

## **NEW COMPUTER CLASSES AND HELP SESSIONS!!**

Beginning in February we will be offering computer classes on alternate Thursday afternoons (February 4<sup>th</sup> & 18<sup>th</sup>; March 4<sup>th</sup> & 18<sup>th</sup>; April 1<sup>st</sup> & 15<sup>th</sup>). The classes will be held from 1:00 p.m. to 2:30 p.m. and will showcase “computer how-to” and basic techniques. From 2:30 p.m. to 4:00 p.m., following the classes, you will have the opportunity to “ask the expert” your own personal computer questions. Find out the answers to “What’s wrong with my computer?” and/or “How do I...?” The first class will be held on February 4<sup>th</sup> and will cover “Computer Basics.” On February 18<sup>th</sup> come for “Windows, Windows, Windows-Dragging, Clicking, Dropping. Watch for other relevant topics to follow in March and April. The classes will be taught by Eric Andersen, Founder and CTO of MySeniorCenter.com. Eric sets the product direction and manages all development efforts. Before founding Xavus, Eric spent 8 years in B2B technology consulting and building social networking websites. Eric volunteered and taught computer classes at the Norwood COA as a Xaverian intern. Thanks to Eric generously donating his time, these classes and help sessions will be FREE to the participants! Call the senior center at 508-543-1252 to sign-up for this great opportunity to learn something new and expand your knowledge.

### **Monday, January 25**

Sit & Be Fit 9:30 a.m.  
Hearing Clinic 10:00 a.m.  
Tai Chi 10:45  
Knitting 1:00 p.m.  
Shaw’s 1:00 p.m.

### **Tuesday, January 26**

Walking Club 8:30 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 27**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Line Dancing 11:15 a.m.  
Luncheon Outing @ LongHorn Steakhouse 1:00 p.m.  
Zumba 2:30 p.m.

### **Thursday, January 28**

Ceramics 9:00 a.m.

### **Friday, January 29**

***\$23 payment due for Jack Frost Social***

***\$700 payment due for Branson Trip***

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](http://www.foxboroughma.gov)

## **SPECIAL EVENTS**

### **UNCOMMON PICNIC TALENT SHOW**

Mark your calendars now for the Uncommon Picnic on Thursday, June 10<sup>th</sup>. 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 31<sup>st</sup> 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 10<sup>th</sup> 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.

## **TRAVEL AND ENTERTAINMENT**

### **FOXWOODS TRIP**

Come with us on Thursday, April 1<sup>st</sup> to Foxwoods Resort Casino, a premier entertainment destination in New England, offering a wide variety of ways to spend an exciting day. With over 50 restaurants, many retail shops, six distinctive casinos, and over 7,000 slot machines, every amenity imaginable is available for your enjoyment. Their new Rainmaker slot area features all the hottest new games including Wheel of Fortune and Powerball. With over 400 table games, the largest poker room on the East Coast, and High Stakes Bingo, Foxwoods offers visitors the gaming experience of a lifetime. Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. The cost for the day including 1 Full Buffet Coupon or \$15 food voucher, \$15 Keno Coupon, and driver's tip is \$17 per person and will be due by Friday, March 5<sup>th</sup>. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, February 10<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.)

### **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. (This is a "Foxtrotter" trip. "Foxtrotter" trips are limited to one gift certificate per person per year.)

### **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.)

### **MEDICAL INFORMATION AND SERVICES**

#### **PODIATRIST**

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, February 1<sup>st</sup>. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

### **S.H.I.N.E. – TUESDAY, FEBRUARY 2, 2010**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, February 2<sup>nd</sup> at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

### **HEARING CLINIC**

Mass Audiology is holding free hearing clinics at the senior center on the 4<sup>th</sup> Monday of each month at 10:00 a.m. Our next clinic will be on January 25<sup>th</sup>. 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**

#### **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card with a maximum of 2 cards per player. Our next Bingo afternoon will be on Tuesday, February 2<sup>nd</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

## **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, February 4<sup>th</sup> at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

## **'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 4<sup>th</sup> 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.

## **JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows will hold office hours at the senior center on the 4<sup>th</sup> Monday of every month at 2:00 p.m. His next visit will be on January 25<sup>th</sup>. 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 27<sup>th</sup> at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, January 26<sup>th</sup>.

## **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 27 Luncheon Outing @ LongHorn Steakhouse

February 3 Walpole Mall

February 10 Christmas Tree Shops

February 17 Wal-Mart

## **ZUMBA**

We have Zumba classes on Wednesdays from 2:30 p.m. to 3:30 p.m. Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Have you seen "Dancing with the Stars?" You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Classes are \$1 each.

## **BODY, MIND, SPIRIT**

We are offering Body, Mind, Spirit classes on Tuesdays from 12:30 p.m. to 1:30 p.m. One of our favorite YMCA instructors, Joyce Collins, leads this yoga-like combination of exercise and relaxation. Classes are \$1 each.

## **WALKING CLUB**

Come join us on Tuesday mornings from 8:30 a.m. to 9:30 a.m. as we walk together, led by our YMCA instructor, Joyce Collins. After our walk, we will finish with some stretching. Weather permitting, we will walk outside around the town of Foxboro on 45-50 minute walking loops. During weather extremes (high heat and humidity, precipitation or very cold weather) we will walk on the indoor track at our new and beautiful YMCA. The decision to walk inside will be made at the discretion of the Walking Club leader. When in doubt, call the senior center beginning at 8:00 a.m. to find out where the club will be walking. Wear your sneakers or walking shoes and comfortable clothing. This program is free for Foxboro seniors. Please call 508-543-1252 for more information and to sign-up.

### **MAT EXERCISES**

At 9:00 a.m. on Fridays, we have a half-hour self-run mat exercise group. Come in comfortable clothing and shoes and enjoy some early morning stretching. We have the mats available for your use here at the senior center. This class is free of charge.

### **AEROBICS**

This one hour class is held on Friday mornings from 9:30 a.m.-10:30 a.m., and includes stretching, aerobics, and hand-held weights. This class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of abilities. There is a \$1 charge for this class.

### **COMMUNITY INFORMATION AND SERVICES**

#### **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 9<sup>th</sup> through April 6<sup>th</sup>. 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.

#### **CAREGIVER SUPPORT GROUP**

One easy way for caregivers to take care of themselves is to join a support group. Norfolk Adult Day Health Center in Norwood offers free monthly groups for caregivers of a loved one with a disability. Their professional and experienced staff can provide respite care for the care-partners of those attending the group. Meetings are scheduled for the last Tuesday of the month at 10:00 a.m. and held in the Center at 595 Pleasant Street in Norwood. The next meeting will be on January 26<sup>th</sup>. This community program is free and open to caregivers of all ages. For more information or to RSVP, please call Michael O'Donnell, Support Group Coordinator at 781-769-4495. To learn more about other helpful resources, visit [www.communityvna.com](http://www.communityvna.com).

#### **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 25**

BEEF RIGATONI

ITALIAN BLEND VEGETABLES

WHOLE WHEAT ROLL  
PEACHES

**Tuesday, January 26**

BEEF BORDELAISE  
BOILED POTATOES  
SCANDINAVIAN BLEND VEGETABLES  
WHOLE WHEAT BREAD  
PUDDING

**Wednesday, January 27**

HAPPY BIRTHDAY  
BREADED CHICKEN\*  
CUTLET  
PENNE W/TOMATO SAUCE  
ZUCCHINI & TOMATO  
SCALI BREAD  
BIRTHDAY CAKE

**Thursday, January 28**

LEMON BUTTER SCALLOPS  
FLORENTINE RICE  
PEAS  
MULTIGRAIN ROLL  
FRESH ORANGE

**Friday, January 29**

SHEPARD'S PIE  
MASHED POTATOES  
CARROTS & CABBAGE  
DINNER ROLL  
PEARS