

TRAVEL OPPORTUNITIES

“FRIENDS” ORGAN CONCERT

The Friends of Foxboro Seniors will be going to a theatre organ concert at the Shanklin Music Hall in Groton, MA on Sunday, April 18th. The cost is \$26, payable by March 3rd to "Friends of Foxboro Seniors." You will leave town hall via school bus at 12:45 p.m., and return around 6:30 p.m. Initial sign-up will be at the "Friends" meeting on Saturday, February 20th at 9:30 a.m. Call-ins to Shirley at 508-543-8823 will begin on Monday, February 22nd. Call Jeanne Bonneau at 508-543-8940 with any questions.

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

Monday, February 15

Presidents' Day

Senior Center Closed

Tuesday, February 16

Walking Club 8:30 a.m.

Movie Day-"The Proposal" 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, February 17

No Strength Training Today

Chorus 10:00 a.m.

Music w/Jack Craig 11:30 a.m.

Wal-Mart 1:00 p.m.

TRIAD 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 18

Ceramics 9:00 a.m.

Valentine's Tea 10:00 a.m.

Computer Class 1:00 p.m.

Low Vision Support Group 1:00 p.m.

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

Friday, February 19

\$45 Payment Due for 4 Celtic voices @ Venus de Milo

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, February 20

Friends of Foxboro Seniors Meeting (Sign-up for Organ Concert Trip) 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

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

JACK CRAIG "MUSIC WITH CLASS"

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

Please call 508-543-1252 to sign-up for this series.

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!

NEW COMPUTER CLASSES AND HELP SESSIONS

Beginning in February we will be offering computer classes on alternate Thursday afternoons. The remaining dates are February 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. You must sign-up for each session individually. 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 next class on February 18th will be "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.

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 AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, per the YMCA's policy. The 2010 Spring 1 Session runs from February 22nd through April 18th. This is an 8-week session and will cost \$40. Payment is due at sign-up. Call 508-543-1252 with any questions.

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.

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 February 22nd. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

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.

LUNCHEON OUTING

Our next luncheon outing will be to the Olive Garden on Wednesday, February 24th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, February 23rd.

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 17 Wal-Mart

February 24 Luncheon Outing @ Olive Garden

March 3 Dollar Tree Store

March 10 Target

COMMUNITY 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.

EMPLOYMENT AND VOLUNTEER OPPORTUNITIES

A group of agencies, led by MCOA and ELD, have created a website to help older adults find opportunities for employment and volunteer service: www.mass.gov/elder/civicengagement

ALZHEIMER'S DISEASE UPDATE

The McCourt Foundation will present recent scientific progress on treating Alzheimer's disease at a seminar for patients, caregivers, families and friends on Saturday, February 27th from 10:00 a.m. to 11:30 a.m. at the Newton Marriott Hotel Grand Ballroom on Route 30 in Newton, MA. A continental breakfast will be served. Please call the McCourt Foundation at 781-444-2544 to reserve your seats.

CAREGIVER SUPPORT

HESSCO Elder Services will hold a workshop entitled “Challenges for the Adult Caregiver” on February 25th from 1:00 p.m. to 2:30 p.m. or from 6:30 p.m. to 8:00 p.m. Please call 781-784-4944 to register for this program.

MEDICAL INFORMATION AND SERVICES

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 February 22nd. 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.

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.

MEDICARE PRESCRIPTION DRUG FINDER

Go to www.medicare.gov, click on “Compare Medicare Prescription Drug Plans” and you will be provided with a personalized chart comparing the Massachusetts Medicare drug plans. This interactive tool allows you to narrow your search for a Medicare prescription drug plan based on your personal preferences such as cost, coverage, and convenience. If you need assistance or don’t have a computer at home, our SHINE counselor, Judy Murphy, will make a time to meet with you at the senior center in the Computer Lab to input your information. Call 508-543-1252 to arrange an appointment.

MEDICATION AND SAFETY VISITS

VNA Care Network and hospice is offering medication and safety visits in the homes of chronically ill, frail seniors. A nurse will visit the senior at home to evaluate their prescription medications, over-the-counter drugs, and herbal remedies for interactions and related safety concerns. The nurse will also assess the risk of falling and make recommendations for reducing the chance of a fall. This is a free service and is open to residents of Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole, Westwood, and Wrentham. For more information about medication and safety visits, contact Maureen Sendrowski, RN, MPH, at msendrowski@vnacarenetwork.org or 888-663-3688, ext. 5603 OR call Noreen Sherys at the senior center at 508-543-1252.

“PRESCRIPTION ADVANTAGE”

Do you have a prescription plan, but think you are still paying too much for your prescriptions? You may be paying more than you need to. You may be eligible for the Commonwealth’s “Prescription Advantage” plan, which is currently enrolling new members. If your income is under \$54,150 (individual) or \$72,850 (couple) you may be able to reduce some of your prescription expenses. You can apply at any time. There is no ‘open enrollment’ limitation for “Prescription Advantage.” You can reach “Prescription Advantage” by calling 1-800-AGE-INFO or visit them online at www.800ageinfo.com. Call Noreen Sherys at the senior center, 508-543-1252, to find out more or to apply.

FRIDAY MASSAGE / REIKI / REFLEXOLOGY SESSIONS

Ann Callahan, Licensed Massage Therapist, Clinical Reflexologist, and Reiki Master, offers Massage Therapy, Reiki, and Reflexology treatments at the senior center every Friday from 10:00 a.m.-12:00 p.m. Fifteen-minute appointments are available for \$10.00. Please call the senior center at 508-543-1252 to schedule an appointment. When signing up, please be sure to indicate whether your appointment is for Massage, Reiki, or Reflexology. If you haven’t yet experienced these wonderful treatments, this is a great opportunity to find out how fantastic they are!

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 15

*PRESIDENTS DAY
NO MEAL SERVED*

Tuesday, February 16

SAUSAGE SUB W/ONIONS & PEPPERS
HASH BROWNS
ZUCCHINI & TOMATO
SUB ROLL
PEACHES

Wednesday, February 17

SEAFOOD SALAD W/PASTA SALAD & THREE BEAN SALAD
PITA BREAD
FRESH ORANGE

Thursday, February 18

MEATLOAF W/GRAVY
PARMESAN MASHED POTATOES
WINTER SQUASH
WHOLE WHEAT BREAD
ALMOND COOKIE

Friday, February 19

STUFFED SHELLS
ITALIAN BLEND VEGGIES
MULTIGRAIN ROLL
PUDDING