

## **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](mailto:klevy@town.foxborough.ma.us)

### **Monday, December 9**

Ceramics 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, December 10**

Stretch & Balance 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, December 11**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba 1:00 p.m.

Walmart 1:00 p.m.

### **Thursday, December 12**

Friends' Holiday Party 1:00 p.m.

### **Friday, December 13**

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

## **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.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, December 10th from 10:00 a.m. to 12:00 noon. 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.

## **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 11th and Thursday, December 12<sup>th</sup> a program on Emergency Preparedness will be featured. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **SPECIAL EVENTS AND PROGRAMS**

### **THE FRIENDS' HOLIDAY PARTY**

Come join in the fun at the senior center on Thursday, December 12<sup>th</sup> from 1:00 p.m. to 3:00 p.m. as we gather for our annual holiday party sponsored by the Friends of Foxboro Seniors. Get into the holiday spirit as we enjoy a special time together filled with treats to eat and entertainment too. Mel Simons, "The King of Nostalgia," will perform a holiday-themed show for us. If you'd like to join us for this festive event, please call the senior center at 508-543-1252 to sign up by Monday, December 9<sup>th</sup>. The price of admission is a donation to the Foxboro Food Pantry. This year, the food pantry is in need of the following items: canned beef stew, boxed stuffing mix, canned soup, canned vegetables, "kid friendly" cereal, toilet tissue and bottled fruit juice. Don't miss out on this holiday celebration!

## **REGULARLY SCHEDULED**

### **CLASSIC MOVIE DAY**

This month's Classic Movie Day is scheduled for Tuesday, December 17<sup>th</sup> 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.

## **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class, we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. The class is open to both men and women, so come join us! It is a great opportunity to get in shape and have lots of fun at the same time.

## **PAINTING WITH BOB MCLEOD**

It's time again to come and explore your artistic talents at the senior center. You will amaze yourself when you leave this class with a fantastic oil painting that has been done by you. Come and enjoy a painting class with Bob McLeod and you'll want to come back for more. This class is for everyone, not just the experienced, so give it a try! Bob's next visit to the senior center will be on Wednesday, December 18<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, so call the senior center at 508-543-1252 to sign up for the class.

## **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.

### **CERAMICS**

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided, and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

### **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, December 18<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational sessions.

### **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 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 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.

### **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. 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 at 508-543-1252 to arrange for a ride.

December 11 Walmart

December 18 Target

### **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM**

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,065 for a one person household, \$41,932 for two people, \$51,798 for three people, \$61,664 for a four 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 are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

### **MEDICAL INFORMATION AND SERVICES**

#### **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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. Appointments are being scheduled on December 19<sup>th</sup>. 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 Maguire 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.

## **COMMUNITY BENEFITS PROGRAMS**

Norwood Hospital is offering ongoing Community Benefits programs to help promote the health and well-being of our community. Some of the following programs being offered are as follows: **Diabetes Support Group** – free, meeting on the second Tuesday of the month October through May, 6:30 p.m. to 7:30 p.m., in the RANI Conference Room at Norwood Hospital; **Domestic Violence Support Group** – free, offered at Norwood Hospital with confidential screening provided by LICSW, and; **Senior Supper Program** – Monday through Friday, 4:45 p.m. to 6:45 p.m. in the cafeteria of the Lorusso Building at Norwood Hospital, a nutritious meal is offered at a reduced cost. If you have any questions on these programs, please call Margaret Lutz at 781-278-6024 or visit the website at [www.Norwood-Hospital.org](http://www.Norwood-Hospital.org).

## **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](http://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**

### **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.

### **PHISHING SCAM**

Phishing scams are a well-known form of scam. Someone may call you on the telephone pretending to want to help you. Ignore phone calls claiming to be from “Microsoft” wanting to fix errors coming from your computer. The caller will say that they “work with Microsoft to resolve issues” and asks respondents to log on to correct problems. This is a scam! Do not follow their directions or advice and do not provide any information to them. Just hang up!

## **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 9**

American Chop Suey

Green & Wax Beans

Wheat Bread

Pudding

**Tuesday, December 10**

Beef Stroganoff  
Red Bliss Potato  
Tarragon Carrots  
Whole Wheat Roll  
Fresh Fruit

**Wednesday, December 11**

Roast Turkey with Gravy  
Cranberry Sauce  
Whipped Potato  
Winter Squash  
Snowflake Roll  
Holiday Jello Cake

**Thursday, December 12**

Chicken Fillet with Honey Mustard  
Rice Florentine  
Zucchini and Tomato  
Multigrain Roll  
Mixed Fruit

**Friday, December 13**

Crunchy Lite fish  
Tartar Sauce  
Lyonnais Potato  
Chuck Wagon Vegetables  
Whole Wheat Bread  
Strawberry Cup