

HISTORY LECTURE WITH PAOLO DIGREGORIO

Historian, archeologist and history professor, Paolo DiGregorio, will be at the senior center on Thursday, Feb. 22 at 1 p.m. The topic of his lecture will be “The Emperor: Europe in the Age of Napoleon, 1799-1815.” Napoleon Bonaparte was one of the most important political and military figures of the 19th century. He rose from obscurity in Corsica to wielding virtually total control of the continent. Yet his ambition eventually led to his downfall. Come to hear about the rise and fall of Napoleon, and the impact and legacy of his reign. This program is being sponsored by the Friends of Foxboro Seniors. Call to sign up.

Monday, Feb. 12

Coffee Connection 8:30 a.m. to 3:30 p.m.; Sen. Paul Feeny Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Blood Pressure Clinic by appointment 10 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.

Tuesday, Feb. 13

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment 8:30 a.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Classic Movie Day – “Young Frankenstein” 1 p.m.; Low vision Support Group 1 p.m.; Talespinners 2 p.m.

Wednesday, Feb. 14

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; NO Chorus ; SHINE by appointment 10 a.m.; Walmart 1 p.m.; Gym Fitness at Foxboro Charter School 1:45 p.m.; Colorist Club 2 p.m.; Senior Supper 4:30 p.m.

Thursday, Feb. 15

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment 8:30 a.m.; Art with Allie 9 a.m.; Men’s Breakfast 9 a.m.; SHINE by appointment 10 a.m.; Computer Class 1:40 p.m.

Friday, Feb. 16

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

A MATTER OF BALANCE – Don’t miss this great Falls Prevention program! Sign up now.

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.

“KINDNESS ROCK” PAINTING - COMMUNITY PROJECT

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

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.

TRIP TO WASHINGTON DC IN THE SPRINGTIME

Don't miss this opportunity to see the cherry blossoms and visit the sights in Washington DC! Join us as we travel by motorcoach and tour our nation's capital on a 4 day/3 night trip **from April 5 through April 8**. 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.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Feb. 12 and every 2nd Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

CLASSIC MOVIE DAY

February's Classic Movie Day is scheduled for Tuesday, the 13th at 1 p.m. and our featured film is the comedy "Young Frankenstein." Respected medical lecturer Dr. Frederick Frankenstein learns that he has inherited his famous grandfather's estate in Transylvania. Arriving at the castle, Dr. Frankenstein begins to recreate his grandfather's experiments and with the help of servants Igor (Marty Feldman), Inga (Terri Garr) and the fearsome Frau Blucher (Cloris Leachman) he creates his own monster (Peter Boyle). We'll supply the popcorn, so call us to sign up. Transportation is available.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Feb. 13 from 1 to 2 p.m. This meeting will be held at the Franklin Council on Aging, Low Vision Assistive Technology Center. Call Pam McGuire at the senior center for information and arrangements. 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. Your income tax forms will be prepared for you and you will learn of 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 to schedule your appointment and pick up your "Tax Preparation Packet" prior to the date of your appointment.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Monday, Feb. 12 from 10 a.m. to noon. The Blood Pressure Clinic is held once a 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 Thurs., Feb. 15, Wed., Mar. 14 & Thurs. Mar. 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.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Feb. 14 – Walmart, Feb 21 – Longhorn Restaurant. 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.

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

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.