodium 427

### **Tuesday, February 10**

Chicken Nuggets

Sweet & Sour Sauce

Au Gratin Potato

California Blend Vegetables

Wheat Bread

Fruited Jello

Calories 430

Sodium 505

**Wednesday, February 11**

Mini Raviolis with Tomato Basil Sauce

Green & Waxed Beans

Scali Bread

Mandarin Oranges

Calories 281

Sodium 535

**Thursday, February 12**

Roast Turkey with Gravy

Cranberry Sauce

Whipped Potato

Winter Squash

Snowflake roll

Fresh Apple

Calories 388

Sodium 495

**Friday, February 13**

Baked Ham with Raisin Sauce

Whipped Sweet Potato

Mixed Vegetables

Wheat Bread

Sweetheart Cookie

Calories 356

Sodium 1208