

PAOLO DIGREGORIO'S PROGRAM ON "INNOCENTS ABROAD"

Join us on Wednesday, Dec. 18 at 4 p.m. for history professor Paolo DiGregorio's program on "Innocents Abroad: American travelers in Italy during the gilded age." The Grand Tour of Europe was the invention of wealthy, titled Englishmen in the 17th and 18th centuries. By the late 19th century, Americans reveling in the economic prosperity of the Industrial Age, began to emulate those earlier Britons by voyaging to Europe to experience the culture of the Old World. Ultimately, the travelers went to Italy to experience the history, art and culture. Paolo will tell us about the travels and adventures of these "innocents abroad." Call to sign up.

Monday, Dec. 9

Senator Feeney Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Posture, Balance Class 11:45 a.m.; SHINE by appt. 12:30; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Guys and Dolls Rehearsal 1 p.m.

Tuesday, Dec. 10

Stretch and Balance Class 8:30 a.m.; Blood Pressure Clinic 9 a.m.; Zumba Gold 9:45 a.m.; Ukulele 2 10:30 a.m.; Nutrition 11 a.m.; Core Strength Class 11 a.m.; Beginner Digital Photography Class 12:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Aging with Dignity Program 4 p.m.

Wednesday, Dec. 11

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Healthy, Holiday Appetizers & Deserts 12:15 p.m.; Walmart 1 p.m.; Colorist Club 1 p.m.; Senior Fitness Fun at FRCS 1:47 p.m.; Holiday Card Making 2 p.m.; Ken Burns' "National Parks" 4 p.m.; Senior Supper 4:30 p.m.

Thursday, Dec. 12

Art with Ally 9 a.m.; Move Pain Free 9 a.m.; Men's Breakfast 9 a.m.; Mah Jongg 10:45 a.m.; Holiday Craft Project 11:30 a.m.; Reiki by appt. 1 p.m.; Holiday SINGO 1 p.m.; Canasta 1 p.m.; Cornhole 2 p.m.; Computer Class with Charter School Students 2 p.m.

Friday, Dec. 13

Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Tech 101 – "Amazon Prime & Amazon Prime Now"; 10:30 a.m.; Yoga Class 10:30 a.m.

RICK STEVES VIDEO PROGRAM ON NAPLES AND POMPEII

On Friday, Dec. 6 at 11 a.m., we will be showing a video program by Rick Steves on Naples and Pompeii. In this video, we will go shopping Neapolitan style, dodge scooters in Naples' crazy traffic, explore the city's vibrant neighborhoods, admire exquisite ancient mosaics at the National Museum of Archaeology, taste pizza in its birthplace, climb the lip of Mt. Vesuvius and wander the amazing ruins of the Roman town is destroyed – Pompeii. Call us to sign up.

HOLIDAY SINGO

Join us on Thursday, Dec. 12 at 1 p.m. to play SINGO, a new and exciting musical spin on the game of Bingo. Instead of listening for a number, listen to your favorite holiday songs and win great prizes! Match the songs you hear to the song titles on your SINGO cards. Prizes for the winners are provided by Jim the DJ Guy. Call us to sign up.

AGING WITH DIGNITY

Join us on Tuesday, Dec. 10 at 4 p.m. as we host the program "Aging with Dignity" presented by the Elder Care Alliance of the Neponset River Regional Chamber of Commerce. Follow the story of a family dealing with hard and important decisions that come with the aging process. This presentation will be followed by the opportunity to ask questions of panelists of the Elder Care Alliance. A light soup and sandwich meal is included with the program. Call us to sign up.

REIKI

Reiki is a type of energy healing that targets the energy fields within the body. Practitioners say that improving the flow of energy around the body can enable relaxation, reduce pain, speed healing and reduce other symptoms of illness. On Dec. 10 and continuing on the 2nd Thursday of each month, we are scheduling Reiki appointments at the senior center from 1 to 3 p.m. The cost is \$15 for 15 minute appointments and \$25 for 30 minute appointments. This fee is due at the time you schedule your appointment.

HEALTHY HOLIDAY APPETIZERS & DESERTS

Come join Lauren Hynes, Healthy Living & Fitness Director from the Invensys Foxboro YMCA for a healthy cooking class at the senior center on Wednesday, Dec. 11 at 12:15 p.m. December's topic will involve planning for healthy holiday appetizers and deserts that taste great. Call us to sign up.

HOLIDAY CARD MAKING

Join card making extraordinaire, Helen Rice, on Wednesday, Dec. 11 from 2 to 4 p.m. for a fun afternoon of making greeting cards and gift cards for the holidays. All materials will be provided. Call us to sign up.

HOLIDAY CRAFT PROJECT

The Community Visiting Nurses Association (VNA) will be at the senior center on Thursday, Dec. 12 at 11:30 a.m. to help us to create a free holiday craft project to get you in the mood for the holiday season. This program is free and all the materials will be provided. Call to sign up.

PSYCHOLOGY & PHYSIOLOGY OF AGING WELL

On Tuesday, Dec. 17 from 4 to 5 p.m., Steve Avellino will be here to present a program on learning about the "Five Blue Zones," areas with the highest number of centenarians in the world, while examining the five things all these areas have in common. This program will also examine the Tarahumara tribe in Mexico, whose members, some in their 60's and 70's, occasionally go out for extraordinarily long runs. Steve will talk about how we can improve our own movement patterns and, in turn, can improve the quality of life as we age. Call us to sign up.

TRIVIA NIGHT

Do you know your trivia? Or do you just want to have a fun afternoon out with new and old friends? On Tuesday, Dec. 17 at 4:15 p.m., join us, put on your thinking caps and get ready for the first ever Foxborough Senior Trivia Night. Snacks will be provided and the overall winning team will win a great prize. You can sign up as a team of 3-5 people or you can sign up as an individual and be placed on a team. Call now to sign up.

CHARLIE CARDS FOR SENIORS

The CharlieCard is the payment method for the MBTA. On Thursday, Dec. 19 from 2:45 to 2:45 p.m., the Foxborough Senior Center will be partnering with the MBTA to offer Senior CharlieCards for people 65+. These cards will allow you to have a reduced fair (approximately 50%) on the subway, bus, commuter rail and ferry. Call us to sign up.

KEN BURNS' "THE NATIONAL PARKS" – AMERICA'S BEST IDEA

Experience America's National Parks through Ken Burns' unique documentary style. Join us at 4 p.m. on the following Wednesdays - Dec. 11 & 18, when we will be showing episodes 4, 5 & 6 of this informative documentary. Call us to sign up.

TECH 101 – MINI LESSONS

Join us on Fridays, Dec. 6, 13 & 20, at 10:30 a.m. for some mini lessons on your iPhone and computer. On Dec. 6 we'll be learning about the changes with the new Apple iPhone Operating System, "iOS 13." On Dec. 13 the topic will be "Amazon Prime & Amazon Prime Now." Be sure to download the Amazon Prime and Amazon Prime Now app before class, and you will learn how to sift through the endless items on Prime and the new 2-hour delivery service. Then on Dec. 20 we will talk about "Podcasts." Learn how you can listen to interesting

stories on your phone. There are over 750,000 topics to choose from with over 30 million episodes. Call us to sign up for any or all of the classes.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Dec. 11 at 4:30 p.m. Our menu will include roast pork with applesauce gravy, oven roasted potato, winter blend veggies, roll and holiday cake. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, Dec. 16 at 9:15 a.m. for our Veterans' Breakfast Club. Important veterans' issues are discussed under the leadership of Foxborough's Veterans' Services Officer Ally Rodriguez. Free coffee and pastries are available to all participants. Call us to sign up.

MEN'S CLUB BREAKFAST

Join us for our Men's Club Breakfast on Thursday, Dec. 12 at 9 a.m. The cost for the breakfast is \$3 per person. Sign up with your payment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Dec. 11 – Walmart, Dec. 18 – Job Lot/Holi. 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.

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.