

SIGN UP FOR A CAPE MAY & RADIO CITY HOLIDAY TRIP

It's not too early to start making plans for the 2016 holiday season! On Monday, November 28, 2016, we'll be traveling by motorcoach down to the southern tip of New Jersey to the seaside resort of Cape May for a 3 day / 2 night visit. In the 1800's, Cape May was the top vacation spot of choice for the rich and famous. Today it still captivates visitors with its Victorian grandeur, and the entire town is on the National Register of Historic Places. The beautiful holiday decorations make Cape May a popular destination during the holiday season. We'll be spending 2 nights at The Grand Hotel, an oceanfront hotel on Scenic Beach Drive, and on our 1st evening we will be having dinner at the Washington Inn. On day 2, we'll experience the Victorian side of Cape May with a guided tour through the Emlen Physick Estate. We'll visit the Carriage House Art Gallery, view the Cape May Lighthouse on Delaware Bay, and visit the Washington Street Mall, a nostalgic, old fashioned Main Street that runs through the center of town. There will also be a Trolley Ride through the streets of Cape May followed by dinner at the popular Union Park Restaurant. After breakfast on day 3, we're off to New York City. Lunch is included at the Chart House in Weehawken, with a magnificent view of Manhattan across the river. After lunch, we're off to the famous Radio City Music Hall for the 2016 Christmas Spectacular with The Rockettes. The cost for this trip is \$629 per person for a double, \$729 per person for a single and \$619 per person for a triple. If you'd like to join us for this special holiday season trip, please call the senior center at 508-543-1252. Sign-up will begin on Wednesday March 2nd. Tickets for the Christmas Spectacular have to be purchased well in advance, so please don't delay in signing up if you'd like to travel with us.

Monday, February 29

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

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Rewind Video Series 2:30 p.m.

Tuesday, March 1

Trip to Foxwoods 7:45 a.m.

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

Stretch & Balance 8:30 a.m.

Coffee with Chris 9:00 a.m.

Zumba Gold 9:45 a.m.

SHINE by appointment 10:00 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, March 2

Sign Up for the Trip to Cape May 8:00 a.m.

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

Strength Training 8:30 a.m.

Cholesterol Clinic 9:00 to 11:00 a.m.

NO Chorus Today

Computer Class 11:30 a.m.

Mansfield Crossing 1:00 p.m.

Colorist Club 2:00 p.m.

Norfolk County Register of Deeds Program 4:30 p.m.

Thursday, March 3

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

"First Ladies" Part 1 with Patricia Perry

Five Wishes Program with Pam McGuire 1:00 p.m.

Friday, March 4

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

NORFOLK COUNTY REGISTER OF DEEDS

As part of his consumer outreach initiative, Norfolk County Register of Deeds William P. O'Donnell and his staff will be at the Foxborough Senior Center on Wednesday, March 2 at 4:30 p.m. The short speaking program will touch on the historical nature of the Registry and the Register's efforts to modernize and computerize the vast number of Norfolk County real estate records. Following his remarks, the Register will be available to answer individual questions. Members of the Register's staff will also be available to assist in providing information about the Massachusetts Homestead Act. On-site work stations will be available to provide the status of a mortgage discharge, print a copy of your deed or provide a demonstration on how the Registry's On-Line Land Records database works. This program is sponsored by the Norfolk County registry of Deeds and it is Register O'Donnell's goal to provide a convenient way for residents to learn more about how the Registry serves them as it conducts business closer to their homes, saving residents time and money. Please give us a call at 508-543-1252 to sign up for this program.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the first Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center at 9:00 a.m. on Tuesday, March 1. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for 2016.

BINGO – BRING A FRIEND – ALL ARE WELCOME

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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, March 1st 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.

PATRICIA PERRY'S PROGRAM ON AMERICA'S FIRST LADIES

Although it's the President of the United States who runs for office, his wife also becomes a very public figure, often times, to her dismay. Many a First Lady has shed a tear or two upon learning of her husband's election victory. On Thursdays, March 3rd and 10th at 10:00 a.m., Patricia Perry will be at the senior center to present her 2-part program on "First Ladies." This show looks at the personal trials, triumphs and private details of our very public First Ladies. The topic is broken into 2 separate shows. First Ladies Part I includes Martha Washington to Clara Cleveland, and First Ladies Part II includes Ida McKinley through Michelle Obama. If you'd like to join us for this special program, please call us at 508-543-1252 to sign up and we'll save you a seat.

FIVE WISHES PROGRAM WITH PAM MCGUIRE

Five Wishes is an easy-to-use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. It helps you to express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living wills because it speaks to all a person's needs: medical, personal, emotional and spiritual. On Thursday, March 3rd at 1:00 p.m.,

Community Social Worker Pam McGuire will present an informational workshop on the Five Wishes Program. Pam will have copies of the Five Wishes document and will go through the options you have as you prepare this document that will speak for you if there is a need in the future. Please call us at 508-543- to sign up if you'd like to attend this program.

RELAXATION AND MEDITATION SERIES

We've had great success with our series of Relaxation and Meditation Workshops held at the senior center, so we're adding an additional 4-week session to be held on Mondays in March (the 7th, 14th, 21st and 28th) from 1:00 to 2:00 p.m. Each session will be led by our Chair Yoga instructor Michelle Lawlor. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program 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. 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 benefit 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. Class size for the Relaxation and Meditation Workshops is very limited, so please call us at 508-543-1252 to reserve your spot. Please bring your own coloring book. We have a limited supply of books available for \$4.00 each.

JACK CRAIG'S IRISH SONGBOOK

Jack Craig will be at the senior center at 10:00 a.m. on Wednesday, March 9th for a "You Pick 'Em Irish Songbook." Lyric booklets with dozens of favorite Irish and Irish/American songs will be provided to all audience members. Participants will then have the opportunity to peruse the booklets and pick their favorite song(s) to sing. Then Jack will have some anecdotal information about each of their song choices. Get into the mood for St. Patrick's Day and come join us for a great morning program of Irish "Music – With Class!" Please call us at 508-543-1252 to sign up.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 5:00 p.m. on Wednesday, March 9th to present another program in his series of history lectures. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

ST. PATRICK'S DAY WITH ERIC WELD

On St. Patrick's Day, everyone can claim to be Irish! Join us at the senior center on Thursday, March 17th at 11:00 a.m. as we celebrate St. Patrick's Day with music and songs performed by Eric Weld. Get into the spirit of the day and come sing along with Eric or just sit and get your feet tapping. Call us at 508-543-1252 if you'd like us to save you a seat.

REWIND

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library of programs that have been held at the senior center, and we'll be viewing videos from "The Great Courses" program of the Kastrenos video library series. On Monday, February 29th at 2:30 p.m., our video will be of the Men's Breakfast held on February 19th, 2015 with Guest Speaker Jeff Peterson. Jeff's program was on the "Legendary Locals of Foxborough."

CLASSIC MOVIE DAY

The featured movie classic for the month of March will be "On the Waterfront" and is scheduled for Tuesday, March 8th at 12:30 p.m. Ex-fighter Terry Malloy (Marlon Brando) could have been a contender, but now toils for boss Johnny Friendly (Lee J. Cobb) on the gang-ridden waterfront. Terry is guilt-stricken, however, when he lures a rebellious worker to his death. But it takes the love of Edie Doyle (Eva Marie Saint), the dead man's sister, to show Terry how low he has fallen. When his crooked brother Charley the Gent (Rod Steiger) is brutally murdered for refusing to kill him, Terry battles to crush Friendly's underworld empire. This

unforgettable drama about Terry's redemption is among the most acclaimed films of all time. So feel free to bring your lunch to enjoy ahead of time in our Coffee Connection at the senior center and then enjoy a great film classic. If you'd like to join us, please call 508-543-1252 to sign up.

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 March 2nd and 3rd the featured program will be the literature lecture by Gary Hylander on "For Whom the Bell Tolls." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SENIOR CENTER INCLEMENT WEATHER POLICY

If the Foxborough schools are cancelled due to inclement weather, then the activities, Human Services appointments and transportation at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when senior center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough's children to attend school. So, please remain safe and warm at home.

TRAVEL INFORMATION

TRIP TO THE PRODUCTION OF "SAMSON" / LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10th. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance is 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 for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings, beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, March 2 from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There

is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, March 8th 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.

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 March 1st and 17th. 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 an appointment.

REGULARLY SCHEDULED CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

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. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This 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.

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 a 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:

March 2 – Mansfield Crossing/Kohl's

March 9 – Job Lot / Dollar Store

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$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, February 29

Chicken Stew with Vegetables
Cheesy Mashed Potato
Whole Wheat Roll
Mixed Fruit

Tuesday, March 1

Shepherd's Pie
Green Beans
Oatmeal Bread
Peaches
Sodium 413
Calories 596

Wednesday, March 2

Orange Tarragon
Roast Chicken
Broccoli
Red Bliss Potato
Multigrain Roll
Brownie
Sodium 762
Calories 545

Thursday, March 3

Apple Cider
Beef Stew
Mashed Potato
Dinner Roll
Sodium 457
Calories 611

Friday, March 4

Rainbow Trout with Herb Sauce
Rice Pilaf
Roman Blend Vegetables
Whole Wheat Bread
Banana
Sodium 473
Calories 525