

## **SIGN-UP ON FEBRUARY 13<sup>TH</sup> FOR 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 14<sup>th</sup> 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 1<sup>st</sup>. Sign-up for this opportunity starting on Wednesday, February 13<sup>th</sup> by calling the senior center at 508-543-1252 beginning at 8:00 a.m.

### **Monday, February 11**

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 12**

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

Stretch and Balance 8:30 a.m.

Coffee & Conversation with the Town Manager 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, February 13**

*Sign-up for St. Patrick's Day at Lake Pearl*

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Painting with Bob Macleod 10:00 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, February 14**

Ceramics 9:00 a.m.

Men's Breakfast 9:00 a.m.

Valentine's Day Tea 1:00 p.m.

### **Friday, February 15**

***\$22 Payment Due for Foxwoods Trip-payable to Town of Foxboro COA***

***\$600 Payment Due to Tours of Distinction for Yellowstone Trip***

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.

### **Saturday, February 16**

Friends of Foxboro Seniors 9:30 a.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)

### **REGULARLY SCHEDULED**

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

Join us for a delicious breakfast and some socialization on Thursday, February 14<sup>th</sup> at our next Men's Breakfast when Noreen Sherys and Ken Levy from our Human Services Department will be our guest speakers. Come with your questions or suggestions on how Human Services can best serve you. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Monday, February 11<sup>th</sup>. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

#### **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come to an opportunity to have "Coffee and Conversation with Our Town Manager" at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, February 12<sup>th</sup> from 9:30 a.m. to 10:30 a.m. when Foxborough's Town Manager, Kevin Paicos will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either 'black or white', so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles and gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming.

#### **PAINT IN A DAY**

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, February 13<sup>th</sup> at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

#### **TRIAD**

Come to the next TRIAD meeting on February 20<sup>th</sup> at 1:00 p.m. to hear special guest speaker Amy Schramm, Community Outreach Specialist from the Better Business Bureau. What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

#### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 21<sup>st</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

#### **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, February 19<sup>th</sup> at 12:30 p.m. when our feature presentation will be "Hugo." Throughout his extraordinary career, Academy Award-winning director Martin Scorsese has brought his unique vision and dazzling gifts to life in a series of unforgettable films. The legendary storyteller invites you to join him on a thrilling journey to a magical world with his first-ever 3-D film, based on Brian Selznick's award-winning, imaginative New York Times best-seller, "The Invention of Hugo Cabret." Hugo is the astonishing adventure of a wily and resourceful boy whose quest to unlock a secret left to him by his father will transform Hugo and all those around him, and reveal a safe and loving place he can call home. Come and see this Academy Award winning film. Please call 508-543-1252 to sign-up.

### **VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"**

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 8<sup>th</sup> 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!

### **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 13 Wal-Mart

February 19 Shaw's (in lieu of 2/18)

February 20 Dollar Tree Store

February 27 Luncheon Outing @ Olive Garden

### **TRAVEL AND ENTERTAINMENT**

#### **FOXWOODS TRIP-please note price change**

Come with us on Tuesday, February 26<sup>th</sup> 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 and will be due at sign-up or no later than Friday, February 15th. Sign-up for this trip by calling 508-543-1252.

### **MEDICAL INFORMATION AND SERVICES**

#### **MEDICATION MANAGEMENT (BROWN BAG) CLINIC**

VNA Care Network will be having a 'Brown Bag' Medication Management Clinic at the senior center on Wednesday, February 20<sup>th</sup> beginning at 9:30 a.m. Sign up for an individual nursing consultation to help you:

- Understand your medications and precautions
- Answer questions you may have
- Evaluate over-the-counter drugs and herbal remedies
- Organize medications on chart to help with administration
- Understand interaction of different medications
- Consult with your physician or pharmacist as needed

Be sure to bring ALL your medications, vitamins, and herbal remedies along with your doctor's name and number. This program is FREE provided in part by a HESSCO Grant designed to help seniors take medication safely & correctly for a maximum health benefits. Sign up for your appointment at the Foxborough COA by calling 508-543-1252.

### **BLOOD PRESSURE CLINIC**

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

### **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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next available appointments will be on Thursday, February 21<sup>st</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

### **SPECIAL EVENTS AND PROGRAMS**

#### **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 9<sup>th</sup>. 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.

#### **JACK CRAIG MUSIC SERIES**

Come to the senior center on Wednesday, February 27<sup>th</sup> and Thursday, February 28<sup>th</sup> at 11:00 a.m. for a special 2-day series given by Jack Craig on Great Songwriters. On February 27<sup>th</sup> 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 28<sup>th</sup>, 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.

## **VALENTINE'S TEA PARTY**

Treat yourself to a special Valentine's Tea on Thursday, February 14<sup>th</sup> from 1:00 p.m. until 2:30 p.m., hosted by Joanne Pratt. Indulge in delicious goodies and fine teas while you relax and enjoy the company and conversation with each other. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, February 11<sup>th</sup> or until all spots are filled, whichever comes first. In honor of Valentine's Day, please wear red for the event, and as always, bring your favorite tea cup.

## **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](mailto: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 11**

Buttermilk Chicken Breast  
Au Gratin Potato  
Jardinière Blend  
Vegetables  
Whole Wheat Bread  
Peaches

**Tuesday, February 12**

Shepherd's Pie  
Mixed Vegetables  
Whole Wheat Roll  
Fresh Fruit

**Wednesday, February 13**

Fish Florentine  
Tartar Sauce  
Rice  
Glazed Carrots  
Fruit Muffin  
Mixed Fruit

**Thursday, February 14**

***Valentines Day***

Roast Pork  
Apple Sauce Gravy  
Green Beans W/Pimento  
Wheat Bread  
Sweetheart Cake

**Friday, February 15**

Vegetarian Chili  
Brown Rice  
Wheat Roll  
Strawberry Cup