

UKULELE LESSONS!

It's a new year and it's time to try something new and unusual, so join us for 6 weeks of ukulele lessons! Classes will start at 12:30 p.m. on Tuesday, Jan. 29 and continue every Tuesday through March 5. During this 6-week program, participants will learn the parts of the ukulele, how to tune the ukulele, basic chords, 4 or 5 strum patterns and 8 – 10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. The cost is \$75 and is due at the time you sign up. If you have to purchase a ukulele, email LJCohen@comcast.net. Don't miss out!!

Monday, Jan. 14

Coffee Connection 8:30 a.m. to 3:30 p.m.; Senator Paul Feeney Coffee 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 a.m.

Tuesday, Jan. 15

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.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Jan. 16

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Professional Foot Care by appointment starting 9 a.m.; NO Chorus; Jake n Joe's Luncheon Outing 1 p.m.; TRIAD 1 p.m.; Colorist Club 2 p.m.

Thursday, Jan. 17

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.; Movie Day – "Oceans 11" 1 p.m.; Computer Class with Charter School Students 2 p.m.

Friday, Jan. 18

Coffee Connection 8:30 a.m. to noon; Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

REVERSE THE AGING PROCESS

Join us at the senior center for the 6-week program "Reverse the Aging Process" beginning on Thursday, Jan. 31 from 9 to 10 a.m. and continuing every Thursday through March 7. This 6-week program is designed to help individuals regain their balance. Participants will work on their balance, their *sense* of balance, and proprioception. Space is limited. The cost for the program is \$36 and is payable at the time you 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.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Jan. 14 and every 2nd 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.

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.

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.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Jan. 15 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 at the senior center.

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.

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.

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. 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.

CLASSIC MOVIE DAY

Join us for our Classic Movie Day at the senior center on Thursday, Jan. 17 at 1 p.m. The featured film will be “Oceans 11” starring Frank Sinatra, Dean Martin, Sammy Davis, Jr, Peter Lawford and Joey Bishop. New Year’s Eve in Las Vegas, and for Danny Ocean and his 10 partners in crime, it’s the ideal moment to steal millions. Come join us for this classic film filled with suspense, comedy and a twist ending. We will supply the popcorn, so call us to sign up. Transportation is available.

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 Thurs. Jan 17 and Wed. Feb. 13. 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.

TRIAD

TRIAD will be meeting on Wednesday, Jan. 16 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 to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

SHOPPING

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

Jan. 23 – Job Lot/Dollar Store. 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.