

## **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 6 through April 9. 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 for this trip beginning at 8 a.m. on Wednesday, Jan 17 and join us as we tour our historic capital city.

### **Monday, Jan. 15**

Office Closed

Martin Luther King Day

### **Tuesday, Jan. 16**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Stop & Shop (in lieu of Monday) 1 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Jan. 17**

Sign up for Washington DC trip 8 a.m.; Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; NO Chorus today; Luncheon at Jake N Joe's 1 p.m.; NO TRIAD today; Gym Fitness at Foxboro Charter School today 1:45 p.m.; Colorist Club 2 p.m.; Self Defense Class for Women 4:30 p.m.

### **Thursday, Jan. 18**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art Class 9 a.m.; SHINE by appointment 10 a.m.; Assateague Island Wild Ponies Program 11 a.m.; Low Vision Support Group 1:30 p.m.; Computer Class 1:40 p.m.

### **Friday, Jan. 19**

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

## **PASTEL PAINTING WORKSHOP**

Award winning pastel artist Gregory Maichak will be at the senior center on Wednesday, Jan. 31 at 3:30 p.m. for a pastel painting workshop titled "Monet's Mirror: How to Pastel Paint Monet's Water Lilies." Join us as Greg teaches us all the necessary strokes and techniques to produce an Impressionist pastel painting. This workshop is for all skill levels and is free. All supplies, including Greg's professional-grade pastels, paper and materials, are provided, and you will take your completed pastel painting home with you. This project is supported by a grant from the Foxboro Cultural Council. Seating is limited. Call to sign up.

## **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, particularly those aged 60 and up. Your income tax forms will be prepared for you and you will learn of benefits that may be available to you. Call us to schedule your appointment with the AARP representatives who will be at the senior center on Tuesday and Thursday mornings. 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.

## **THE WILD PONIES OF ASSATEAGUE ISLAND PROGRAM**

Save the date of Thursday, Jan 18 and join us at 11 a.m. for a program by artist Rob Franco on the Wild Ponies of Assateague Island National Seashore in Eastern Maryland. These ponies have lived on this barrier island, wild and free of human interference since the 1700's – over 300 years! Their stature of short legs was developed to navigate the sand dunes and salt marshes that make up the island, and their bloated bellies are a result of foraging on salt grasses and other island vegetation. Rob's many visits to this island have allowed him to study and capture the intimate moments and interactions of these beautiful and wild creatures. Come see the artifacts that Rob has collected from the area, hear Rob's stories of these unique animals and see the ponies as they are depicted in Rob's oil paintings. Call to sign up.

### **WARMING CENTER AT THE SENIOR CENTER**

During these winter months, remember that during our regular office hours the senior center is a "warming center" for all those who would like some respite from the cold temperatures. Even on days when the activities at the senior center are cancelled and the office is open, you are welcome to join us here. The senior center opens Monday through Friday at 8 a.m., closes at 4 p.m. on Mondays, Tuesdays and Thursdays, closes at 6:30 p.m. on Wednesdays, and closes at 12:30 p.m. on Friday. The Public Safety Building is also a warming and charging center and is open 24 hours each day.

### **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

On Tuesday, Jan. 16 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 3<sup>rd</sup> 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.

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Jan. 17 at 1 p.m. at Jake n' Joe's in Foxboro. Sign up is required by Friday, Jan 12. Van transportation arrangements must be made by Friday, the 12<sup>th</sup>.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Thursday, Jan 18 at 1:30 p.m. Starting in February, the Low Vision Support Group will be meeting on the 2<sup>nd</sup> Tuesday of each month from 1 to 2 p.m. 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.

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

Join us for our next Men's Club Breakfast on Thursday, Jan. 25 at 9 a.m. Our guest speaker will be State Senator Paul Feeney. The cost for breakfast is \$3 per person. The deadline for sign up and payment is noon on Friday, Jan 19. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **SHOPPING**

Our upcoming Wednesday afternoon outings will be: Jan 17 – Jake N' Joe's Restaurant, Jan 24 – 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 Thursday, Jan 18. 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 9:30 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](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.