

'TRUE GRIT' MOVIE DAY

In addition to our regular Tuesday movie day, we will be offering an alternative 'True Grit' movie day on some Thursdays. This will be an opportunity to view some "edgier" yet thought-provoking films. Please be advised that some of these movies may have adult content and language. Our first 'True Grit' movie day will be on Thursday, February 4th at 10:00 a.m. when we will be showing "Gran Torino." Curmudgeonly Korean War veteran Walt Kowalski (Clint Eastwood, who also directs) must confront his Hmong immigrant neighbors -- and his own long-held prejudices -- when the family's teenage son, Thao (Bee Vang), tries to steal Walt's beloved 1972 Gran Torino. Walt soon assumes the unlikely role of guardian angel to young Thao and his sister Sue (Ahney Her), both of whom are vulnerable to local gang influences. This film is rated 'R' for language throughout and some violence. 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.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 9th through April 6th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

Monday, January 18

Martin Luther King Day

Senior Center Closed

Tuesday, January 19

Walking Club 8:30 a.m.

Movie Day-"Julie & Julia" 9:30 a.m.

Nutrition 11:00 a.m.

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

Discussion Group 1:00 p.m.

Shaw's (in lieu of Monday) 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, January 20

Sign-up for Four Celtic Voices at Venus De Milo

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Target 1:00 p.m.

TRIAD 1:00 p.m.

Zumba 2:30 p.m.

Thursday, January 21

Ceramics 9:00 a.m.

Low Vision Support Group 1:00 p.m.

COA & HS Board Meeting 5:00 p.m.

Friday, January 22

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.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS

UNCOMMON PICNIC TALENT SHOW

Mark your calendars now for the Uncommon Picnic on Thursday, June 10th. The entertainment for the picnic this year will be a talent show. You will have the opportunity to show us your special talents in the form of music, comedy, skits or whatever! Talk to your friends and see if they would like to join you in an 'act'. We will have open auditions on March 31st at 11:30 a.m. Please call 508-543-1252 for more information or to sign-up for an audition.

FREE LEGAL CLINIC

Mary Roque, Esquire will come to the senior center on Wednesday, February 10th beginning at 9:00 a.m. to provide a FREE legal clinic 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.

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 25th 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 20th, and January 27th, and February 3rd. Please call the senior center at 508-543-1252 to sign-up.

MEDICAL INFORMATION AND SERVICES

PLEASE BE CONSIDERATE OF OTHERS

If you are sick-cough or cold or sore throat, or especially if you have a fever-we ask that you do not come to the Senior Center. If you have a fever, it is recommended by the Center for Disease Control that you stay home for at least 24 hours after the fever subsides without the use of a fever reducing medication (aspirin, Tylenol, etc.).

HEARING CLINIC

Mass Audiology is holding free hearing clinics at the senior center on the 4th Monday of each month at 10:00 a.m. Our next clinic will be on January 25th. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

REGULARLY SCHEDULED

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, January 19th at 9:30 a.m. Our feature presentation will be "Julie & Julia." Amy Adams stars in this truth-inspired tale as Julie Powell, a disenchanting 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.

JAY BARROWS’ OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on January 25th. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

LUNCHEON OUTING

Our next luncheon outing will be to the LongHorn Steakhouse on Wednesday, January 27th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, January 26th.

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 20th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

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 21st. 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.

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 20 Target

January 27 Luncheon Outing @ LongHorn Steakhouse

February 3 Walpole Mall

February 10 Christmas Tree Shops

OPEN COMPUTER LAB

Our computer lab is open for your use each day during regular senior center hours except when the computer and digital camera classes are scheduled. We have internet capability and printers for your use as well. There is a 15¢ per page cost for printing. Use the computers to keep your mind active while having fun at the following “brain exercise” websites: www.fitbrains.com; www.happyneutron.com; www.aarp.org/games. You can call ahead to 508-543-1252 to make sure that the computers are available.

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 18th, 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 18th 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 19th. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, January 20th 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 25th 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 29th. 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 29th to May 4th 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 2nd payment of \$700 is due on January 29th, and the final payment (\$649/Double; \$999/Single; \$619/Triple) will be due on February 26th. 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.)

COMMUNITY INFORMATION AND SERVICES

CAREGIVER SUPPORT

HESSCO Elder Services will be holding their ‘Caregiver 101’ program on January 20th from 1:00-2:30 p.m. and also from 6:30-8:00 p.m. To register for this program, please contact Family Caregiver Support Programs at HESSCO by calling 781-784-4944.

GRIEF SUPPORT

Community VNA will hold an adult grief education series for 6 weeks on Thursdays from 7:00-8:30 p.m. beginning 1/28/10/ through 3/4/10. Meetings will be held at Community VNA, 10 Emory Street, Attleboro, MA. Begin the journey towards healing with this learning and supportive experience. Contact the Bereavement Coordinator at 508-222-0118 x 1373 for more information or to pre-register.

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 18

Martin Luther King Day

No Meals Served

Tuesday, January 19

SLOPPY JOE

LYONNAISSE POTATOES

CALIFORNIA BLEND VEGGIES

HAMBURGER ROLL

PEARS

Wednesday, January 20

ROAST PORK W/ROSEMARY GRAVY

WINTER SQUASH

MULTIGRAIN ROLL

PUDDING

Thursday, January 21

SWEDISH MEATBALLS

NOODLES

MIXED VEGETABLES

WHOLE WHEAT BREAD

PINEAPPLE

Friday, January 22

CRUSTLESS CHICKEN POT PIE

PARMESAN MASHED POTATOES

BISCUIT

FRESH APPLE