

PROFESSIONAL FOOT CARE

Starting on Wednesday, Jan.16, and continuing every 3rd Wednesday each month, a Professional Foot Care program will be offered at the senior center. This program is run by a registered nurse, and the services will include assessment, nail clipping/filing, corn and callus reduction, and foot massage. The cost for each 30 minute appointment is \$30. Call us to schedule an appointment.

Monday, Dec. 31

Coffee Connection 8:30 a.m. to 12:00 noon; Stop & Shop 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Diabetes Prevention Program 2:15 a.m.

Tuesday, Jan. 1

Office Closed – Happy New Year!

Wednesday, Jan. 2

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; No Chorus; Trader Joe's/Christmas Tree Shop 1 p.m.; Colorist Club 2 p.m.

Thursday, Jan. 3

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Movie Day – “Oceans 8” 1 p.m.; Computer Class 2 p.m.

Friday, Jan. 4

Coffee Connection 8:30 a.m. to noon; Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

THE SINGO CHALLENGE

Join us for some SINGO fun on Wednesday, Jan 9 at 4 p.m. when “Jim the DJ Guy” will be at the senior center once again to host an afternoon of SINGO. SINGO is a new spin on the traditional game of Bingo – it’s Bingo with music! Instead of listening for a number, players listen to their favorite music. Match the songs you hear to the song titles on your playing card and then... SINGO! Try something new and win some prizes. Call to sign up.

TECH 101 – COMPUTER BASICS WITH MARC

Our Director Marc Craig is offering a monthly program at the senior center that will explore the extreme basics of various computer programs. The class is free and open to all, and will meet at 10 a.m. on Friday, January 11. A different topic will be offered each month, and January’s topic is “Microsoft Word Basics.” Call to sign up.

SIGN UP FOR A TRIP TO QUEBEC CITY

Join us from June 23 – 26 in 2019 as we travel by motorcoach up to Canada for a 4 day trip to Quebec City. Experience one of the world’s most romantic cities and capture a taste of Europe without the jet lag. Travel down cobblestone streets and discover the charm of the old city. See such sites as the Citadel, the Plains of Abraham, Old Quebec and the impressive Chateau Frontenac. We’ll visit the magnificent Shrine of Ste. Anne De Beaupre, see the breathtaking view of Montmorency Falls, and you’ll have some free time to explore the city on your own. Sign up by calling the senior center. The reservation forms to be sent in with your trip deposit are available at the senior center. The cost is \$733 per person for a double, \$723 per person triple and \$1,053 for a single, gratuities included. A passport is required. Don’t miss this opportunity to discover the “joie de vivre” of French Canada.

INTRODUCTION TO AYURVEDA

Ayurveda, the “Science of Life,” is the oldest continually practiced healthcare system in the world. Join us for a one-day workshop on Friday, Feb. 8 at 10:30 a.m. for an introduction to Ayurvedic principles. When in balance, you naturally desire only that which nurtures your health and life. You flow in harmony with your body’s natural rhythms, get restful sleep, and feed your senses with experiences, tastes, touch, aromas, sound

and signs that uplift and nourish you! Take this opportunity to learn about this ancient practice. The cost is \$8 and is due at the time you sign up.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Jan. 8 from 1 to 2 p.m. The Low Vision Support Group meets on the 2nd Tuesday of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

MOVIE DAY

Join us for Movie Day at the senior center on Thursday, Jan. 3 at 1 p.m. The featured film will be “Oceans 8” starring Sandra Bullock, Cate Blanchett, Rhianna and Helena Bonham Carter. For almost 5 years, Debbie Ocean has been devising the biggest heist of her life. She knows what it’s going to take – a team of the best people in the field. Their goal is to steal a Cartier necklace, worth more than \$150 million, from the Met Gala! We will supply the popcorn, so call us to sign up. Transportation is available.

ART CLASSES WITH ALLIE

The next 6-week series of Art classes with Allie at the senior center will begin on Thursday, Jan.3 and continue every Thursday through Feb. 7, from 9 to 11 a.m. You must bring your own acrylic paints in primary colors, assorted brushes (flat & round tip), canvas, table top easel, palettes, pencil, eraser & ruler. The cost for the 6 sessions is \$30 per person and must be paid by Monday, Dec. 31. Call to sign up.

SIGN UP FOR AZORES TRIP IN 2019

We are still taking names for our 2019 trip to the island of Sao Miguel in the Azores from Sept. 15 through Sept. 22, 2019. Sao Miguel is an exotic Azorean island only 4 ½ hours from Boston, and we will be spending a memorable week exploring breathtaking volcanic craters, luxuriant gardens, mineral hot springs and incredible costal vistas amid an ideal climate. The cost for this 8 day/6 night trip is \$2,428 per person double/triple occupancy and \$2,818 per person for a single. Early reservations are eligible for a \$50 per person discount. It has been said that this destination encompasses the best of Hawaii and Ireland, all rolled into one incredible vacation! If you’d like to join us, call to sign up.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Jan. 16 at 1 p.m. at Jake n Joe’s. Sign up is required by Friday, Jan. 11. Van transportation arrangements must be made by Friday, the 11th.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Jan. 8 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for 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. SHINE counselors are available on Wed. Jan. 9 and Thurs. Jan 17. This 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. Call for an appointment.

FRIENDS’ BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Jan. 8 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Jan. 2 - Trader Joe's/Christmas Tree Shop, Jan. 9 - Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

WEEKLY EXERCISES

Chair Yoga, Mondays at 9:15 a.m.; Senior Fitness, Fridays at 9 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

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

To view the monthly mealsite menu, log on to the HESSCO website at www.hessco.org If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at www.foxboroughma.gov or call at 508-543-1234.