

## **VALENTINE'S CRAFTS WITH KIDS**

On Thursday, Feb 7 from noon to 1 p.m., 2<sup>nd</sup> grade students from the Foxborough Regional Charter School will be at the senior center for an afternoon of Valentine's crafts and treats. Join us for some fun as we get ready for Valentine's day, make some holiday crafts and have some sweets. Call to sign up.

### **Monday, Feb. 4**

Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 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. 5**

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Nutrition 11 a.m.; Ukulele Lessons 12:30 p.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Feb. 6**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Kohl's 1 p.m.; Colorist Club 2 p.m.; Performance of Songs from Godspell 4 p.m.

### **Thursday, Feb. 7**

Art with Allie 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg Lessons 11 a.m.; Crafts with Kids noon; NO Computer Class today

### **Friday, Feb. 8**

Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Introduction to Ayurveda 10:30 a.m.

## **GODSPELL PERFORMANCE**

Enjoy a sampling of the songs from the LRC Stage Production's "Godspell." On Wednesday, Feb. 6 at 4 p.m., the Godspell cast will perform a few songs from this hit musical to entertain us at the senior center. Snacks will be provided. Additionally, the cast will be offering advance ticket sales for the March 9<sup>th</sup> performance of Godspell at the Marilyn Rodman Center (The Orpheum). These special tickets will ONLY be available to those present on the Feb. 6<sup>th</sup> performance, and will include a pre-show reception with the cast. Don't miss out! Call us to sign up and join us for a Godspell preview on Feb. 6.

## **MAH JONGG LESSONS**

Learn how to play the ancient Chinese game of Mah Jongg (adapted with American rules) at the senior center on Thursday, Feb. 7, and continuing every Thursday from 11 a.m. to noon. Mah Jongg is a tile-based game that was developed in China during the Qing Dynasty and has spread throughout the world since the early 20<sup>th</sup> century. Don't miss this opportunity! Call to sign up.

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

Come on in to the senior center for a light lunch followed by a movie on Thursday, Feb. 7 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 Episode IV "Star Wars – A New Hope." Han Solo (Harrison Ford) and Luke Skywalker (Mark Hamill) work to rescue Princess Leia (Carrie Fisher), help the Rebel Alliance and restore justice to the Galaxy. Call us to sign up. Transportation is available.

## **INTRODUCTION TO AYURVEDA**

Ayurveda, the "Science of Life," is the oldest continually practiced healthcare system in the world. Join us for a one-day workshop on Friday, Feb. 8 at 10:30 a.m. for an introduction to Ayurvedic principles. When in balance, you naturally desire only that which nurtures your health and life. You flow in harmony with your body's natural rhythms, get restful sleep, and feed your senses with experiences, tastes, touch, aromas, sound and signs that uplift and nourish you! Take this opportunity to learn about this ancient practice. The cost is \$8 and is due at the time you sign up.

## **AARP TAX PREPARATION**

Free tax preparation assistance is available through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is available for all taxpayers over the age of 16 with an annual income of less than \$54,000. AARP representatives will be available at the senior center on Tuesday and Thursday mornings beginning in February through April 11. Call or visit the senior center to schedule your appointment. Prior to the date of your appointment, please come in to the senior center to pick up the "Tax Preparation Packet" which must be completed and brought with you to your appointment.

## **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.

## **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Feb. 13 at 1 p.m. at the new Union Straw restaurant in Foxborough. Sign up is required by Friday, Feb. 8. Van transportation arrangements must be made by Friday, the 8<sup>th</sup>.

## **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.

## **SENIOR CENTER INCLEMENT WEATHER POLICY**

If the Foxborough schools are cancelled due to inclement weather, then the activities, Human Services appointments and transportation services at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when Senior Center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough's children to attend school. So, please remain safe and warm at home.

## **FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on Tuesday, Feb. 5 from 1:30 to 3 p.m. and every 1<sup>st</sup> 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: Feb. 6 – Kohl's, Feb. 13 – Union Straw luncheon. 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.