

JACK CRAIG “MUSIC WITH CLASS” COMING IN FEBRUARY

Get ready to warm up your vocals on these cold wintry days with a music series offered by Jack Craig.

Each presentation highlights either a great individual crafter of songs, or a song writing team. Participants sing along with a ‘best of’ selection of songs, and hear a bit about the writer’s life story as well. Mark your calendars for the following Wednesdays from 11:30 a.m. to 12:30 p.m.:

February 17th - Broadway Blockbuster - West Side Story

February 24th - Great Songwriter - Harry Warren

March 3rd - Broadway Blockbuster - Show Boat

March 10th - Great Songwriters - Lerner and Loewe

On **February 17th**, experience some of Broadway’s greatest music by singing your way right through the landmark Broadway musical, ‘West Side Story’. This is your chance to sing: ‘Maria’, ‘Tonight’, ‘I Feel Pretty’, and all the other hits from the Stephen Sondheim and Leonard Bernstein score. On **February 24th** you will learn about Harry Warren who between 1928 and 1980, wrote songs for over 100 films, and earned 3 Academy Awards. Forty-two of Warren’s songs including hits like ‘I Only Have Eyes for You’, ‘That’s Amore’, and ‘Jeepers, Creepers’ made the top ten list of the hit parade making him #1 in that ranking ahead of Irving Berlin! On **March 3rd** the program will be about the creation of the musical blockbuster ‘Show Boat’. Here is your opportunity to sing ‘Ol’ Man River’, ‘Can’t Help Lovin’ That Man’, ‘Bill’, and all the other hits from the Jerome Kern and Oscar Hammerstein score. On **March 10th** hear about how Frederick Loewe (son of an operetta tenor) and Alan Lerner (son of a New York clothier) had a chance meeting at the Lamb’s Club in New York City in 1942. Without that meeting the world wouldn’t have the rousing and memorable songs of ‘Brigadoon’, ‘Camelot’, and ‘My Fair Lady’! ‘With a little bit of luck’, the songs presented in this program will help us... ‘remember them well’! Please call 508-543-1252 to sign-up for this series.

Monday, February 8

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, February 9

Walking Club 8:30 a.m.

Blood Pressure Clinic 10:00

Nutrition 11:00 a.m.

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

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 10

Sign-up for Foxwoods

No Chorus Today

Strength Training 8:30 a.m.

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

Dollar Tree Store 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 11

Men’s Breakfast 9:00 a.m.

Ceramics 9:00 a.m.

Friday, February 12

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

NOTICE

Since the opening of the senior center building over 10 years ago, the fee for most of the exercise classes we offer has been only \$1. Due to rising costs, the fee for any of the \$1 exercise classes will increase to \$2 per class as of March 1, 2010. If this should make it difficult for you to continue to attend these classes, please let us know.

SPECIAL EVENTS AND PROGRAMS

Wii BOWLING TOURNAMENT

We will be participating in a virtual bowling tournament hosted by the Mansfield COA on Friday, February 26th from 10:00 a.m. to 1:00 p.m. The Mansfield COA (located at 255 Hope Street, Mansfield) will graciously provide a pizza party for you that day following the tournament. Prior to the big event, come and practice your skills with the Wii system at our senior center on Friday mornings at 11:00 a.m. to get ready for this friendly competition with our neighboring COA. Please call 508-543-1252 by Friday, February 19th to let us know that you will be coming. Come join the Wii generation and join the fun!

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.

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.

MEDICAL INFORMATION AND SERVICES

INFORMATIONAL PROGRAM FOR BLUE CROSS/BLUE SHIELD MEMBERS

Significant changes happened to many health plans as of January 1st. On Monday, February 22nd at 2:00 p.m., there will be a presentation at the senior center for those members of Blue Cross Blue Shield of MA who have questions about their plan and Medicare Advantage options. The BCBSMA representative will be happy to answer your questions regarding 2010 benefits.

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.

REGULARLY SCHEDULED

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 February 17th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

PROJECT LIFESAVER

Foxboro is part of the nationally recognized search and rescue program, Project Lifesaver. This program is for Foxboro residents of any age who tend to wander or may get lost due to conditions such as Alzheimer's, Autism, Downs Syndrome, and other special needs. Norfolk County Sheriff Michael Bellotti is the state coordinator for Project Lifesaver. Project Lifesaver has proven to be extremely effective at finding and

returning to safety those people who have become disoriented or lost. If you are interested in signing up a loved one who requires 24 hour care, please call the community social worker, Noreen Sherys, at 508-543-1252. She will do an initial screening and then refer you to the Program Specialist for a complete assessment.

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, February 16th at 9:30 a.m. Our feature presentation will be "The Proposal." When she learns that she's in danger of losing her visa status and being deported back to her native Canada, overbearing book editor Margaret Tate (Sandra Bullock, in a Golden Globe-nominated role) forces her put-upon assistant, Andrew Paxton (Ryan Reynolds), to marry her. This romantic comedy also stars Craig T. Nelson and Mary Steenburgen as Andrew's parents, Joe and Grace, and Betty White as the outspoken Grandma Annie. 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.

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 February 18th. 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.

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 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.

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 10 Christmas Tree Shops

February 17 Wal-Mart

February 24 Luncheon Outing @ Olive Garden

March 3 Dollar Tree Store

TALE SPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Tale Spinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have an opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

KNITTING BEA

Join us for an afternoon of knitting at the senior center. Bea Barr teaches a knitting class on Monday afternoons at 1:00 p.m. These classes are for beginners, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles please bring them in with you, and we'll supply the yarn. Please join us for this free class.

BOOMCHUCKERS

Boomchuckers offers an hour-long sing-along on Fridays at 1:00 p.m. A different set of tunes is presented each week with a wide array of music from the 1800s to the 1970s. Printed lyrics are provided with piano accompaniment by Annette Fisher. The group does not perform publicly, but simply sings for fun. All are welcome.

CERAMICS CLASS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m.-11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided, and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

DISCUSSION GROUP

Everyone is invited to attend a weekly discussion group at the senior center. This small and friendly group will discuss anything from current events to politics and is self-run. Anyone interested in joining in intellectual and entertaining discussions is invited to meet each Tuesday at 1:00 p.m.

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.)

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 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.)

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 8

CHICKEN STEW
WHIPPED POTATOES
WHOLE WHEAT ROLL
PEACHES

Tuesday, February 9

FISH SANDWICH ON HAMBURG ROLL
TARTAR SAUCE
HOT GERMAN SLAW
BLACK BEANS & RICE
FRESH ORANGE

Wednesday, February 10

HONEY GLAZED CHICKEN
DIRTY RICE
BROCCOLI
WHOLE WHEAT BREAD
BROWNIE

Thursday, February 11

BEEF STROGANOFF
BUTTERED NOODLES
PEAS
MULTIGRAIN ROLL
MANDARIN ORANGES

Friday, February 12

BBQ BEEF PATTY
O'BRIEN POTATOES
ROMAN BLEND VEGGIES
WHITE BREAD
PUDDING