

GARY HYLANDER HISTORY SERIES

Our favorite history professor, Dr. Gary Hylander, will be back at the senior center on January 9th to present an informational lecture on Harriet Beecher Stowe, author of "Uncle Tom's Cabin." The wife of a minister, Mrs. Stowe wrote "Uncle Tom's Cabin" to express her outrage over the Fugitive Slave Law of 1850 and the malignant influence of the "slave power conspiracy." Uncle Tom's Cabin was the most widely read novel of the 19th century and the first American book to sell over one million copies. Praised and attacked from all sides, the novel follows the journey of Tom, a slave sold from a Kentucky plantation into the deep South. Once there, he was purchased by the brutal planter, Simon Legree, who to this day remains a dark villain in American literary history. This program is offered in partnership with Sage Educational Services. Our lecturer, Dr. Hylander, is a Professor of History at Stonehill College. He is a frequent lecturer at historical societies, libraries and professional organizations. If you are interested in joining us on Thursday, January 9th at 1:00 p.m. for this program, please call us at 508-543-1252 to sign up.

Monday, December 16

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 p.m.

Knitting Class Holiday Party 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 17

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Classic Movie "Roman Holiday" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, December 18

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Painting with Bob McLeod 10:00 a.m.

Zumba 1:00 p.m.

TRIAD 1:00 p.m.

Target 1:00 p.m.

Thursday, December 19

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Low Vision Support Group 1:00 p.m.

Friday, December 20

8:30 a.m. Stop & Shop

9:30 a.m. YMCA Exercises

11:00 a.m. Card Making

11:00 a.m. Cribbage

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

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day 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 in the senior

center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

FOXBOROUGH AFGHANS

Are you looking for a unique holiday gift idea? Historical Town of Foxborough afghans are always available for sale at the senior center. A great gift idea for any occasion, the afghans are available in a variety of colors. The two-color afghans (cranberry & natural, hunter green & natural, Williamsburg blue & natural and navy blue and natural) are priced at \$34.95 each. Three-color afghans (Williamsburg blue, mauve & natural) are priced at \$39.95 each. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

SPECIAL EVENTS AND PROGRAMS

ZUMBA CLASSES

Zumba classes are scheduled again at the senior center for four sessions beginning on January 15th. Come and learn some Latin dance moves with us, and join us as we have fun while getting into shape for the new year! You will learn to move your hips to the Latin beat as our YMCA instructor Lorrain Brue leads us in this fun fitness program. 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. Classes will be held from 1:00 p.m. to 2:00 p.m. on the following Wednesday afternoons: January 15, 22, 19 and February 5. The cost for these four classes will be \$8.00, with payment due by the start of the first session.

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 Monday, December 23rd. 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.

SENATOR TIMILTY OFFICE HOURS

State Senator James Timilty will be at the senior center to meet with residents on Monday, January 13th from 9:00 a.m. to 10:30 a.m. This is your opportunity to meet with Senator Timilty in a casual setting and have him answer any questions you may have.

OPERATION REASSURANCE

The Operation Reassurance Program is a free service for Foxboro residents. Participants check in each day, Monday through Friday, via telephone, to ensure that they are OK. This program is wonderful for people who live alone, those confined to their home due to illness or anyone who wants the comfort of knowing someone will check on them once each weekday. Call the senior center at 508-543-1252 for more information.

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 Wednesday, December 18th and Thursday, December 19th the program "Health Beat: Shingles" will be featured. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

CLASSIC MOVIE DAY

This month's Classic Movie Day is scheduled for Tuesday, December 17th at 12:30 p.m. It's a great time to take in a good movie with friends at the senior center. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie classic "Roman Holiday" starring Audrey Hepburn and Gregory Peck. Audrey Hepburn became a star in this film in which she plays Princess Anne, a princess who is on a highly publicized tour of European capitals. Weary of her restricted and regimented schedule while on tour, she's anxious to have some fun. On a diplomatic visit to Rome, Anne escapes her royal retainers and "scampers" incognito through the city. She

happens to meet American journalist Joe Bradley (Gregory Peck) who, hoping for a hot news story, pretends that he doesn't recognize her and offers to give her a guided tour of Rome. Joe just hopes to get an exclusive interview with Princess Anne, but ends up falling in love with her. If you'd like to join us for this movie classic, please call the senior center at 508-543-1252.

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 19th. 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.

BOOK CLUB

The Book Club meets 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 to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, January 6th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. 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 7th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

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 services. 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, a senior citizen run and directed group, 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, January 15th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

SIT AND BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. This seated exercise program uses exerbands, ribbon sticks, hand weights, and other movement activities that help promote balance, coordination, flexibility, and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 a.m. to 10:30 a.m. The cost is \$2 per class.

CARD MAKING CLASS

Learn the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely new.

KNITTING BEA

Join us for an afternoon of knitting at the senior center. Bea Barr teaches a knitting class on Monday afternoons at 1:00 p.m. These classes are for beginners 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, and it's a great opportunity to meet new friends. If you have knitting needles, please bring them in with you and we'll supply the yarn. This is a free class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class at the senior center. Tai Chi is held on Mondays from 10:45 a.m. to 11:45 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. Classes are \$2 per session (a low rate that is being 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.

TALESPINNERS

Do you have a story or experience that you would like to share? Does a fond memory bring you 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 an 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.

COMPLIMENTARY BREAKFAST PROGRAM

Start your day right with a delicious and nutritious breakfast! HESSCO is introducing a new complimentary breakfast program with a breakfast menu that includes: hearty and healthy steel cut oatmeal with apples, cinnamon and raisins; snack-n-loaf fruity high fiber muffin; mouthwatering all-natural orange smoothie and low-fat milk. The nutritional information of the breakfast is as follows: 710 calories, 29gm of protein, 565mg of sodium, 7gm fiber, 100% DRI vitamin C (79mg), 1/3 DRI calcium (400mg). When you eat breakfast you: eat more vitamins and minerals; eat less fat and cholesterol; have better concentration and productivity throughout the day; control your weight; reduce your risk of heart disease; have a better outlook; have food security, and ; have more strength and endurance. Enjoy your breakfast in the company of friends at the meal site or you can take it to go. If you are interested, please call Marcia at the meal site at 508-698-0754 to make a reservation.

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. 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 at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:
December 18 Target

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 COA will deliver books and other materials that you pre-order from the library and then will return the materials to the library when they are due. Pick-up and delivery of the library materials is on Tuesdays, but additional dates can be arranged. For information on this program, please call Outreach Worker Ken Levy at the senior center at 508-543-1252, or email Ken at klevy@town.foxborough.ma.us

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, January 14th 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 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

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. Appointments are being scheduled on December 19th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

HEALTH INSURANCE QUESTIONS

In addition to the SHINE (Serving Health Insurance Needs of Everyone) Program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up an appointment.

INCOME TAX INFORMATION

SENIOR CIRCUIT BREAKER CREDIT

You may qualify for Senior Circuit Breaker credit on your 2013 income tax returns if you meet the following criteria: you are 65 years of age on or before December 31, 2013; you own or rent in Massachusetts as your principal residence, and; your total income does not exceed \$55,000 if you are single, \$82,000 if you are married filing jointly, \$69,000 if you are the head of household, and if your assessed real estate valuation does not exceed \$700,000. For more information, check out the www.mass.gov/dor/seniors website for full details or call customer service at 617-887-6367 or toll-free in Mass. at 800-392-6089.

PUBLIC SAFETY INFORMATION AND SCAM WARNINGS

A NEW WAY TO REPORT FRAUD

Fraud remains a huge and frustrating problem – encompassing predatory schemes from phony investments and bogus lotteries to identity theft and Social Security fraud – and it is often underreported, so it is hard to know the extent to which it has grown. Older people are especially vulnerable to scams, and in some cases, financial exploitation or misjudgment can be early warning signs of dementia. A new antifraud hotline has been started by the Senate Special Committee on Aging. Though this will not solve the problem of fraud, this will give harried seniors and family members a place to turn for some assistance in reporting phony schemes. A toll-free call to 1-855-303-9470 between 9 a.m. and 5 p.m. Eastern time will put you in touch with committee investigators who will funnel complaints to the proper state or federal authorities. You can also contact the investigators through the committee's website at www.aging.senate.gov/fraud-hotline.

AVOIDING SCAMS AND TROLLS ON TWITTER

Not long ago, Twitter was a novelty social media site that average users thought was silly. Now the microblogging tool is a vital news source and publishing platform, letting anyone share information and opinions from almost anywhere. But as is the case with every emergent trend on the Internet, Twitter is also populated by scammers and so-called “trolls,” people who harass and provoke others with posts that range from the annoying to the profane. And what's more, that security risk is essentially built into Twitter – its public-facing nature allows anyone to follow or mention anyone else which means that users have little control over who can read their tweets, or who is tweeting about them. Specifically blocking individual users is the only ingrained privacy protection. It is always important to have a backup system for your computer, and the following tips can assist in helping you keep your personal data safe and secure: know how and when to “block” unwanted and potentially malicious followers; use strong and long passwords to help keep from being

hacked; beware of trending topics that can be hijacked by Twitter users; don't trust URL shorteners; don't share personal information, and; don't use public WiFi.

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 16

Beef Teriyaki Stir Fry with Vegetables

Asian Rice

Dinner Roll

Pears

Tuesday, December 17

Chicken Vegetable Soup

Breaded Baked Chicken

Whipped Potato

Multigrain Roll

Fresh Fruit

Wednesday, December 18

Macaroni and Cheese

Escalloped Tomatoes with Spinach

Muffin

Arctic Ice

Thursday, December 19

Happy Birthday

Roast Pork with Apple Gravy

Oven Roasted Potato

Roman Blend Vegetables

Snowflake Roll

Birthday Cake

Friday, December 20

Italian Style Spaghetti with Meat Sauce

Tuscany Blend Vegetables

Whole Wheat Roll

Mixed Fruit