

FROM JAZZ TO HIP HOP

In honor of Black History Month, MUSIC Dance.edu will be sponsoring a group of children ages 9 to 13 years old who will be at the senior center on Thursday, February 18th from 1:00 to 2:00 p.m. to perform a musical program for all of us called "From JAZZ to Hip-Hop." MUSIC Dance.edu is a non-profit organization which offers performing arts opportunities to New England residents and music education throughout the east coast. The presentation is a musical journey with an educational narration of the history of jazz and old school hip hop music. The children performers will play the trumpet, flute, clarinet, trombone and hip hop dance, and the presentation will be upbeat, energetic and entertaining. Funding for this musical event is made possible through a grant from the Foxborough Cultural Council. Please call the senior center at 508-543-1252 to sign up and come join us for this celebration of jazz and hip-hop.

Monday, February 1

Coffee Connection 8:30 a.m. to 3:30 p.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 1:00
Scrabble 12:30 p.m.
Knitting 1:00 p.m.
Relaxation/Meditation Program 1:00 p.m.
Shaws 1:00 p.m.
Video "Rewind" 2:00 p.m.

Tuesday, February 2

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Zumba gold 9:45 a.m.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Bingo 1:30 p.m.
Talespinners 2:00 p.m.

Wednesday, February 3

Sign up for Grand Canyon Trip 8:00 a.m.
Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Computer Class 11:30 a.m.
Darkness to Light Program 1:00 p.m.
Job Lot/Dollar Store 1:00 p.m.
Relaxation/Meditation Program 2:30 p.m.
"Singing Trooper" Dan Clark 4:00 p.m.

Thursday, February 4

Coffee Connection 8:30 a.m. to 3:30 p.m.
Virtual Vacation Luncheon with Gary Leanues 11:30 a.m.

Friday, February 5

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.

AUTHOR MICHAEL TOUGIAS' PROGRAM - COAST GUARDS' MOST DARING SEA RESCUE

Author Michael Tougias will be at the senior center on Wednesday, February 17th at 2:30 p.m. to give a slide presentation on his new book *The Finest Hours: The True Story of the U. S. Coast Guard's Most Daring Sea Rescue*. The Disney Corporation is making a movie based on Michael's book which is scheduled to be released in January of 2016, starring Chris Pine and Casey Affleck. On February 18th, 1952 an astonishing maritime event began when a ferocious nor'easter split in half a 500-foot oil tanker, the *Pendleton*, approximately one mile off the coast of Cape Cod. Incredibly, just 20 miles away, a second oil tanker, the *Fort Mercer*, also split in half. On both fractured tankers men were trapped on the severed bows and sterns, and all 4 sections were sinking in the 60 foot seas. Thus began a life and death drama of survival, heroism and a series of tragic mistakes. Of the 84 seamen aboard the tankers, 70 would be rescued and 14 would lose their lives. If you'd like to hear Michael's account of this tragedy and the Coast Guard's daring rescue, please call the senior center at 508-543-1252 to sign up. This program is being sponsored by the Foxborough Historical Society and the Foxborough Council on Aging and Human Services.

SIGN UP FOR GREAT TRAINS AND GRAND CANYONS TRIP

If a trip to the Grand Canyon has been on your "bucket list" or if you'd just like to experience one of America's magnificent natural wonders, come join us as we travel out west from October 2nd through the 7th for a 6 day / 5 night trip to Arizona. On day 1, we'll be flying out to Phoenix and travel by motorcoach to our "home" for the next 5 nights in our picturesque resort-style accommodations in the Sedona area, where we'll enjoy a Welcome Dinner. On day 2, we'll travel on a Sedona Trolley Tour featuring the Holy Cross and Airport Mesa for spectacular views. We'll also be visiting Uptown Sedona Tlaquepaque to explore the area's art galleries and shops. We'll begin our third day with an unforgettable drive through Oak Creek Canyon, and then arrive in Williams to board the Grand Canyon Railway for a 2-hour journey to the South Rim of Grand Canyon National Park. Dinner will be in Flagstaff at the lively "Black Bart's Steakhouse & Saloon." Day 4 will include a morning visit to Montezuma Castle National Monument, a visit to the old mining town of Jerome, and then a trip on the Verde Canyon Railroad for a 4-hour train ride between two national forests, past the crimson cliffs. Our fifth day will be a day of leisure for all to explore Sedona and enjoy the amenities of our resort. An optional tour will be available. Our Farewell Dinner will be at the Blazin' M Ranch for a hearty Chuckwagon Supper and Western Stage Show. On day 6, we will travel to Old Town Scottsdale where Western storefronts recreate an aura of the past, and then we're off to the Phoenix Airport for our flight home. The cost for this trip is \$2,574 per person for a double occupancy and \$3,329 per person for a single. This price includes round-trip airfare, motorcoach transportation, admissions, hotel accommodations, baggage handling, a professional tour director, 8 meals (5 breakfasts & 3 dinners) and all gratuities. The sign-up for this trip will begin at 8:00 a.m. on Wednesday, February 3rd by calling the senior center at 508-543-1252. Come join us for an unforgettable journey to the west.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance is 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 for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings, beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

SPECIAL PROGRAMS

MINDFUL MOVEMENT MINI-WORKSHOP: POSTURE FOR PIECE OF MIND

In the fall of 2015, the Council on Aging and Human Services sponsored the One Mind One Breath Mindful Movement Workshop led by Dr. Sang Kim at the Ahern Middle School in Foxborough. Dr. Kim, Director of the Mindful Movement Project and Creator of the MBX-12 program, will be joining us at the senior center on

Wednesday, February 10th at 4:30 p.m. for a Mindful Movement Mini-Workshop. MBX-12 is a set of mindful movements consisting of deep rhythmic breathing and gentle stretching. The goal of MSX-12 is to cultivate peace of mind, balance and strength through gentle movements and deep breathing. This mini-workshop will focus on “Posture for Peace of Mind” and Dr. Kim will discuss the findings from his research on therapeutic mindfulness training, including what works, why it works and how to maximize the beneficial effects of mindfulness training at the individual level. All are welcome to attend this program, so come join us as we learn Dr. Kim’s breathing and stretching techniques to enhance ourselves both physically and emotionally. Please call the senior center at 508-543-1252 to sign up.

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 the program for us. So give us a call at 508-543-1252 to sign up for this special event.

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.)

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.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough’s senior citizens. The program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in this program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes will be held on Wednesdays from 11:30 to 12:30 starting on January 27th. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available for use in our computer lab. Please call the senior center at 508-543-1252 to sign up in advance and we’ll reserve you a seat.

SOCIAL SECURITY INFORMATIONAL PROGRAM

Do you have questions about the Social Security program that you've always wanted to ask? At 10:00 a.m. on Thursday, February 11th, a representative from the Social Security Administration will be at the senior center to discuss the programs, benefits and services of Social Security. This is your chance to get answers to your questions on this important program, so give us a call at 508-543-1252 to sign up.

FLORAL ARRANGING CLASS

On Thursday, February 11th from 1:00 to 3:00 p.m., Barbara Gage-Mulford will be holding a Floral Arranging Class for us at the senior center. There will be a cost of \$4 per person to cover the cost of the vases and the fresh flowers. Everyone will be taking home a beautiful floral arrangement, just in time for Valentine's Day. The fresh flowers should last for at least a week. So give us a call at 508-543-1252 to sign up and reserve your seat for this class.

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, February 1st at 2:00 p.m., our video will be "Castles and Cathedrals" with Paolo DiGregorio. In this video, Paolo talks about the architecture of the Medieval World and the Renaissance. Come join us as we watch the video of Paolo's original presentation on October 1, 2015.

TRAVEL INFORMATION

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

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, February 9th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. 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

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 February 2nd and 18th. 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 and 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

BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, February 2nd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

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:

February 3 – Job Lot/Dollar Store

February 10 – Christmas Tree Shop/Trader Joe's

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, February 1

Chicken Marsala
Fluffy White rice
California Blend Vegetables
Whole wheat Bread
Pears

Tuesday, February 2

Potato Leak Soup
Omelet with Cheese Sauce
Cut Broccoli
Oatmeal Roll
Banana

Wednesday, February 3

Meatloaf with Mushroom Gravy
Mashed Potatoes

Peas & Carrots
Honey Wheat Bread
Brownie

Thursday, February 4

BBQ Pork Patty
Baked Beans
Hot German Slaw
Multigrain Bread
Cinnamon Apple Slices

Friday, February 5

Macaroni & Cheese
Escalloped Tomato with Spinach
Fruit Muffin
Strawberry Cup