

JOIN US FOR A TRIP TO FOXWOODS

On Thursday, March 14 we will be traveling by motorcoach to Foxwoods Casino. We'll be leaving at 8:30 a.m. from the side parking lot of St. Mary's Church, 58 Carpenter St., in Foxborough. No one offers more gaming choices than Foxwoods, the internationally recognized gaming destination. With its 6 casinos, Foxwoods offers more than 7,400 slot machines, 388 table games and the world's largest bingo hall, as well as the ever-popular Keno. Enjoy your choice of the complimentary Buffet Luncheon or choose to receive a \$10 food credit and \$10 Slot Bucks. Now you can also enjoy the NEW 300,000 sq. ft. indoor Tanger Outlet Mall. The cost for this day trip is \$32 per person. Sign up at the Foxborough Senior Center with your trip payment no later than Friday, March 1.

Monday, Jan. 7

Coffee Connection 8:30 a.m. to 3:30 p.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 a.m.

Tuesday, Jan. 8

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; Low Vision Support Group 1 p.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Jan. 9

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; No Chorus; SHINE by appt. 10 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; SINGO with Jim the DJ Guy 4 p.m.

Thursday, Jan. 10

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Computer Class with Charter School Students 2 p.m.

Friday, Jan. 11

Coffee Connection 8:30 a.m. to noon; Shaw's 9 a.m.; Senior Fitness 9 a.m.; Tech 101 – Computer Basics 10 a.m.; Cribbage 10:15 a.m.

HEARING HEALTH

Starting on Wednesday, Jan. 23 from 10 to 11:30 a.m., and continuing every 4th Wednesday of each month, there will be a Hearing Health program offered at the senior center. This program is free and will provide hearing testing, ear wax removal, hearing aid cleaning and service by appointment. Call in advance to schedule a 15 minute appointment.

PROFESSIONAL FOOT CARE

Starting on Wednesday, Jan. 16, and continuing every 3rd Wednesday each month, a Professional Foot Care program will be offered at the senior center. This program is run by a registered nurse, and the services will include assessment, nail clipping/filing, corn and callus reduction, and foot massage. The cost for each 30 minute appointment is \$30. Call us to schedule an appointment.

THE SINGO CHALLENGE

Join us for some SINGO fun on Wednesday, Jan 9 at 4 p.m. when "Jim the DJ Guy" will be at the senior center once again to host an afternoon of SINGO. SINGO is a new spin on the traditional game of Bingo – it's Bingo with music! Instead of listening for a number, players listen to their favorite music. Match the songs you hear to the song titles on your playing card and then... SINGO! Try something new and win some prizes. Call to sign up.

JACK CRAIG'S "AMERICA IN SONG"

Jack Craig will be back at the senior center on Wednesday, Jan. 23 at 10 a.m. to celebrate “America in Song” by singing 2 dozen songs from a variety of states and cities. While we can’t cover all 50 states in a single program, we can leave our hearts in San Francisco, meet in St. Louis, go way down yonder to New Orleans, and last but not least – visit Old Cape Cod! Call to sign up.

TECH 101 – COMPUTER BASICS WITH MARC

Our Director Marc Craig is offering a monthly program at the senior center that will explore the extreme basics of various computer programs. The class is free and open to all, and will meet at 10 a.m. on Friday, January 11. A different topic will be offered each month, and January’s topic is “Microsoft Word Basics.” Call to sign up.

SIGN UP FOR A TRIP TO QUEBEC CITY

Join us from June 23 – 26 in 2019 as we travel by motorcoach up to Canada for a 4 day trip to Quebec City. Experience one of the world’s most romantic cities and capture a taste of Europe without the jet lag. Travel down cobblestone streets and discover the charm of the old city. Sign up by calling the senior center. The reservation forms to be sent in with your trip deposit are available at the senior center. The cost is \$733 per person for a double, \$723 per person triple and \$1,053 for a single, gratuities included. A passport is required. Don’t miss this opportunity to discover the “joie de vivre” of French Canada.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Jan. 16 at 1 p.m. at Jake n Joe’s. Sign up is required by Friday, Jan. 11. Van transportation arrangements must be made by Friday, the 11th.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Jan. 8 from 1 to 2 p.m. The Low Vision Support Group meets on the 2nd 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, Jan. 8 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd 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. Jan. 9 and Thurs. Jan 17. 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.

FRIENDS’ BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Jan. 8 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Jan. 9 – Walmart, Jan. 16 – Jake and Joe’s. 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.