

## **TRIP TO THE NEWPORT PLAYHOUSE**

We still have some openings for our trip to the Newport Playhouse on Thursday, April 11. Our motorcoach will depart for Newport RI at 10 a.m. from the side parking lot of St. Mary's Church, 58 Carpenter Street. At the playhouse, we will have an extensive buffet lunch including a large variety of hot and cold foods, main entrees and homemade desserts. After lunch we'll enjoy the comic play "Clothes Encounters" in the theater, followed by a cabaret performance by the cast members. The cost for this day trip is \$92 for Foxborough residents and \$97 per person for non-residents. Payment is due at the time you sign up, but no later than March 22. Don't miss this trip filled with lots of laughs and a great meal!

### **Monday, Feb. 11**

Senator Paul Feeney Coffee 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

### **Tuesday, Feb. 12**

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; Ukulele Lessons 12:30 p.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.

### **Wednesday, Feb. 13**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; SHINE by appt. 10 a.m.; Union Straw Luncheon 1 p.m.; Colorist Club 2 p.m.

### **Thursday, Feb. 14**

Art with Allie 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg Lessons 11 a.m.; Soup/Sandwich & a Movie – "Star Wars – The Force Awakens 12:30 p.m."; Computer Class with Charter School Students 2 p.m.

### **Friday, Feb. 15**

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

## **LIFE REVIEW**

Do you have a great story or memory that you've always wanted to share? Telling life stories creates a sense of purpose, excitement and fun. Imagine the pleasure of knowing your life stories have been recorded, edited and preserved for future generations. This Life Review program will allow seniors a chance to tell an interesting story from their life, while being recorded. Seniors will be provided with a digital file that they can share with loved ones. Call us or stop by to set up an appointment to schedule your Life Review!

## **SOUP/SANDWICH AND A MOVIE**

Join us for a light lunch followed by a movie on Thursday, Feb. 14 beginning at 12:30 p.m. Prior to the film, we will serve soup and a sandwich for lunch, for a suggested donation of \$2. Following lunch, the featured film will be "Star Wars – The Force Awakens." Thirty years after the defeat of the Galactic Empire, the young duo of Rey (Daisy Ridley) and Finn (John Boyega) join forces with Han Solo to help the Resistance and find Luke Skywalker, the last of the Jedi Knights. Call us to sign up. Transportation is available.

## **RIDE SHARING INFORMATIONAL PROGRAM**

"Uber" and "Lyft" don't have to be scary words! Join us on Wednesday, Feb. 27 at 3:30 p.m. for a class that will teach us all the ins and outs of ride sharing services such as Uber and Lyft. By the end of the class, you'll be able to book your own ride across town with ease. You don't have to be "tech savvy" but you should be able to be comfortable navigating your own personal smart phone (iPhone or Android). Call us to sign up.

## **"FOUNDRY FIVE" WOODWIND QUINTET PERFORMANCE**

The Foundry Five is a woodwind quintet comprised of underclass musicians from Foxborough High School and the Foxborough Regional Charter School. They will be performing at the senior center on Wednesday, Feb. 27

at 5 p.m. after February's Senior Supper. If you would like to attend the performance, but will not be attending the Senior Supper, please call to sign up.

### **SENIOR SUPPER CLUB**

Senior Supper Club will be held at the senior center on Wednesday, Feb. 27 at 4:30 p.m. Our menu will include chicken bruschetta, sweet potato, green beans, sweetheart cake, roll and milk. A voluntary donation of \$3 per person can be given that evening. Musical entertainment by the Foundry Five woodwind quintet. Space is limited, so call to reserve your seat.

### **SENATOR PAUL FEENEY'S COFFEE HOUR**

State Senator Paul Feeney will be at the senior center on Monday, Feb. 11 and every 2<sup>nd</sup> Monday of the month at 9 a.m. Call to sign up and take advantage of this chance to get to talk to our state senator and have your concerns heard.

### **TABLE TOP GARDEN CLUB**

Think Spring! Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, will begin meeting once again. 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. 12 and 19 at 9:45 a.m. Everyone is welcome and new members are always encouraged to join, no previous gardening experience necessary. Call to sign up.

### **AYURVEDIC DAILEY ROUTINE**

Join us for a one-day workshop, "Ayurvedic Daile Routine," on Friday, Feb. 22 at 10:30 a.m. This is a follow-up course to "Intro to Ayurveda." In this class we will learn to ride nature's waves so we can effortlessly float through each day. By understanding the functioning of the human body as it relates to the Ayurvedic Clock, one can make mindful choices throughout the day. 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, Feb. 12 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! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, Feb. 12 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2<sup>nd</sup> 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. Feb. 13 and Thurs. Feb. 21. 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 at 1 p.m. are on the following: Feb. 13 – Union Straw luncheon, Feb. 20 - Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](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.