

“LADIES AND GENTLEMEN...”

VALENTINE’S TEA WITH “LOVE LETTERS”

Treat yourself to a special Valentine’s Tea on Thursday, February 18th from 10:00 a.m. until 12:30 p.m., hosted by Joanne Pratt. Indulge in tea sandwiches and goodies, including fine teas and chocolates. Sit back, relax, and enjoy a romantic performance entitled “Love Letters” by actor, Richard Clark. This program is supported in part by a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Tuesday, February 16th at 12:00 p.m. or until all spots are filled, whichever comes first. In honor of Valentine’s Day, please wear red for the event, and as always, bring your favorite tea cup.

MEN’S BREAKFAST

Join us for a delicious meal and some socialization on Thursday, February 11th at our Men’s Breakfast. Ann Callahan will be giving a presentation on the origins and health benefits of belly dancing. Ann’s presentation will include dance demonstrations! The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$2. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, February 9th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

Monday, February 1

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

Tuesday, February 2

Walking Club 8:30 a.m.

SHINE 10:00

Nutrition 11:00 a.m.

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

Discussion Group 1:00 p.m.

BINGO 2:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 3

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Walpole Mall 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 4

Ceramics 9:00 a.m.

‘True Grit’ Movie Day-“Gran Torino” 10:00 a.m.

Book Club 1:00 p.m.

Computer Class with Eric Anderson 1:00 p.m.

Friday, February 5

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 AND PROGRAMS

NEW COMPUTER CLASSES AND HELP SESSIONS

Beginning in February we will be offering computer classes on alternate Thursday afternoons (February 4th & 18th; March 4th & 18th; April 1st & 15th). 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 4th and will cover “Computer Basics.” On February 18th 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.

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.

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.

REGULARLY SCHEDULED

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 February 8th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st 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 2nd 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 4th 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 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.

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.

February 3 Walpole Mall

February 10 Christmas Tree Shops

February 17 Wal-Mart

February 24 Luncheon Outing

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, February 9th 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 2nd 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.

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 1st. 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 2nd 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.

TRAVEL AND ENTERTAINMENT

FOXWOODS TRIP

Come with us on Thursday, April 1st 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 5th. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, February 10th 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 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. (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. (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 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.)

TRANSPORTATION RESOURCES

VAN-GO/CAR-GO

The Foxborough Council on Aging provides transportation to Foxborough residents on the **Van-Go**, our 14 passenger van or the **Car-Go**, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. To schedule a ride please call the senior center at 508-543-1252. Please provide 24 hour advance notice; however, we will always try to accommodate your needs.

The schedule is as follows:

Monday – Mornings – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw's in Sharon. *On Monday holidays this shopping trip is moved to Tuesday afternoon.

Tuesday – ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Wednesday – Mornings – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

Thursday - ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Friday - Mornings – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 p.m. on Fridays.

HUMAN SERVICES

Our Human Services staff may be available to assist with special transportation needs. To find out more, call 508-543-1252 and ask to speak with our Human Services Department.

F.I.S.H. is a non-profit organization with volunteer drivers who will bring Foxborough seniors to medical appointments within an 11 mile radius. To request transportation call (508) 698-3729 and leave your name, address, phone number, appointment date and time. Please provide 2 days advance notice. You will be called the evening before your appointment to confirm your ride.

GATRA 'Dial-A-Ride' transportation is available in Foxboro. This is a shared ride that provides transportation to several surrounding towns for various appointments, errands or social visits. A 24 hour notice is required for transportation and can be scheduled by calling them at 1-800-698-7676. The recommended donation is between \$1.25 -5.00 depending on distance.

GATRA 'Miles for Health' program is strictly for medical transportation. They will bring clients to Boston hospitals Monday through Friday. On *Wednesdays* they provide "all other trips" to Burlington, Framingham, Worcester, Wellesley, etc. The recommended donation is \$10.00. A 48 hour advanced notice is required for this program. Rides can be scheduled by calling 1-800-585-8294. Visit GATRA on their website at www.gatra.org

MEDICAL APPOINTMENT TRANSPORTATION THROUGH FOXFIELD TAXI (HESSCO GRANT)

Thanks to a grant from HESSCO, Foxfield Taxi is available for transportation to Boston for medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Mondays and Wednesdays. The suggested donation is \$25 for the Boston trips. They are also available to travel to Foxboro, Attleboro and Mansfield medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Tuesdays and Thursdays. The suggested donation is \$10 for these trips. This shared ride program is available to you if you are 60 years of age or older and live in Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole Westwood or Wrentham. For more information or to reserve a ride, call Foxfield Transportation at 1-800-585-8294 or 508-543-2828 or 508-553-3000.

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, February 1

CREOLE PORK CHOP
SCALLOPED POTATOES
WINTER BLEND VEGGIES
WHOLE WHEAT BREAD
PUDDING

Tuesday, February 2

CORN CHOWDER
HERB BAKED CHICKEN
CALIFORNIA BLEND VEGGIES
DINNER ROLL
FRESH APPLE

Wednesday, February 3

MACARONI & CHEESE
ESCALLOPED TOMATOES
WHOLE WHEAT ROLL
FRUIT CUP

Thursday, February 4

ROASTED TURKEY W/GRAVY
CRANBERRY SAUCE
MASHED POTATOES
PEAS & ONIONS
WHEAT BREAD
HERMIT

Friday, February 5
AMERICAN CHOP SUEY
CHUCKWAGON CORN
MULTIGRAIN ROLL
PEARS