

HISTORY-HUMOR-HOSPITALITY OF NEW ENGLAND

On Thursday, January 21st at 10:00 a.m., the senior center welcomes Alison O’Leary, award-winning travel writer and journalist, and co-author of the book “Inns and Adventures: A History and Explorer’s Guide to New Hampshire, Vermont and the Berkshires.” New England’s woods and wild places are full of stories: cannibalism in Vermont, Thoreau’s cold and lonely night on Massachusetts’ Mt. Greylock, an Eskimo in New Hampshire. There are also cozy inns where travelers can benefit from local knowledge of innkeepers and enjoy locally-grown, home cooked fare. Alison and her co-author Michael J. Tougias have visited each inn and have taken every hike outlined in their book, but have difficulty choosing favorites. Alison’s “Hidden Gems” presentation traces the history of areas large and small, from the reasons behind the creation of the White Mountains National Forest to the struggle of innkeepers trying to hold onto family-owned property. If you’d like to join us for this free program which includes a lot of fun and funny historical tidbits from New Hampshire, Vermont and the Berkshires, please call us at 508-543-1252 to reserve yourself a seat.

Monday, December 28

Coffee Connection 8:30 a.m. to 3:30 p.m.

Jay Barrows Office Hour 9:30 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 29

Coffee Connection 8:30 a.m. to 3:30 p.m.

NO Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, December 30

Coffee Connection 8:30 a.m. to 6:00 p.m.

Stop & Shop (in lieu of Friday) 8:30 a.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Coffee and Conversation with the Town Manager 12:30 p.m.

Country Line Dancing 2:00 p.m.

Thursday, December 31

Coffee Connection 8:30 a.m. to noon

New Year’s Eve

Senior Center closes at 12:30 p.m.

Friday, January 1

New Year’s Day

Senior Center closed

SPECIAL PROGRAMS

GARY HYLANDER’S LECTURE ON “WATER FOR ELEPHANTS”

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, January 20th at 4:30 p.m. for a literature lecture on the novel “*Water for Elephants*.” This novel is the story of the memories of ninety-something -year-old Jacob Jankowski. As a young man, fate brought Jacob onto a rickety train that was home to the

Benzini Brothers Most Spectacular Show on Earth. To Jacob, the world of the circus was both salvation and a living hell. It was the early part of the Great Depression, and Jacob was thankful to have a job because his luck had run out, he was orphaned and he was penniless. It was there that Jacob meets Marlena, the star of the equestrian act. And there he also met Rosie the elephant, the “great gray hope” and the new act that was going to be the salvation of the circus; the only problem was, Rosie didn’t have an act and couldn’t follow instructions. The bond that grew among this unlikely trio was one of love and trust, and ultimately, their only hope for survival. If you’d like to join us for this program in Gary’s literature lecture series, please call the senior center at 508-543-1252 to sign up in advance.

“GREAT TRAINS & GRAND CANYONS 2016” TRIP PRESENTATION

Our Travel Agent from Tours of Distinction will be at the senior center on Thursday, January 14th at 3:00 p.m. to tell us about our upcoming “Big Trip” in 2016 to Arizona which will feature a trip on the Grand Canyon Railway. This 6 day / 5 night trip is planned for October 2nd through the 7th. We will fly into Phoenix Airport and then travel out to Sedona where we’ll be spending five nights in a picturesque resort hotel. At this trip presentation meeting you will have the opportunity to review the itinerary for the trip and ask any questions you may have. The sign up for this trip will begin on Wednesday February 3rd.

MEDITATION AND RELAXATION SERIES

The holiday season is a fun and festive time of year, but it can also be both stressful and exhausting! To help us “decompress” as we start the New Year, we’ll be offering a weekly series of programs of Meditation and Relaxation at the senior center on Wednesday afternoons at 2:30 p.m. during the month of January. Our first class of the series on January 6th will start with an adult coloring class. Colored pencils and coloring books are part of a new therapeutic model to relieve stress and are thought to help people suffering from a variety of health ailments. Coloring is soothing, comforting and surprisingly relaxing. We have colored pencils for use during the class, but feel free to bring your own markers or colored pencils with you if you’d like. There is a \$4.00 fee for each participant to cover the cost of the coloring book. Participants will be able to take their coloring book home to continue to practice this form of relaxation. The sessions offered on January 13th, 20th and 27th will be classes on mediation led by our Chair Yoga instructor Michelle Lawlor. Meditation is about training your brain to bring your thoughts and feelings into awareness: it’s about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. Similar to how we do bicep curls to develop our arms, meditation tones and strengthens the mind. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is not a part of any religion; it is a Science. Science has shown that your mind and body benefits from taking time out of your daily life to shut down and meditate. Come join us as we work to get our minds into shape for the New Year. Class size for the Meditation and Relaxation Series is limited, so please call us at 508-543-1252 to reserve your spot.

JACK CRAIG’S “BEST OF BROADWAY” SERIES

Join us on Wednesday, January 13th at 4:30 p.m. as we welcome Jack Craig back to the senior center for another one of his programs on “The Best of Broadway.” From “Second Hand Rose” (1921) through “Memory” (1982), the songs in this program celebrate the high points of American musical theatre. Standout productions like “Showboat,” “South Pacific,” “My Fair Lady” and “Hello Dolly” are all included, as well as unique hits from writers such as Noel Coward, Kurt Weil and Irving Berlin. This program concentrates on the “golden age of musicals” by Rodgers and Hammerstein, Lerner and Loewe, and Stephen Sondheim – but all of the 24 songs you will be singing are classics! Give us a call at 508-543-1252 to sign up.

JUDITH KALAORA PERFORMS AS HEDY LAMARR

When you hear the name Hedy Lamarr, whom do you see? A smoldering bejeweled temptress, perched on velour cushions in the 1949 Hollywood classic “Samson and Delilah”? Or, a demure and professionally clad inventor, deep in the throes of ingenuity, embarking on scientific ideas that were generations ahead of her time? Hedy Lamarr was not only a great star in Hollywood’s Golden Age of Cinema, she was also devoted to helping the Allies beat the Nazi forces of World War II. Whether she was selling war bonds for \$50,000 a kiss, or inventing a secret communication system with the help of American composer George Antheil, Hedy Lamarr

knew she was so much more than just a glamorous girl. Join History-at-Play character actress, Judith Kalaora, as she returns to the senior center at 1:00 p.m. on Thursday, January 14th and transforms herself into Hedy Lamarr, the young Austrian refugee who became the Most Beautiful Woman in the world and the inventor of technology that changed our world. If you'd like to join us for this program and want us to save you a seat, call the senior center at 508-543-1252 to sign up in advance.

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 January 6th and 7th the featured program will be Jack Craig's "Songs with the Word Smile." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

UNDERSTANDING REAL ESTATE TAX RELIEF PROGRAMS

Deborah Cochrane from the Foxborough Tax Assessors' Office will be here at the senior center for an informational program on Thursday, January 7th at 10:00 a.m. She will be speaking on real estate tax exemptions that are available to qualifying Foxborough residents who may be eligible for tax assistance. Widows, seniors, veterans, those who suffer from blindness, etc. may find that they are eligible for some tax relief. This is your chance to ask Debbie any questions you may have regarding local real estate tax rates and find out if you qualify for any of the available tax assistance programs. Please call the senior center at 508-543-1252 to let us know if you'll be joining us.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Tuesday, December 30th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 12th 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.

LIFE AFTER LOSS BEREAVEMENT GROUP

All who have experienced the death of a loved one and are in need of a compassionate, safe place to express their grief, are invited to attend your choice of bereavement groups sponsored by Seasons Hospice & Palliative Care. At 6:00 p.m. on the third Thursday of every month, the Life after Loss Bereavement Support Group meets at The Village at Willow Crossing, 25 Cobb St., Mansfield, MA. At 6:30 p.m. on the 2nd and 4th Tuesday of each month (starting January 12th), the Life After Loss Bereavement Group will meet at 1 Edgewater Drive #103 in Norwood. If you are interested in registering to attend one of these groups or would like more information, please call Nancy Sherman, Director of Supportive Care, at 617-454-0200.

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 January 5th and 21st. 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.

REGULARLY SCHEDULED

ZUMBA CLASSES

Zumba Gold classes are held in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and will be held on Wednesday morning, December 30th from 11:30 a.m. to 12:30 p.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. Starting in January, the classes will be held on Tuesday mornings only. There is a \$2 charge for each class.

GREETING CARD-MAKING CLASS

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon. The fee is just \$1 per class and will cover your supplies and the instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

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 28th. 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.

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. There is a \$2 charge for each class. 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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

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 5th 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:
December 30 – Stop and Shop at 8:30 a.m.

January 6 - Target

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 28

Teriyaki Chicken
Asian Rice
Oriental Blend Vegetables
Whole Wheat Bread
Peaches
Calories 263
Sodium 597

Tuesday, December 29

Swedish Meatballs
Egg Noodles
Scandinavian Vegetables
Oatmeal Roll
Mandarin Oranges
Calories 420
Sodium 372

Wednesday, December 30

Pork Lo Mein
Winter Blend Vegetables
Multigrain Roll
Birthday Cake
Calories 394
Sodium 269

Thursday, December 31

California Chicken Salad
Pasta Salad
Cole Slaw
Pita Bread
Strawberry Cup
Calories 324
Sodium 476

Friday, January 1

New Year's Day
No Meals Served