

## **FREE LEGAL CLINICS**

Mary Roque, Esquire will come to the senior center on Wednesday, January 13<sup>th</sup> and Wednesday, February 10<sup>th</sup> beginning at 9:00 a.m. to provide FREE legal clinics for us. Attorney Roque owns and manages a law practice which concentrates in elder law issues, and she conducts volunteer legal clinics at other area Councils on Aging. She will consult with individuals for up to 15 minutes about their legal questions and concerns. If further consultation is necessary, follow-up will be provided through Noreen Sherys, Community Social Worker, who can assist with referrals to community legal resources. Please call 508-543-1252 for your appointment.

### **Monday, January 11**

Manicures (by appointment) 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, January 12**

Walking Club 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, January 13**

Strength Training 8:30 a.m.

Painting with Bob McLeod 10:00 a.m.

Legal Clinic (by appointment) 9:00 a.m.

Chorus 10:00 a.m.

Dollar Tree Store 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, January 14**

Ceramics 9:00 a.m.

Men's Lunch 12:00 p.m.

### **Friday, January 15**

Stop & Shop 8:30 a.m.

Mat Exercises 9:00 a.m.

YMCA Exercise 9:30 a.m.

Massage, Reiki & Reflexology 10:00 a.m.

Cribbage 11:00 a.m.

Wii Games 11:00 a.m.

Card Making Class 11:00 a.m.

Boomchuckers 1:00 p.m.

### **Saturday, January 16**

Friends of Foxboro Seniors Meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **MEDICAL INFORMATION AND SERVICES**

## **CONSIDER TAI CHI**

If you have arthritis of the knee or diabetes, consider Tai Chi. As printed in the University of California Berkeley Wellness Letter of January 2010, a recent study from Tufts University School of Medicine demonstrated that people over 65 with knee osteoarthritis who took Tai Chi exercise classes experienced improved physical functioning. In a study from the University of Florida School of Nursing, those with diabetes who adhered to a program of Tai Chi were able to significantly lowered their blood sugar. Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:45 a.m. to 11:45 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches classes in Qi Gong and Yoga. Classes are \$5 per session. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable, flat shoes. Please call the senior center at 508-543-1252 to sign-up.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, January 12<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment

## **REGULARLY SCHEDULED**

### **MOVIE DAY**

Sign-up for our next movie day which will be Tuesday, January 19<sup>th</sup> at 9:30 a.m. Our feature presentation will be "Julie & Julia." Amy Adams stars in this truth-inspired tale as Julie Powell, a disenchanted government secretary who decides to enliven her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic "Mastering the Art of French Cooking." Director Nora Ephron's heartwarming dramedy stars Meryl Streep as legendary chef Child. As always, plan on bringing your lunch to enjoy after the movie. We will provide popcorn during the movie showing and follow with dessert and coffee. Sign-up by calling 508-543-1252.

## **LINE DANCING IS BACK**

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. Try out your new steps at the Jack Frost Social on February 25<sup>th</sup> when the DJ will play some of the same music you have been dancing to in the line dancing class. Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: January 20<sup>th</sup>, and January 27<sup>th</sup>, and February 3<sup>rd</sup>. Please call the senior center at 508-543-1252 to sign-up.

## **TRIAD**

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on January 20<sup>th</sup>. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

## **MEN'S LUNCH**

Come in out of the cold and join us for a hearty, delicious meal, some socialization, and a presentation on Thursday, January 14<sup>th</sup> at our Men's Lunch. Local history buff, Ernie Hirsch, will be our presenter. Ernie will tell us about Louis McHenry Howe, a prime mover in promoting Franklin Delano Roosevelt's road to the presidency. The men will be served lunch at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for lunch is \$2. To participate in the

lunch, please call the senior center at 508-543-1252 to sign-up by Tuesday, January 12<sup>th</sup>. As always, everyone is welcome to join us after lunch has been served for the presentation portion of the program free of charge.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 21<sup>st</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **MONDAY MANICURES**

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be January 11<sup>th</sup>. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

January 13 Dollar Tree Store

January 20 Target

January 27 Luncheon Outing

February 3 Walpole Mall

### **TRAVEL AND ENTERTAINMENT**

#### **FOUR CELTIC VOICES AT VENUS DE MILO**

It is said that we are all a 'wee bit' Irish on Saint Patty's Day, so come along and join the fun on Thursday, March 18<sup>th</sup>, as we travel to the Venus De Milo Restaurant in Swansea, Massachusetts. We will be treated to the latest singing sensation, "Four Celtic Voices" featuring traditional Celtic instruments and exceptional vocals. You will be transported to ancient and mysterious lands as the performers delight us with the alluring songs from Ireland, Scotland, Wales and other countries. Your Irish eyes will be smiling as we feast on Venus de Milo's famous Minestrone Soup, either Corned Beef & Cabbage or Baked Haddock, Vegetable, Bread, Dessert and Coffee. We will depart via school bus from Saint Mary's parking lot on March 18<sup>th</sup> at 10:30 a.m. and return by approximately 4:30 p.m. The fee for the day including the show, luncheon & gratuity, and school bus transportation is \$45 per person and will be due by Friday, February 19<sup>th</sup>. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, January 20<sup>th</sup> beginning at 8:00 a.m. (This is a "Foxtrotter" trip. "Foxtrotter" trips are limited to one gift certificate per person per year.)

### **JACK FROST SOCIAL**

Mark your calendars on February 25<sup>th</sup> for the "Jack Frost Social" from 12:00 – 4:00 p.m. at Lakeview Pavilion in Foxborough. What better way to beat the winter blues than by getting together with friends to enjoy a delicious dinner and lively music in a beautiful setting. DJ Dave Valerio will play musical favorites for you. Sit back and enjoy the music, sing along, or kick up your heels with some line dancing...your choice. The menu will consist of our entrée, Chicken Veloute, a sautéed boneless tender breast of chicken served over cornbread stuffing with apples and cranberry raisins, topped with Veloute cream sauce; tossed salad with zinfandel vinaigrette dressing; medley of vegetables and mashed red bliss potato and warm rolls and butter. For dessert we will be served ice cream topped with strawberry, chocolate or raspberry sauce with freshly brewed coffee and a selection of flavored teas. Transportation will be on your own. The Van-Go will be available for those who are unable to drive. Sign-up has already begun. The cost for this event is \$23 and will be due by January 29<sup>th</sup>. There is plenty of room for all so be sure to let your friends know that we would love for them to join us.

## **BRANSON, MISSOURI TRIP**

We are looking forward to a truly remarkable vacation in Branson, Missouri, the “Live Music Show Capital of the World,” with more than 50 live performance theaters, three pristine lakes, championship golf courses, an international award-winning theme park, dozens of museums, and a full range of shopping and dining options. The COA Trip Committee has been busy planning an excursion by air to Branson for April 29<sup>th</sup> to May 4<sup>th</sup> in 2010. You will spend 5 nights and 6 days at the newly renovated Radisson Hotel and see nine fabulous shows including Shoji Tabuchi, Yakov Smirnoff, The Hughes Brothers, Doug Gabriel, Twelve Irish Tenors and others. Checks should be made out to Collette Vacations and mailed directly to them at 180 Middle Street, Pawtucket, RI 02860. If you prefer, you can arrange with Collette to charge your payments. A form can be obtained at the senior center to set up this type of payment. The deposits for this trip have already been collected. The 2<sup>nd</sup> payment of \$700 is due on January 29<sup>th</sup>, and the final payment (\$649/Double; \$999/Single; \$619/Triple) will be due on February 26<sup>th</sup>. Stop by the senior center for further information or call us at 508-543-1252. (This is a “Foxtrotter” trip. “Foxtrotter” trips will be limited to one gift certificate per person per year.)

## **INFORMATION AND SERVICES**

### **SENIOR CENTER PROGRAMS ON CABLE**

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Channel 22 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. Watch for “Your Scene, Your Center.” “Your Scene” refers to information pertinent to seniors. “Your Center” refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage, or check out our DVD lending library to view our taped programs.

### **AFGHANS ALWAYS AVAILABLE**

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in Cranberry, Loden Green, or Williamsburg Blue are \$39.95 each, or there is a multi-colored version at a cost of \$44.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

### **OPERATION REASSURANCE**

The Operation Reassurance program is a free service for Foxboro residents. Participants check in each day Monday through Friday via telephone to ensure that they are O.K. This program is wonderful for people who live alone, those confined to their home due to illness, or anyone who wants the comfort of knowing someone will check on them once a day. Call the senior center at 508-543-1252 for more information.

### **SAND FOR SENIORS**

The Foxboro Jaycees will be delivering sand and salt to Foxboro seniors once again this year. If you are interested in taking advantage of this free service, please call Mohsen at 508-543-2621. Provide your name, address, telephone number, your preference for sand or salt, and if you will need a bucket.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.**

If you plan to eat, give Marge at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

### **Monday, January 11**

Homestyle Beef Patty

Buttered Noodles

Chuck Wagon Vegetables

Multigrain Roll

Strawberry Cup

**Tuesday, January 12**

Vegetarian Lasagna w/Tomato Sauce

Tossed Salad

Snowflake Roll

Pudding

**Wednesday, January 13**

Boneless Chicken Teriyaki

Asian Rice

Whole Wheat Roll

Mandarin Oranges

**Thursday, January 14**

Low Sodium Hot Dog

Vegetarian Baked Beans

Spring Blend Veggies

Hot Dog Roll

Fresh Apple

**Friday, January 15**

Pier 17 Fish

Beans & Rice

Escalloped Tomato

Whole Wheat Bread

Mixed Fruit