

DANA ZAISER'S TRAVELS IN IRELAND

World Traveler Dana Zaiser will be at the senior center on Thursday, Mar. 15 at 12:30 p.m. to help us celebrate Ireland and St. Patrick's Day! Dana's program, based on his 2017 Castles and Manors trip to Ireland, will include photos, videos and historical information of the areas he visited. His travels included trips through the Irish countryside during the day, and relaxing at an old castle or historic manor at night. Some of the places he visited included the Rock of Cashel, Cliffs of Moher, Ring of Kerry, Kylemore Abbey, Phoenix Park and the Guinness Brewery. This program is sponsored by the Friends of Foxboro Seniors. Call to sign up.

Monday, Feb. 19

Presidents' Day
Office Closed

Tuesday, Feb. 20

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.; Table Top Garden Club 9:45 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Stop & Shop in lieu of Monday holiday 1 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Feb. 21

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; NO Chorus today ; Community Kindness Project – Rock Painting 10 a.m.; Longhorn Luncheon Outing 1 p.m.; TRIAD 1 p.m. Gym Fitness at Foxboro Charter School 1:45 p.m.; Colorist Club 2 p.m.; A Matter of Balance 2:00 p.m.

Thursday, Feb. 22

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.; Paolo DiGregorio History Lecture 1 p.m.; Computer Class 1:40 p.m.; COA/HS Advisory Board Mtg. 3 p.m.

Friday, Feb. 23

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.

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

A MATTER OF BALANCE – There's still room! 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.

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.

NUTRITION POWER HOUR WITH TRICIA SILVERMAN

Don't miss Tricia Silverman's upcoming Nutrition Power Hour program on Thursday March 1 at 11:30 a.m. The topic for this program is “What's in Your Food? A Closer Look at Food Additives and the Food Label.” Learn about the “*disgraceful dozen*” food additives to steer clear from in your diet. Helpful food label decoding tips will be shared. Call us to sign up and join us for another one of Tricia's informative and always interesting nutritional programs.

VETERANS' CHAT

The Coffee Connection at the senior center is always available for anyone to stop by and enjoy a cup of coffee and some conversation. On Wednesday mornings around 9:30, a group of Veterans have been gathering to enjoy the Coffee Connection together. It's a time to share some old times with fellow vets and friends old and new. If you are a Veteran and would like to join this informal group, feel free to stop by anytime, no reservation needed, and check it out. If you need transportation to the senior center, we can help with that too! Just call 508-543-1234 to book your ride.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Feb. 20 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is “open” on the 3rd Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire.

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.

TRIAD

TRIAD will be meeting on Wednesday, Feb. 21 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the council on Aging. This partnership works together to reduce criminal victimization of seniors and works to increase senior participation in crime prevention and detection programs. Join us for these informational meetings.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Feb. 26 at 9 a.m. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Feb 21 – Longhorn Restaurant, Feb. 28 - Job Lot/Dollar Store. 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.

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, Mar. 14 and Thursday, 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.

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.