

AGING MASTERY FINANCIAL FITNESS PILOT PROGRAM

The National Council on Aging (NCOA) has chosen the Foxborough Council on Aging as one of three senior centers in the country to pilot a new financial education component of the Aging Mastery Program. The subjects of this program will be Money Management, Financial Planning and Fraud Prevention presented by local experts brought to us by the Certified Financial Planners Board. This is strictly an informational program and through an agreement with the NCOA and Certified Financial Planners Board, our presenters will not be selling any goods or services. There are a limited number of spaces available and you will have to commit to 3 Thursday afternoons, January 8th, 15th and 22nd, from 12:30 to 2:00 p.m. at the senior center. As a program participant you will be provided with course materials, handouts and resources. You will be served a light lunch, and you will have the opportunity to earn points for rewards. This program is fully funded by a grant from the NCOA and is offered free for all participants. If you're interested in joining us for this new AMP series, please call the senior center at 508-543-1252 by Monday, January 5th to register.

Monday, December 15

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 16

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “The Secret Life of Walter Mitty” 12:30 p.m.

Computer Basics Class 1:00 p.m. & 2:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, December 17

Strength Training/EnhanceFitness 8:30 a.m.

Chorus 10:00 a.m.

TRIAD 1:00 p.m.

Walmart 1:00 p.m.

Bereavement Support Group 1:30 p.m.

Thursday, December 18

Low Vision Support Group 1:00 p.m.

Friday, December 19

Stop & Shop 8:00 a.m.

Holiday Hoedown at the Igo School 9:00 a.m.

YMCA Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 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

SPECIAL PROGRAMS

HISTORY LECTURE SERIES

By popular demand, we have invited Paolo DiGregorio, “the Artifactual Scholar,” back to the senior center to present a series of 3 lectures on American history. Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest

speaker at programs at the senior center. Paolo's lecture series will be held on Thursdays, January 8th, 15th and 22nd from 11:00 a.m. to noon. On January 8th, the 200th anniversary of the Battle of New Orleans, the program topic will be the War of 1812. On January 15th, Paolo will be speaking about Manifest Destiny and the growth of the nation. Lastly on January 22nd, Paolo will tell us about Aaron Burr and Alexander Hamilton which is a story with a lot of political intrigue, vicious name-calling and, of course, the famous duel. Come join us to hear stories of our past and feel American history come alive. If you'd like to attend one or all three of these programs, please call the senior center at 508-543-1252.

AGING MASTERY PROGRAM – FINANCIAL PLANNING

The first in our series of 3 Aging Mastery Programs on financial fitness will be held on Thursday, January 8th from 12:30 to 2:00 p.m. The subject of this program will be "Money Management" with guest speaker David Randall. Mr. Randall is a Certified Financial Planner (CFP). His financial consulting practice emphasizes a conservative investment management approach utilizing various forms of financial products and services. All participants in this program must sign up in advance for this 3-part series by calling the senior center at 508-543-1252 by Monday, January 5th. This is a free program. A light lunch and course materials will be provided to all participants.

HOLIDAY HOEDOWN OPEN HOUSE

The Igo Elementary School has invited Foxborough's senior citizens to a Holiday Hoedown Open House on Friday, December 19th at the Igo School on 70 Carpenter Street. The program will be held from 9:00 a.m. to 1:00 p.m. Come join in with the students and take part in some square dancing and line dancing, or just stop by to watch and enjoy the fun. The third and fourth grade members of the Square Dance Club will perform for us. Other Igo students will also perform dance routines. There will be a professional dance caller to keep us moving. You are encouraged to wear square dance clothes, bandanas and hats as part of the fun. After our experience with the "Play 60" program at the Igo earlier this year, we know there will be no shortage of enthusiasm and fun at this event. So put on your dancing shoes or just stop by at any time during the Open House to watch, sit back and enjoy. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up by December 12th. Parking spaces and special seating will be reserved for all seniors who sign up in advance and carpooling with friends is encouraged.

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. This 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 January 14th through March 4th at 11:30 a.m. at the senior center. If you plan on joining us, please call the senior center at 508-543-1252 to sign up. In addition to funding the computer classes for seniors, the Rotary Club grant has also made possible the purchase of laptop computers for use by our staff at the home visits of clients.

ITALIAN CLASS

Our Intermediate and Advanced Italian classes with Lucy Erhard will be starting up at the senior center once again. Both classes will meet for 10 weeks. Italian 2 (intermediate) will be meeting on Thursdays at 1:30 p.m. for 10 weeks beginning on January 8th through March 12th with an if-needed make-up class on March 19th. Italian 3 (advanced) will meet on Fridays at 1:15 p.m. beginning on January 9th through March 13th with an if-needed make-up class on March 20th. If you already know a little Italian and would like to learn more, please call the instructor, Lucia Erhard, at 508-543-7057. With your input, she will place you in the class that is appropriate for you. Everyday conversation will be stressed. The cost for each of these 10-week sessions is \$20 and payment is due at the time of sign up. Space is very limited for each class so please call the senior center at 508-543-1252 if you'd like more information or to check on the availability of space in each class.

BEREAVEMENT SUPPORT GROUP

The holidays can be a difficult time of year for many people who have experienced the loss of a loved one. Anne Bood of Ascend Hospice will facilitate a 6-session Bereavement Support Group that will meet at the Foxborough Senior Center at 75 Central Street, on Wednesdays through to January 7, 2015. We will be meeting from 1:30 p.m. to 2:30 p.m. with the exception of December 24th when we will meet from 10:00 a.m. to 11:00 a.m. This support group is open to the public. It is free of charge and will provide an opportunity to address and share personal experiences of grief and loss in an open and supportive facilitated forum. For more information and to RSVP, please contact Anne Bood, LICSW, at Ascend Hospice, 508-229-8390.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, December 17th at 1:00 p.m. Everyone is welcome to attend these informational services.

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 December 17th and 18th the featured program will be "Jack Craig presents: Sing the Greatest Songs of 1953-1954." Check out our senior exercise videos that are broadcast on Wednesday and Thursday mornings at 9:00 a.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRIP INFORMATION

SIGN UP FOR OUR 2015 TRIP TO NOVA SCOTIA

We've had a great response with the sign up for our trip to Nova Scotia in 2015. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Our plans are to leave Foxborough by motorcoach on July 6, 2015 and spend our first night on the new cruise ship called the "Nova Star" which will take us into picturesque Yarmouth in Canada. On day 2, we'll be enjoying the final evening performance of the 2015 Royal Nova Scotia International Tattoo which is the largest annual indoor show in the world with over 800 performers. There will be special sightseeing stops in Halifax and Peggy's Cove, and we'll be spending 2 nights at the Lord Nelson Hotel in Halifax. On day 4, we'll cross the Straits of Northumberland to Prince Edward Island where we'll spend two nights at the Hotel Charlottetown in the island's capital city. A local island guide will take us to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore on the Gulf of St. Lawrence. We'll be crossing the Confederation Bridge to New Brunswick, travel through Saint John and along the Fundy coast to Calais, Maine and then on to Boothbay Harbor, returning to Foxborough on July 12th. The cost for this trip is \$1,637 per person for a double room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. If you are interested in joining us, call the senior center now at 508-543-1252 to sign up before all of our spaces have been filled! Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

MEDICAL INFORMATION AND SERVICES

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 2nd. 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.

DID YOU REACH THE “DONUT HOLE” LAST YEAR?

If you have a Medicare Part D or Medicare Advantage plan and do NOT get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reached \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... a \$300 brand name drug will now cost you \$135! This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program can help pay for your prescription drugs when you reach the “donut hole.” To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4635 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit the website at www.prescriptionadvantage.org. The money you save can be your own!

REGULARLY SCHEDULED

ZUMBA GOLD

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, and have some fun while getting in shape. The cost for each class is \$2.

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 December 22nd. 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, December 23rd 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.

BINGO

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. Our next Bingo afternoon will be on Tuesday, January 6th from 2:00 p.m. to 3:30 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.

MOVIE DAY

The featured movie for the month of December is “The Secret Life of Walter Mitty” and is scheduled to be shown on Tuesday, December 16th at 12:30 p.m. Ben Stiller has the title role as Walter Mitty, a classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined. Take in a good movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on December 18th. This is an adult group providing peer support and information for

anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

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:

December 17 – Walmart

December 24 – Stop & Shop at 10:00 a.m.

WEEKLY SCHEDULED PROGRAMS

TALESPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. 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. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). 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. Please call the senior center at 508-543-1252 to sign up.

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. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. The cost is \$2 per class. Come and give it a try!

LIBRARY ACCESS SERVICES

The Foxborough Council on Aging and Human Services and the Boyden Library have a program of delivering library books, CDs, DVDs and other library materials to Foxborough residents who cannot access the library without help. The Council on Aging and Human Services will deliver books and other materials from the library and will return materials when due. Pick-up and delivery is on Tuesdays. Additional dates can be arranged. To be considered, or for information on this program, call the senior center at 508-543-1252 and ask for Ken Levy or Pam McGuire.

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.

Please note that after many years without an increase in price, the suggested donation is now \$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, December 15

Crunchy Lite Fish
Tartar Sauce
Whipped Sweet Potato
Peas
Whole Wheat Bread
Apricots
Calories 449
Sodium 491

Tuesday, December 16

Swedish Meatballs
Egg Noodles
Blended Veggies
Multigrain Roll
Applesauce
Calories 467
Sodium 409

Wednesday, December 17

Vegetable Soup
Honey Lime Chicken
Au Gratin Potatoes
Dinner Roll
Fresh Fruit
Calories 402
Sodium 690

Thursday, December 18

Roast Turkey with Gravy
Garlic Mashed Potatoes
Peas and Carrots
Whole Wheat Roll
Jello Cake
Calories 395
Sodium 641

Friday, December 19

Sloppy Joe
Hash Brown Potatoes
Country Blend Veggies
Hamburger Bun
Peas
Calories 336
Sodium 4452