

## **SIGN-UP ON FEBRUARY 6<sup>TH</sup> FOR FOXWOODS TRIP**

Come with us on Tuesday, February 26<sup>th</sup> to Foxwoods Resort Casino, the North East's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. At Foxwoods you'll find a game that suits you! Try your luck at the slots. Let it ride at the tables. Lay down a bet in Racebook. Play the numbers game at Keno. If Poker or Bingo is your game, they have more live games than anywhere in the country. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 Free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon, and driver's gratuity. The cost for the day is \$22 per person and will be due at sign-up or no later than Friday, February 15th. Sign-up for this trip starting on Wednesday, February 6th by calling 508-543-1252 beginning at 8:00 a.m.

### **Monday, February 4**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Book Club 11:00 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, February 5**

AARP Tax Prep (by appointment) 8:30 a.m.

Stretch and Balance 8:30 a.m.

SHINE 10:00 a.m.

Nutrition-Special Speaker from CVNA 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

### **Wednesday, February 6**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

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

Christmas Tree Shops 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, February 7**

Ceramics 9:00 a.m.

Circuit Breaker Tax Credit Program 11:00 a.m.

### **Friday, February 8**

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](http://www.foxboroughma.gov)

## **TAXES AND TAX CREDITS**

## **AARP TAX ASSISTANCE**

Free income tax assistance will be 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, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 5<sup>th</sup> through April 9<sup>th</sup>. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

## **SENIOR CIRCUIT BREAKER TAX CREDIT**

On Thursday, February 7<sup>th</sup> 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 31<sup>st</sup> 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.

## **SPECIAL EVENTS AND PROGRAMS**

### **JACK CRAIG MUSIC SERIES**

Come to the senior center on Wednesday, February 27<sup>th</sup> and Thursday, February 28<sup>th</sup> at 11:00 a.m. for a special 2-day series given by Jack Craig on Great Songwriters. On February 27<sup>th</sup> Jack will present "Jerome Kern: The Song Is "Him"! Most of the great songwriters of the 20th century have acknowledged a debt to Jerome Kern for his influence on American popular music. From Kern's collaboration with Oscar Hammerstein on their masterpiece Showboat, through the many classic Kern songs hummed, whistled, and performed around the world –Jerome Kern's multi-faceted personality was portrayed in his music. Kern's music creates a portrait of American song and includes: They Didn't Believe Me, Make Believe, Old Man River, Smoke Gets in Your Eyes, and The Last Time I Saw Paris. Then on February 28<sup>th</sup>, come and hear about Rodgers and Hammerstein. Trace the work and friendship of two musicians considered the greatest collaborative pair in American musical theatre. From the triumphant opening of Oklahoma (1943) to their final smash hit The Sound of Music (1959), their musicals became legendary hits. One cannot fail to enjoy their 'sound of music'! Please call 508-543-1252 to sign-up.

### **VALENTINE'S TEA PARTY**

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

## **WINTER WEATHER INFORMATION AND RESOURCES**

### **MASS SAVE ENERGY AUDIT**

Through this program, an Energy Specialist will visit to assess your home's current energy use, provide a custom list of energy-saving recommendations for your home, and will help you develop a plan to make your home more efficient. A Home Energy Assessment usually takes 1.5 to 2.5 hours. All key decision-makers should be present at the assessment. The specialist will help you develop an energy plan and explain applicable

incentives. Your no-cost Home Energy Assessment includes:

1. Personalized report outlining recommended energy efficiency improvements
2. Installation of no-cost immediate savings measures such as compact fluorescent light bulbs (CFLs), programmable thermostats, and water saving devices, as needed
3. Screening for eligibility for the ENERGY STAR® refrigerator rebate
4. Air Sealing and Insulation specification, if applicable
5. Infrared Testing, if applicable
6. Combustion Safety Testing

Learn about rebates and incentives. Generous weatherization rebates of 75%, up to \$2000 towards the cost of the work, and other incentives are available to qualifying Massachusetts residents. Get started today. Schedule your no-cost Home Energy Assessment with a Mass Save® Energy Specialist by calling 866-527-SAVE (7283).

### **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](mailto: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.

### **REGULARLY SCHEDULED**

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

Come to 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, February 12<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.

#### **PAINT IN A DAY**

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, February 13<sup>th</sup> at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying

until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

### **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, February 19<sup>th</sup> at 12:30 p.m. when our feature presentation will be "Hugo." Throughout his extraordinary career, Academy Award-winning director Martin Scorsese has brought his unique vision and dazzling gifts to life in a series of unforgettable films. The legendary storyteller invites you to join him on a thrilling journey to a magical world with his first-ever 3-D film, based on Brian Selznick's award-winning, imaginative New York Times best-seller, "The Invention of Hugo Cabret." Hugo is the astonishing adventure of a wily and resourceful boy whose quest to unlock a secret left to him by his father will transform Hugo and all those around him, and reveal a safe and loving place he can call home. Come and see this Academy Award winning film. Please call 508-543-1252 to sign-up.

### **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, February 5<sup>th</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.

### **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 4<sup>th</sup> 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 5<sup>th</sup> 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.

### **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 8<sup>th</sup> 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.

February 6 Christmas Tree Shops

February 13 Wal-Mart

February 20 Dollar Tree Store

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, February 12<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.

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

## **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.

## **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, February 4**

Stuffed Beef & Cabbage Casserole  
Confetti Rice  
Wheat Roll  
Cookie

### **Tuesday, February 5**

Mac & Cheese  
Spanish Style Tomatoes  
Tomatoes  
Whole Wheat Bread  
Bread  
Fresh Fruit

### **Wednesday, February 6**

Potato Leek Soup  
Rosemary Chicken  
Winter Blend Veggies  
Multigrain Roll  
Strawberry Cup

### **Thursday, February 7**

Low Salt Hot Dog  
Hot Dog Roll  
Mustard  
Baked Beans  
Hot German Slaw  
Peaches

### **Friday, February 8**

Turkey Ala King  
White Rice  
Peas  
Whole Wheat Bread  
Mixed Fruit