

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.

Monday, Feb. 25

Rep. Jay Barrows’ Office Hour 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. 26

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Ukulele Lessons 12:30 p.m.; Talespinners 2 p.m.

Wednesday, Feb. 27

Strength Training Class 8:30 a.m.; Hearing Health by appt. 10 a.m.; NO Chorus today; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Ride Sharing Program 3:30 p.m.; Senior Supper 4:30 p.m.; Foundry Five Performance 5 p.m.

Thursday, Feb. 28

Art with Allie 9 a.m.; Men’s Breakfast 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg Lessons 11 a.m.; Computer Class with Charter School students 2 p.m.; COA/HS Advisory Board Mtg. 3 p.m.

Friday, Mar. 1

Walmart 9 a.m.; Senior Fitness 9 a.m.; Tech 101-Computer Class 10 a.m.; Cribbage 10:15 a.m.

VETERANS’ BREAKFAST CLUB

Veterans of all ages are invited to join us on Mondays, March 4 & 18, at 9:15 a.m. for our Veterans’ Breakfast Club. The mission of the breakfast club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten. Additionally, important veterans’ issues will be discussed under the leadership of Foxborough’s Veterans’ Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

ARTISTS WANTED!

Do you have some of your own original artwork that you would be interested in displaying on the walls of the Foxborough Senior Center? For more information on the Rotating Artist Series at the senior center, call Marc at 508-543-1234 for details. A special thank you to members of the “Art with Ally” class whose artwork is currently on display at the center. Come on in and have a look!

TECH 101 – COMPUTER BASICS

A monthly class that explores the extreme basics of various computer programs is being offered at the senior center. The class is free and open to all, and the next meeting will be at 10 a.m. on Friday, March 1. A different topic is offered each month, and March’s topic is “Microsoft Excel Basics.” Space is limited, so call to sign up.

GARY HYLANDER LECTURE ON “BENEDICT ARNOLD: THE QUEBEC CAMPAIGN”

History Lecturer Gary Hylander will be at the senior center on Wednesday, Mar. 6 at 4 p.m. to present his program on “Benedict Arnold: The Quebec Campaign.” Following the battle of Lexington and Concord, General Washington ordered Benedict Arnold to march into Canada to attack British forces in Quebec, and stir up anti-British sentiment. Arnold’s mission failed, however, and his depleted troops failed to capture Quebec. Call us to sign up for the program, and if you’re joining us on our trip to Quebec City in June, this is a chance to learn some history of the area we’ll be visiting.

SENIOR SUPPER CLUB/"FOUNDRY FIVE" PERFORMANCE

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. There will be musical entertainment at 5 p.m. by the Foundry Five woodwind quintet. Call to reserve your seat for the supper and/or the entertainment

MEN'S CLUB BREAKFAST

Join us for our next Men's Club Breakfast on Thursday, Feb. 28 at 9 a.m. Our guest speakers will be Foxborough's new Fire Chief Mike Kelleher. The cost for breakfast is \$3 per person. Sign up with your payment no later than noon on Feb. 22. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Feb. 25 at 9 a.m. Call to sign up and take advantage of this chance to get to meet our state representative and have your concerns heard.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Feb. 27 from 12:30 p.m. to 1:30 p.m. Call to sign up and let us know if you have a topic you'd like to discuss.

A NEW SHERIFF IN TOWN

Last December, Governor Charlie Baker appointed Jerry McDermott as the new Norfolk County Sheriff to serve out the remainder of former Sheriff Bellotti's term. Join us at the senior center on Tuesday, Mar. 12 at 12:30 p.m. to welcome the new sheriff to Foxborough. Sheriff McDermott brings with him 30 years of experience in the public and private sector including service as a Boston City Councilor, State Director for Senator Scott Brown and Executive Director of the South Shore Habitat for Humanity. Call us to sign up.

WE DID IT FOR YOU!

On Wednesday, Mar. 13 at 4 p.m., cast members from the Orpheum Theater's musical production of "We Did It For You!" will entertain us at the senior center with a performance from the show. This production is the story of how women got their rights in America, told by the women who were there, and performed by a dedicated troop of women and girls who are keeping alive the women's contributions of the past for future generations. The playwright will share some behind-the-scenes stories of this entertaining and educational show. Call to sign up.

TABLE TOP GARDEN CLUB

Think Spring! Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, has begun 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, Mar. 5, 12 & 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.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Feb. 26 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Feb. 27 – Job Lot/Dollar Store, Mar. 6 - Target. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) 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 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.