

SIGN-UP ON MARCH 3RD FOR HUDSON VALLEY, NEW YORK TRIP

Come on an exciting overnight trip to New York's beautiful and interesting Hudson Valley on June 21st & 22nd. You will see the sights of the region named for Dutch explorer Henry Hudson. Visit the home of Franklin D. Roosevelt as well as the FDR Library and Museum in Hyde Park. You will enjoy a guided tour of West Point Military Academy. Learn all about the life of a cadet and the history behind this famous institution as you tour the well manicured grounds. In the afternoon, you will board 'The Commander' for a 2 hour cruise on Henry Hudson's "great river." Mansions and forts along the banks of the river will come alive as you listen to tales of the Revolutionary War and the steamboat eras. Your trip includes 1 night hotel accommodations, 1 breakfast, 1 dinner, all sightseeing and admissions per itinerary, taxes, service charges, baggage handling, tour director services, deluxe motor coach transportation and driver & tour director's tip. Your motor coach will depart from St. Mary's Church parking lot on Monday, June 21st at 7:00 a.m., and return on Tuesday, June 22nd. The cost of the trip is \$259 per person for a double and \$309 per person for a single. A deposit of \$139 will be due by Friday, March 26th, and final payments will be due by Friday, April 23rd. Checks should be made payable to Brush Hill Tours. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, March 3rd beginning at 8:00 a.m. (This is a "Foxtrotter" trip. "Foxtrotter" trips are limited to one gift certificate per person per year.)

Monday, February 22

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.

BC/BS Updates 2:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

Tuesday, February 23

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, February 24

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Music with Jack Craig 11:30 a.m.

Luncheon Outing @ Olive Garden 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 25

Ceramics 9:00 a.m.

Line Dancing Review 10:00 a.m.

Jack Frost Social 12:00 p.m.

Friday, February 26

Final 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.

Wii Bowling Tournament @ Mansfield COA 10:00 a.m.

Cribbage 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

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.

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, March 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, MARCH 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, March 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.

SAVE MONEY AND “TWIST”

Have you seen the Social Security ads with Chubby Checker? There's a new "Twist" in the law that makes it easier to apply for "Extra Help" for prescription drugs. Social Security no longer counts life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple. Apply on-line at www.socialsecurity.gov or call Social Security at 1-800-772-1213. Or you can schedule an appointment with your local SHINE counselor by calling the senior center at 508-543-1252. Check out the new "Twist!"

BUDGET STRETCHERS

In these tough economic times, we are all looking for ways to stretch our dollars. Increased costs affect everyone, but are especially felt by those on a fixed income. The Foxboro Discretionary Fund and the Food Pantry are trying to develop programs to meet the needs of seniors. Whether it's help paying for prescriptions or having food delivered to stretch your dollars, the Discretionary Fund and the Food Pantry may be able to help you. The Food Pantry welcomes seniors and will provide home delivery for those who are homebound. In

addition to dry and canned goods, the Food Pantry has refrigeration and freezer capacity for perishable items such as meat and dairy. You can even fill out a checklist of the foods that you would prefer so that you can receive food items that you will enjoy. You can contact the Discretionary Fund/Food Pantry directly by calling 508-543-5235. Leave a message if they are not in at the time of your call. If you have questions or need help with other resources such as Fuel Assistance, please call Noreen Sherys, our Community Social Worker, at 508-543-1252. Making use of these resources and programs may help you to stretch your dollars.

TRAVEL AND ENTERTAINMENT

“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.)

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.)

SPECIAL EVENTS AND PROGRAMS

BEREAVEMENT SUPPORT GROUP

Beacon Hospice will offer an 8-week grief support group, "Journey through Grief," on Tuesday mornings from 9:00-10:30AM at the Foxborough Senior Center, 75 Central Street. Sessions will be held March 9 & 23; April 6 & 20; May 4 & 19 (in lieu of Tuesday, May 18th); and June 1 & 15. These sessions are free of charge and are open to the community. Anyone who has lost a family member, spouse/partner, close friend or another loved one is invited to attend. Pre-registration is required by calling Scott A. Ciosek, M.Div., Bereavement Coordinator at Beacon Hospice, by March 5, 2010, at 508-747-7222. Space is limited.

LINE DANCING REVIEW CLASS

If you took part in the recent line dancing classes taught by Jeanne Bonneau and Faye Sullivan, come to a 'refresher' class on Thursday, February 25th from 10:00 a.m. to 11:00 a.m. The Jack Frost Social is in the afternoon that day where DJ Dave Valerio will play some of the music you have been dancing to in the classes.

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 remaining Wednesdays from 11:30 a.m. to 12:30 p.m.:

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 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...?" 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

MEN'S BREAKFAST RESCHEDULED FOR MARCH 4TH

Our Men's Breakfast in February was cancelled due to bad weather conditions and has been rescheduled for Thursday, March 4th. Join us for a delicious meal and some socialization at the Men's Breakfast when 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, March 2nd. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

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, March 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, March 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.

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.

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.

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 24 Luncheon Outing @ Olive Garden

March 3 Dollar Tree Store

March 10 Target

March 17 Christmas Tree Shops

Wii GAMES

We have virtual games (bowling, tennis, etc.) using our Wii system on Fridays at the senior center from 11:00 a.m. until 1:00 p.m. Come join the Wii generation and join the fun!

NUTRITION

Come to our nutrition class at the senior center. We meet every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:45 a.m. to 11:45 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches classes in Qi Gong and Yoga. Classes are \$5 per session. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable, flat shoes. Please call the senior center at 508-543-1252 to sign-up.

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.

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$1 charge for each class. The class is open to both men and women so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

SIT & BE FIT

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Sue Ribeiro, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights, and other movement activities that help promote balance, coordination, flexibility, and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30-10:30 a.m. The cost is \$1 per class.

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.

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 22

BEEF & CABBAGE CASSEROLE
DICED CARROTS
DINNER ROLL
FRESH APPLE

Tuesday, February 23

DELI SLICED HAM
POTATO SALAD
TOSSED SALAD W/ DRESSING
WHITE BREAD
FRUIT CUP

Wednesday, February 24

HAPPY BIRTHDAY
SALSA CHICKEN
SPANISH RICE
TUSCANY BLEND VEGGIES
WHOLE WHEAT BREAD
BIRTHDAY CAKE

Thursday, February 25

MINESTRONE SOUP
CHEESE OMELET
HASH BROWN POTATOES
MULTIGRAIN ROLL
PUDDING

Friday, February 26

LEMON BUTTER SCALLOP CASSEROLE
PARSLEY WHIPPED POTATOES
GREEN BEANS
WHOLE WHEAT BREAD
PINEAPPLE