

COME AND BE PAMPERED AT THE SENIOR CENTER

We are excited to have a new massage therapist and a new manicurist who will be coming to the senior center in the New Year!

CHAIR MASSAGE

Meet Dan McComiskey, a Licensed Massage Therapist as well as the owner of “A New Vision Family Massage Therapy” now located at 21 Cocasset Street, Suite #3, Foxborough, MA. Dan is beginning to offer Chair Massage Therapy at the Foxborough Senior Center. He will be here on January 26th beginning at 9:00 a.m. and will provide a 15 minute chair massage for \$10. There are so many studies that reveal just how important and beneficial massage can be for seniors. It helps to achieve physical benefits such as stress reduction, improved immune system, improved circulation of both blood and lymph fluids, as well as reduction of pain. The emotional benefits include alleviating depression, relieving isolation, enhancement of self-image, as well as a reduction in levels of anxiety. Finally, some of the mental benefits are a reduction in agitation in Alzheimer’s patients, as well as an increase in clearer thinking.

MANICURES

Welcome Sheri Thorpe, our new manicurist! Sheri will be here on Tuesday, January 31st beginning at 9:30 a.m. for 30 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 appointments for these services that will leave you feeling and looking great!

Monday, January 16

Martin Luther King Day

Senior Center Closed

Tuesday, January 17

Stretch & Balance 8:30 a.m.

Nutrition Class 11:00 a.m.

Movie Day-“The Help” 12:30 p.m.

Shaw’s (in lieu of 1/16) 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, January 18

Sign-up for “Luck of the Irish” Trip

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series: The Louvre 11:30 a.m.

TRIAD 1:00 p.m.

Target 1:00 p.m.

Zumba 2:30 p.m.

Thursday, January 19

Ceramics 9:00 a.m.

Low Vision Support Group 1:00 p.m.

Beginner Computer Class 1:00 p.m.

Intermediate Computer Class 2:00 p.m.

COA & HS Board Meeting 5:00 p.m.

Friday, January 20

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Saturday, January 21

Friends of Foxboro Seniors Meeting 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

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, we can deliver a bucketful to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SPECIAL EVENTS AND PROGRAMS

LOSS OF A SPOUSE/PARTNER BEREAVEMENTGROUP

Harbors of Hope Adult Bereavement Program at Beacon Hospice, Inc. will be offering a new bereavement group in the New Year at the senior center. This group is for anyone that is experiencing grief related to the death of a spouse or life partner. This group will provide participants with a safe place to meet others who understand, as well as healing activities that facilitate support, connection and comfort. There are 8 sessions for this series which will meet every other week. The group extends from January to May and will be held from 1:00 p.m. to 2:30 p.m. on 1/25, 2/8, 2/22, 3/7, 3/21, 4/4, 4/18 and 5/2/2012. Please call by 1/20/2012 to register. This support group is free, confidential and open to anyone in need of grief support. Please call Lisa Bradley, MSW, LCSW, Bereavement Coordinator and Registered Art Therapist, at 508-324-1900 to register or if you have any questions about grief support.

WHAT'S NEW IN MEDICARE FOR 2012?

On Tuesday, January 24th at 2:00 p.m., Council On Aging & Human Services Outreach Worker, Ken Levy will give a presentation covering some of the more important recent changes in Medicare. Topics will include the 2012 Part B Premium, the Medicare Annual Physical, Medicare Preventive Benefits, and when you can drop or change a Part D or Medicare Advantage Plan. Also to be covered are programs that can help with coverage in the Medicare Drug Plan "donut hole," and where to go for help with Medicare related questions or problems. This program is FREE and open to all. To be sure of a place (and so we can run off enough handouts), please call 508-543-1252 to say you're coming.

TRAVEL AND ENTERTAINMENT

“LUCK OF THE IRISH”

Come along with us to the “Luck of the Irish” St. Patrick’s Day Celebration on March 15th in East Windsor, Connecticut. You will enjoy a wonderful sit down lunch at La Renaissance which will include your choice of Corned Beef & Cabbage or Chicken Marsala, Irish Soda Bread, Potato, Vegetable, Holiday Dessert, Coffee & Tea. After lunch enjoy an entertaining afternoon with Seamus Kennedy originally from Belfast, Northern Ireland, who has been entertaining audiences all over the United States for the past 32 years with his ready wit and vast store of songs. Seamus Kennedy has the repertoire and the ability to make folks forget their cares for awhile, to relax and enjoy themselves as he encourages the crowd to sing along. You don’t have to be Irish to enjoy Seamus Kennedy so come along and enjoy the music and mirth of one of Ireland’s most popular exports. The cost for this fun and festive day is \$73 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, February 10th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:00 a.m. on Thursday, March 15th and will return home at approximately 5:00 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, January 18th beginning at 8:00 a.m.

REGULARLY SCHEDULED **MEN’S BREAKFAST**

Join us for a delicious breakfast and some socialization on Thursday, January 26th. Come and meet the Town Planner, Sharon Wason and Planning Board Vice Chairman, Bill Grieder. Hear about upcoming plans for Foxboro and ask the questions you have. 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 Tuesday, January 24th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on January 23rd. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

COFFEE HOUR WITH THE VETERAN SERVICE OFFICER

Veterans' Agent, Mike Johns, will be holding a coffee hour at the senior center on the 4th Monday of each month. He will hold the next coffee hour on Monday, January 23rd at 2:00 p.m. Stop in to meet, say hi or to set up a future appointment. All veterans, veterans' dependents or veterans' widows/widowers are welcome to drop in with questions, concerns or to learn about benefits. If you are unable to attend the coffee hour at the senior center, Mike can be reached by calling the Veterans Office at town hall at 508-543-1204. His office hours at town hall are Monday, Wednesday, and Thursday 8:30 a.m. – 4:00 pm; Tuesday 8:30 a.m. – 8:00 p.m.; and Friday 8:30 a.m. – 12:00 p.m. You may also reach Mike through the town website at http://www.townfoxborough.us/pages/FoxboroughMA_Veteran/index

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, January 17th at 12:30 p.m. when our feature presentation will be "The Help," a film based on the very popular book by Kathryn Stockett. In 1960s Jackson, Mississippi, aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times. Please call 508-543-1252 to sign-up.

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 January 19th. 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.

TRIAD

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. Our next meeting will be on January 18th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

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.

January 18 Target

January 25 Luncheon Outing @ Long Horn

February 1 Dollar Tree Store

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.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, January 16

Martin Luther King Day

No Meals Served

Tuesday, January 17

Spaghetti W/Meatballs

Genoa Blend Veggies

Multigrain Roll

Pudding

Wednesday, January 18

Roast Pork W/Rosemary Gravy

Red Bliss Potatoes

Winter Blend Veggies

Whole Wheat Bread

Chilled Fruit

Thursday, January 19

Beef Chili W/Vegetables

Fluffy White Rice

Whole Wheat Roll

Fresh Fruit

Friday, January 20

Cold Plate

Chicken Salad

Tricolor Pasta Salad

Cold Beet Salad

Pita Bread

Artic Ice