

SENIOR CIRCUIT BREAKER TAX CREDIT

On Thursday, February 7th at 11:00 a.m., Brian Lynch from the Department of Revenue will be coming to the Foxborough Council on Aging to conduct an informational session on the Senior Circuit Breaker Tax Credit, a real estate tax credit available to persons age 65 and older who either own or rent their home. The DOR has planned a 3 month series of presentations around the state to educate senior taxpayers about the benefits of this tax credit. You do not need to normally file an income tax return to be eligible; however, the Massachusetts income tax form is the vehicle used to get the refund. You can file for the current 2012 tax year as well as retroactively for the years 2011, 2010, and 2009. The amount you receive is based on a formula. The maximum credit for the 2012 tax year is \$1000. You must be 65 by December 31st of the year for which you are filing. Seniors who live in public or subsidized housing are *not* eligible. For more information, you may call The Massachusetts Department of Revenue Customer Service Bureau at 617-887-MDOR or toll free 1-800-392-6089. Noreen Sherys, Community Social Worker, is available at the senior center to assist you in applying for the retroactive years. To sign-up for this presentation, please call 508-543-1252.

Monday, January 28

Jay Barrows' Office Hour 9:00 a.m.

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, January 29

Stretch and Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, January 30

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

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

Luncheon Outing @ Foxboro Mandarin 1:00 p.m.

Zumba 2:30 p.m.

Thursday, January 31

Ceramics 9:00 a.m.

Friday, February 1

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.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

VOLUNTEER OPPORTUNITIES

FRIENDLY VISITOR

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited

opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Noreen Sherys, Community Social Worker at 508-543-1252.

COA VOLUNTEER INSTRUCTORS

Did you know that many of the classes and programs at the senior center are designed and run by senior volunteer leaders? We have a variety of activities ranging from music to crafts to computer and language classes and more, all thanks to our gifted and dedicated volunteer leaders. If you have an idea for a class that you would like to teach, please contact Vicki Lowe, Executive Director of the COA & HS, at 508-543-1252.

HESSCO BOARD MEMBER-FOXBORO REPRESENTATIVE

HESSCO Elder Services provides elders in our area with the resources required to maintain their safety and quality of life at home through services such as home delivered meals, personal care, homemaking, adult day care, legal services, money management, and care management. HESSCO invites representatives from the Councils on Aging in each of the 12 towns they serve to appoint a member to represent their towns' interests by serving on the HESSCO Board of Directors. If you are interested in this volunteer opportunity to help with the direction and purpose of this service organization, please call Joanne Pratt, Chairperson of the Foxborough COA & HS Advisory Board, at 508-543-6964.

MEALS ON WHEELS

Through Meals on Wheels, volunteers deliver nutritional meals to frail elders living at home. This program is managed by HESSCO Elder Services and is in need of more volunteer drivers. If you can help, please call 781-784-4944 or 800-462-5221.

FISH DRIVERS

FISH of Foxboro is a free and confidential service, consisting of a group of volunteer drivers who will take seniors to doctor appointments within an 11-mile radius of Foxboro. If you are interested in becoming a volunteer, or would like additional information, please call FISH at 508-698-3729 and leave a message.

SPECIAL EVENTS AND PROGRAMS

CRIBBAGE TOURNAMENT TO BENEFIT FOXBORO FOOD PANTRY

The Cribbage Group that meets at the senior center on Fridays is going to have a tournament to benefit the Foxboro Food Pantry on Friday, January 25th beginning at 11:00 a.m. There will be \$5 donation to play plus a donation of a canned good. All money and food collected will go to the Foxboro Food Pantry. Please call 508-543-1252 to let us know that you will be coming or just come before 11:00 a.m. on January 25th and Donna Gavin, our volunteer group leader, will place you into the tournament. Come have some fun playing cribbage while you contribute to a local charity!

VALENTINE'S TEA PARTY

Treat yourself to a special Valentine's Tea on Thursday, February 14th 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 11th 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.

MEDICAL INFORMATION AND SERVICES

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 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, February 5th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

BOOKS ON TAPE BOOK CLUB-*please note change in meeting date and time*

The Book Club will now be meeting at the Foxboro Senior Center on the **first Monday** 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. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, February 4th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

NUTRITION CLASS SPECIAL SPEAKER

On Tuesday, February 5th at 11:00 a.m. Bonnie Ryvicker of Community VNA will be doing a program entitled 'Limiting Salt, Sugar and Fat' during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center 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. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on January 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, January 29th beginning at 9:00 a.m. for 20 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 appointment for this service that will leave you feeling and looking great!

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 8th 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.

January 30 Luncheon Outing @ Foxboro Mandarin

February 6 Christmas Tree Shops

February 13 Wal-Mart

ZUMBA

We have Zumba classes on Wednesdays from 2:30 p.m. to 3:30 p.m. Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Have you seen “Dancing with the Stars?” You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Classes are \$2 each.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m., we are offering a “Stretch and Balance” class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. At the end of the class, you will be given a ‘thought for the day.’ Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. Classes are \$2 each. Come and give this class a try!

AEROBICS

This one hour class is held on Friday mornings from 9:30 a.m.-10:30 a.m., and includes stretching, aerobics, and hand-held weights. This class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of abilities. There is a \$2 charge for this class.

WINTER WEATHER INFORMATION AND RESOURCES

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.

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, January 28

Tortellini W/Tomato Basil Sauce

Roman Blend Vegetables

Whole Wheat Roll
Fresh Fruit

Tuesday, January 29

Breaded Chicken Fillet
Rice Pilaf
Beets
Hamburger Bun
Strawberry Cup

Wednesday, January 30

Happy Birthday

Meatloaf W/Gravy
Parmesan Mashed Potatoes
Mixed Vegetables
Whole Wheat Bread
Birthday Cake

Thursday, January 31

Turkey Divan W/Broccoli
Buttered Noodles
Multigrain Roll
Peaches

Friday, February 1

Meatball Stroganoff
Whipped Potatoes
Cut Green Beans
Fruit Muffin
Mixed Fruit