

## **A MATTER OF BALANCE**

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, "A Matter of Balance: Managing Concerns About Falls" is a program for you. This free 8-week evidence based workshop is being held at the senior center from 2 to 5 p.m. on the following Wednesdays: Feb. 21, 28, March 7, 14, 21, 28 and April 4, 11. People who develop a fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Participants in this workshop will learn to set realistic goals to increase strength and balance. If you're interested in joining us, you must commit to at least 6 of the 8 weeks of classes. Incentives are built in to reward you for your attendance. Seating is limited. Call to sign up.

### **Monday, Feb. 5**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.

### **Tuesday, Feb. 6**

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep. by appointment only 8:30 a.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Feb. 7**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Kohl's 1 p.m.; Gym Fitness at Foxboro Charter School 1:45 p.m.; Colorist Club 2 p.m.; Cupcake Decorating Class 3:30 p.m.

### **Thursday, Feb. 8**

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep. by appointment only 8:30 a.m.; Art with Allie 9 a.m.; Jack Craig's Music with Class 10 a.m.; Tricia Silverman's Nutrition Hour 11:30 a.m.; Computer Class 1:40 p.m.

### **Friday, Feb. 9**

Coffee Connection 8:30 a.m. to 12:00 noon; Stop & Shop 8:30 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Crafters' Corner 10:30 a.m.

## **COMMUNITY KINDNESS PROJECT – ROCK PAINTING**

Join us for a fun intergenerational event during school vacation week on Wednesday, Feb. 21 from 10 a.m. to noon as we partner with participants from Foxborough's Recreation Department to paint "Kindness Rocks." Kindness Rocks are rocks painted with colorful designs and heartfelt sentiments. COA Executive Director Vicki Lowe and Recreation Director Deb Giardino will be there to lead the way and show us how to get started. This program is free, all supplies are provided, and you may keep the rocks that you paint, or distribute them around town with us. Sign up is required

## **NAME THOSE TUNES WITH JACK CRAIG**

Enjoy some musical fun with Jack Craig on Thursday, Feb. 8 at 10 a.m. as he leads us in playing "Name Those Love Tunes and Sing Them Too!!" - his version of the TV game "Name That Tune." The game will include an assortment of 20 different "Love" songs to be named. But the best part of the program is when you get to sing all of the songs that were included in the game, and hear some interesting anecdotal information about them. Call us to sign up.

## **NUTRITION POWER HOUR WITH TRICIA SILVERMAN**

Tricia Silverman is back at the senior center by popular demand! Don't miss her upcoming Nutrition Power Hour programs on Thursdays, Feb. 8 and March 1 at 11:30 a.m. The topic for Feb. 8 is "The Mediterranean Pathway to Healthier Living." Learn about the delicious components and benefits of the Mediterranean diet. See why those following the Mediterranean diet have less heart disease and lower death rates than those following a typical American diet. Tricia will share easy ways to incorporate healthful Mediterranean foods

into your own diet and enjoy a fun olive oil tasting as part of this seminar. Call us to sign up and join us for Tricia's informative and always interesting nutritional programs.

### **TRIP TO WASHINGTON DC IN THE SPRINGTIME**

We're off to see the cherry blossoms and visit the sights in Washington DC for a 4 day/3 night trip **from April 5 through April 8.** (We're leaving one day earlier than originally scheduled.) Join us as we leave Foxborough by motorcoach and we tour our nation's capital. We'll be staying in the Embassy Suites Tysons Corner and our dinner on day one is included at Ruth's Chris Steakhouse. On day 2 our guide will relate the history of this great city and show us the Capital, White House, Embassy Row, Lincoln Memorial, Vietnam & Korean War Memorials, the FDR & WWII Memorials and the Holocaust Museum with dinner at Carmine's Restaurant. On day 3 we will visit the Arlington National Cemetery, Tomb of the Unknown Soldier, the Iwo Jima and USAF Memorials. Be sure to visit the Air & Space Museum, or the Natural History Museum or the new American Indian or African American Museums while you're there. The cost for this trip is \$611 per person for a double, \$601 per person triple, and \$771 for a single. All gratuities are included. Call us to sign up and join us as we tour our historic capital city.

### **THE TABLE TOP GARDEN CLUB**

Think Spring! Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, will begin meeting once again at the senior center. It's too early to do any outside planting, but it's not too early to start planning. Join us at our meetings on Tuesdays, Feb.13 and 20 at 9:45 a.m. Everyone is welcome and new members are always encouraged to join, no previous gardening experience necessary. Call us to sign up.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, Feb. 13 from 1 to 2 p.m. The Low Vision Support Group meets on the **2<sup>nd</sup> 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! Van transportation is available for Foxboro residents.

### **SENIOR SUPPER CLUB**

Supper Club Valentine's Day Special will be held on Wednesday, Feb. 14 at 4:30 p.m. We'll be ordering pizza from a local restaurant, plus we will have salad, sweetheart cake and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

### **MEN'S CLUB BREAKFAST**

Join us for our next Men's Club Breakfast on Thursday, Feb. 15 at 9 a.m. Our guest speaker will be Bob Hickey, Executive Director of the Marilyn Rodman Center for Performing Arts (formerly the Orpheum Theater) and Foxboro Reporter columnist. The cost for breakfast is \$3 per person. The deadline for sign up for our catered breakfast and payment is noon on Friday, Feb. 9. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **INCOME TAX ASSISTANCE – AARP**

Free income tax assistance is available through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help 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 Tuesday and Thursday mornings. Call the senior center at 508-543-1234 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.

### **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 Wednesday, Feb. 14 and Thursday Feb. 15.

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.

**REGULARLY SCHEDULED  
WEEKLY EXERCISES**

Chair Yoga, Mondays at 9:15 a.m.; Gym Fitness at the Foxboro Charter School, Wednesdays at 1:45 p.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

**FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on Tuesday, Feb. 6 from 1:30 to 3 p.m. and every 1<sup>st</sup> 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 will be: Feb. 7- Kohl's, Feb. 14 - Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. and on Fridays at 8:30 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.

**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](http://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](http://www.foxboroughma.gov) or call at 508-543-1234.