

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

Once a month you will have 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, January 10<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.

### **Monday, January 2**

***NEW YEAR’S HOLIDAY***

***SENIOR CENTER CLOSED***

### **Tuesday, January 3**

Stretch & Balance 8:30 a.m.

SHINE 10:00 a.m.

Nutrition Class 11:00 a.m.

Shaw’s (in lieu of Monday) 1:00 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

### **Wednesday, January 4**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

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

Chickie Flynn’s 11:30 a.m.

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, January 5**

Ceramics 9:00 a.m.

Sit & Be Fit (in lieu of 1/2 class) 9:30 a.m.

Book Club 1:00 p.m.

Beginner Computer Class 1:00 p.m.

Intermediate Computer Class 2:00 p.m.

### **Friday, January 6**

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 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)

## **LOST AND FOUND**

Following our holiday luncheon at Benjamin’s, we found a pair of metal framed reading glasses. We also found a charm inscribed “Best in Show” at our holiday party at the senior center. If you are the owner of either of these items, please stop by or call the senior center at 508-543-1252 and we will be happy to return them to you.

## **REGULARLY SCHEDULED**

**BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. There is no new book to read for this month, but come and enjoy a lively discussion on some of our favorite selections from the past. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, January 5<sup>th</sup> at 1:00 p.m. If you would like to participate in this group, please call 508-543-1252.

### **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 3<sup>rd</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

### **COFFEE WITH KEN**

Drop into the Rodman Building at 90 North Carl Annon Court on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and "goodies." On January 3<sup>rd</sup>, Ken will review "What's New in Medicare" and on January 17<sup>th</sup> the topic will be "Use Medicines Safely." To reach Ken, call 508-543-1252, or drop by the Senior Center.

### **FREE LUNCH!**

Apparently there is such a thing as a free lunch! Chickie Flynn's Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our next luncheon will be on Wednesday, January 4<sup>th</sup> at 11:30 a.m. at Chickie Flynn's located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Dessert, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Seating is limited for the luncheon and we often have a waiting list for this event. Please let us know if you need to cancel, even if it is the day of the luncheon, so that someone else can enjoy the opportunity. If you are aware of someone who would like to go but needs transportation, please consider carpooling and reach out to them. If you would like information on other transportation resources, please call the senior center. To take advantage of Chickie Flynn's very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, January 3<sup>rd</sup>.

### **COMPUTER CLASSES**

Our next session of beginner computer classes will be held each week beginning at 1:00 p.m. on Thursdays from January 5<sup>th</sup> through January 26<sup>th</sup>. The intermediate level Computer Club will follow at 2:00 p.m. These classes will be held in the beautiful Coppola Computer Lab at the senior center and will be offered FREE by the instructor, Kevin Gleason. Kevin is a semi-retired associate professor of business subjects having taught 22 plus years at the college level as well as offering computer classes at other area senior centers. Please let us know if you are interested in these opportunities by calling 508-543-1252 to sign up.

### **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, per the YMCA's policy. The 2012 Winter Session runs from January

2<sup>nd</sup> through February 19<sup>th</sup>. This is a 7-week session and will cost \$35. Payment is due at sign-up. Call 508-543-1252 with any questions.

## **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 3 Shaw's (in lieu of 1/2)

January 4 Wal-Mart

January 11 Kohl's at Mansfield Crossing

January 18 Target

## **COMMUNITY PROGRAMS**

### **LAKESIDE CAFÉ FOR LGBT SENIORS, FRIENDS AND ALLIES**

Please join the LGBT (Lesbian, Gay, Bi-Sexual & Transgender) Seniors, Friends and Allies for lunch and socialization to ring in the New Year on Monday, January 23<sup>rd</sup> from 11:00 a.m. to 1:00 p.m. at the Sharon Adult Center, 219 Massapoag Avenue, Sharon, MA. For further information or to register, call Jayne Davis at HESSCO, 781-784-4944. Please RSVP by January 18<sup>th</sup>. There is a suggested meal donation of \$2.50 for seniors over 60, \$5 charge for anyone under 60.

### **DIABETES SUPPORT GROUP**

Are you new to diabetes or need to share issues and concerns about diabetes management? Come to the the Hockomock Area YMCA, 67 Mechanic Street, Foxboro for a Diabetes Support Group on the last Thursday of the month September through May from 1:00 p.m. to 2:00 p.m. The group is facilitated by a Norwood Hospital certified diabetes educator. For more information call 508-772-1339.

### **LOOK GOOD...FEEL BETTER**

"Look Good ...Feel Better" is a program for women undergoing chemotherapy or radiation treatments. Cosmetology professionals will help you with make-up application, choice and care of a wig, scarves, turbans and hats on Wednesday, January 11<sup>th</sup> from 3:00 p.m. to 5:00 p.m., at Norwood Hospital Cancer Center, 70 Walnut Street, Foxboro. A light dinner will be served. To register, please call 800-488-5959. Admission is FREE!

### **DOMESTIC VIOLENCE SUPPORT GROUP**

Are you or someone you know living in fear? You don't need to be a victim of physical violence to need support. Verbal and emotional abuse can lead to invisible scars. Norwood Hospital sponsors a Domestic Violence Support Group. Please call Judith Gormley, LICSW at 781-278-6025 for a confidential screening.

## **TRAVEL AND ENTERTAINMENT**

### **"LUCK OF THE IRISH"**

Come along with us to the "Luck of the Irish" St. Patrick's Day Celebration on March 15<sup>th</sup> 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 10<sup>th</sup>. Your motorcoach bus will depart from St. Mary's Church parking lot at 9:00 a.m. on Thursday, March 15<sup>th</sup> 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 18<sup>th</sup> beginning at 8:00 a.m.

## **SPECIAL EVENTS AND PROGRAMS**

### **LOSS OF A SPOUSE/PARTNER BEREAVEMENT GROUP**

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.

### **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 \$31,218 for a single person, \$40,824 for 2 people, \$50,429 for a 3 person household, \$60,035 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! You can have help filling out an application at the Council on Aging & Human Services. Just call 508-543-1252 to make an appointment.

### **MUSEUM MASTERPIECES: THE LOUVRE**

As part of "The Great Courses" video lecture series, we will be offering "Museum Masterpieces: The Louvre" on Wednesdays in the New Year beginning January 4<sup>th</sup> through February 8<sup>th</sup> from 11:30 a.m. to 1:00 p.m. This will be a nice follow-up to the very popular French classes in the fall which had been offered by retired teacher and volunteer instructor, Lucille Brady. After touching on the language, now come and experience some of the French culture through this exciting series narrated by Professor Richard Brettell, a Margaret McDermott Distinguished Professor of Art and Aesthetics at the University of Texas at Dallas as well as Curator of exhibits for San Francisco's de Young Museum and the Dallas Museum of Art. You will learn about different artists, works of art, artistic styles and regions which have contributed to the vast collection at The Louvre. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. You need not have participated in the previous French classes to enjoy this series. Please call 508-543-1252 to sign-up for this wonderful educational and cultural opportunity. Watch for other series to follow!

## **MEDICAL INFO AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, January 10<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.

### **CAN I STILL CHANGE MY MEDICARE PLAN?**

The 2011 Medicare Open Enrollment period ended on December 7<sup>th</sup>, but there are still a few changes you can make, if you qualify. Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## **S.H.I.N.E. – TUESDAY, JANUARY 3, 2012**

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 a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, January 3<sup>rd</sup> at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

### **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 2**

*New Year's Holiday*

*No Meal Served*

#### **Tuesday, January 3**

Vegetable Lasagna W/Sauce

Italian Vegetables

Whole Wheat Roll

Chilled Fruit

#### **Wednesday, January 4**

Greek Meatballs

Confetti Rice

Cut Green Beans

Wheat Bread

Fruited Fjello

#### **Thursday, January 5**

Roast Turkey W/Gravy & Cranberry

Whipped Potatoes

Winter Squash

Whole Wheat Bread

Brownie

#### **Friday, January 6**

Chicken Tetrazzini

Country Blend Veggies

Dinner Roll

Fresh Fruit