

SINGING TROOPER” DAN CLARK

Join us for an afternoon of fun and song. The “Singing Trooper” Dan Clark and his wife Mary will be back for a musical performance at the senior center on Wednesday, February 3rd at 4:00 p.m. Retired Massachusetts State Trooper Dan has sung and performed for audiences all around the nation along with his wife Mary. He will sing us a medley of songs. His powerful voice and presence will sweep you away, so if you haven’t been to a performance by Dan and Mary, don’t miss this opportunity! The Friends of Foxborough Seniors are sponsoring this program for us. So give us a call at 508-543-1252 to sign up for this special event.

Monday, January 18

Martin Luther King Day
Senior Center Closed

Tuesday, January 19

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Zumba gold 9:45 a.m.
Nutrition 11:00 a.m.
Shaws (in lieu of Monday) 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, January 20

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Longhorn Luncheon Outing 1:00 p.m.
Relaxation/Meditation Program 2:30 p.m.
Gary Hylander – “Water for Elephants” 4:30 p.m.

Thursday, January 21

Coffee Connection 8:30 a.m. to 3:30 p.m.
History/Humor/Hospitality of NE 10:00 p.m.
SHINE by appointment 10:00 a.m.
Low vision Support Group 1:00 p.m.

Friday, January 22

Coffee Connection 8:30 a.m. to 12:00 noon
Stop and Shop 8:30 a.m.
Aerobics 9:00 a.m.
Cribbage 10:15 a.m.
Card Making Class 10:30 a.m.

SPECIAL PROGRAM

VIRTUAL VACATION PARTY

If you can’t get to Hawaii in February, we’ll be bringing Hawaii to you at the senior center! Join us for a Virtual Vacation Party on Thursday, February 4th at 11:30 a.m. We’ll start off with a HESSCO Hawaiian Luau luncheon with a menu of Boneless Breast of Chicken Fillet with Maraschino Sweet & Sour Sauce, White Rice with Roasted Vegetables, Broccoli, Cauliflower, Carrots, Dinner Roll, Strawberry Peach Upside Down Cake with Whipped Cream, Virgin Pina Coladas, Punch or Milk. There is a \$3 suggested donation to HESSCO for the luncheon meal. The Friends of Foxborough Seniors will be sponsoring our musical entertainment by Gary Leanes, so be prepared to start tapping your feet and sing along with Gary. Please call us at 508-543-1252 by Tuesday, February 2nd to make your reservation for this virtual vacation. Put on your Hawaiian shirt (if you have one) and come ready to get into a tropical state of mind.

DARKNESS TO LIGHT PROGRAM

Foxboro has raised the bar in its' efforts to prevent child sexual abuse by offering Darkness to Light training to people who work with children in a variety of capacities. We are pleased to be able to offer this important training to everyone in the community, to continue to raise awareness and help you be part of the solution to end child sexual abuse. Darkness to Light is designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. Parents and grandparents, please take advantage of this training to become informed about protecting our children and breaking the cycle of abuse. Join us at the Foxboro Senior Center on Wednesday, February 3rd from 1:00 to 3:00. Please call us at 508-543-1252 to sign up. An evening program will also be offered at Brigham & Women's/ Mass General Health Care Center on Tuesday, February 2nd from 6:30 – 8:30 in the 2nd floor conference room. Please call 800-294-9999 to register. (For voice mail, simply leave your name, phone number and the number of seats you require.)

MEN'S BREAKFAST

For many years, our friend Ted Inman was a regular attendee of our monthly Men's Breakfasts. In Ted's honor, there will be no charge for our Men's Breakfast this month. The cost for the breakfast will be paid for by donations made to the senior center in Ted's memory. The Men's Breakfast will be held on Thursday, January 28th at 9:00 a.m. Our guest speaker this month will be the new Director of the Boyden Library, Manny Leite. If you would like to join us for breakfast and have the opportunity to meet Manny, please call the senior center at 508-543-1252 by Monday, January 25th to reserve your seat.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio will be back at the senior center at 11:30 a.m. on Thursday, January 28th to present another program in his series of history lectures. The topic on this date will be “1916: War, Uprisings, and the Destiny of Europe.” By the start of 1916, the Great War was almost 18 months old. The nations of Europe were locked in a destructive struggle for dominance, fighting a war that had grown larger than anyone could have imagined. Yet, 1916 would bring greater bloodshed and violence. Away from the battlefields, social upheaval and political maneuvering added to the chaos and unease of the period. Paolo will examine the many events that made 1916 a seminal year in the formation of the 20th century. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

COLORIST CLUB

The winter months are ahead of us and we're looking for something fun to do that's both calming and relaxing. Beginning Wednesday, February 10th we'll be starting a Colorist Club that will meet at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1252 to sign up and join us for this soothing and relaxing activity.

REWIND

Every Monday afternoon at 2:00 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, January 25th at 2:00 p.m., our video will be “Every Other House a Tavern” with Paolo DiGregorio. Taverns, inns and public houses played a variety of important roles in colonial New England. Because of their communal and, oftentimes, loosely regulated nature, these places became centers of political debate and activism. In this video, Paolo explains the role that taverns and alcohol played in early America. Come join us as we watch the video of Paolo's original presentation at a Men's Breakfast on April 24, 2014.

HISTORY-HUMOR-HOSPITALITY OF NEW ENGLAND

On Thursday, January 21st at 10:00 a.m., the senior center welcomes Alison O’Leary, award-winning travel writer and journalist, and co-author of the book “Inns and Adventures: A History and Explorer’s Guide to New Hampshire, Vermont and the Berkshires.” New England’s woods and wild places are full of stories: cannibalism in Vermont, Thoreau’s cold and lonely night on Massachusetts’ Mt. Greylock, an Eskimo in New Hampshire. There are also cozy inns where travelers can benefit from local knowledge of innkeepers and enjoy locally-grown, home cooked fare. Alison and her co-author Michael J. Tougias have visited each inn and have taken every hike outlined in their book, but have difficulty choosing favorites. Alison’s “Hidden Gems” presentation traces the history of areas large and small, from the reasons behind the creation of the White Mountains National Forest to the struggle of innkeepers trying to hold onto family-owned property. If you’d like to join us for this free program which includes a lot of fun and funny historical tidbits from New Hampshire, Vermont and the Berkshires, please call us at 508-543-1252 to reserve yourself a seat. The Friends of Foxborough Seniors are sponsoring this program.

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 January 21 and 22 the featured program will be Paolo DiGregorio’s program on the American History Series “The Nation at War: The Home Front.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MOVIE DAY

The Movie Day for the month of January is scheduled for Tuesday, January 26th at 12:30 p.m. and our featured film will be “The Railway Man.” Based on the bestselling autobiography, “The Railway Man” tells the extraordinary and epic true story of Eric Lomax (Colin Firth), a British Army officer who is tormented as a prisoner of war at a Japanese labor camp during World War II. Decades later, Lomax discovers that the Japanese interpreter responsible for much of his treatment is still alive and sets out to confront him. This story is an inspiring tale of heroism, humanity and the redeeming power of love. Come join us at the senior center to watch this touching and funny movie, and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you’d like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, January 27th, we’ll be enjoying our menu of Italian Style Pasta with Meatball, Mixed Vegetables and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, January 25th to make your reservation and to arrange for transportation, if needed.

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 Tuesday, January 27th 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.

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.

MEDICAL INFORMATION AND SERVICES

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 January 21st. 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.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, February 1st. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED

ZUMBA GOLD CLASSES

The New Year has begun and it's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape for spring. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to workout, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Longhorn Steakhouse on Wednesday, January 20th at 1:00 p.m. Seating is limited, so if you'd like to

join us, please call the senior center at 508-543-1252 to sign up by Monday, January 18th. Van transportation is available.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on January 27th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, January 26th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

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:

January 20 – Longhorn Restaurant in Mansfield

January 27 – Mansfield Crossing / Kohl's

WEEKLY SCHEDULED PROGRAMS

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays from 10:15 a.m. to 12:00 noon. 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!

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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

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, January 18

Martin Luther King Day

No Meals Served

Tuesday, January 19

Clam Chowder

Rainbow Trout

Herb Sauce

Jardiniere Blend Vegetables

Snowflake Roll

Strawberry Cup

Calories 388

Sodium 501

Wednesday, January 20

Chicken Cantonese

Oriental Vegetables

Asian Rice

Multigrain Roll

Mixed Fruit

Calories 355

Sodium 273

Thursday, January 21

Meatloaf with Onion Gravy

Mashed Potato

California Blend Vegetables

Whole Wheat Bread

Apple

Calories 471

Sodium 372

Friday, January 22

Chicken Pot Pie with Vegetables

Biscuit

Confetti Rice

Pineapple

Calories 459

Sodium 545