



G E M



WHAT'S NEW IN THE "GEM OF NORFOLK COUNTY"



JANUARY 2022

- 3-5 Social Programs
- 6 Trips
- 7-8 Wellness Programs
- 9 Human Services
- 10 Calendar

BE THE FIRST TO RECEIVE THE GEM EACH MONTH,
JOIN THE EMAIL LIST BY EMAILING
MCRAIG@FOXBOROUGHMA.GOV



[Foxborough Council on Aging & Human Services](#)
508-543-1234 | 75 Central Street, Foxborough
Mon, Tue, & Thurs: 8:00am-4:00pm
Wed: 8:00am-6:00pm | Fri: 8:00am-12:30pm

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SOCIAL PROGRAMS

ART WITH ALLY

Thursdays | 10:30am-12:30pm | \$5 Per Class

Bring your creative side, and your brushes for this fun activity. Art with Ally runs on a monthly basis. Payment is due at the time of registration.

BINGO

Tuesday, December 7 | 1:30pm-3:00pm | FREE!

Come join this traditional game of chance, this event is coordinated by the Friends of the Foxboro Seniors

CRIBBAGE

Fridays | 10:45am-12:15pm | FREE!

Come play this fun and exciting card game while making new friends. We will be limiting the amount of Cribbage players, please register before playing.

MAH JONGG FREE PLAY

Wednesdays | 1:00pm | FREE!

This fun and exciting tile game, is perfect for those who are looking to sharpen their skills while making new friends.

BOOK CLUB

Returns in February

This program is designed for seniors who simply enjoy reading or listening to books on tape. Registration Required.

CHARLIE CARDS FOR SENIORS

Wednesday, January 19 | 3:30pm | FREE!

Charlie Card is the payment method for the MBTA, The Foxborough Senior Center will be partnering with the MBTA to offer Senior Charlie Cards for residents 65+ allowing for reduced fares on the MBTA.



ARE YOU WORRIED ABOUT POWER OUTAGES THIS WINTER?



You can always borrow one of the Senior Centers portable charging batteries. These devices will charge your phone twice or a tablet device once.



BEGINNER MAH JONGG FREE PLAY

Wednesdays | 12:30pm-1:45pm | FREE!

This beginner Mah Jongg free play group is for players who have recently just started learning and may want to take each game a little slower than those who have played for many years.

COFFEE & DONUTS

Daily | 8:30ish-11:30 | FREE! (donations encouraged)

Our popular, coffee and donuts has returned! Once again you will be able to get a cup of coffee and/or a donut.

Q/A WITH THE TOWN MANAGER

Wednesday January 26 | 12:30pm | FREE!

Come join the Foxborough Town Manager, William Keegan for conversation. The Town Manager will provide updates on town proceedings and if time allows, a question and answer session.

MAKING MUSIC



Monday, January 3 | 12:30pm-1:45pm | FREE!

Calling all musicians and singers: Bring your ukulele, guitar, voice, or other acoustic instrument and join us for a new "Making Music" program. All skills are encouraged and welcome to participate in this monthly FREE sing and play along experience. We will explore fun and familiar songs.

KNITTING

Mondays | 1:00pm | FREE!

This class is for beginners as well as those who would like to brush up on their skills or work on a project. Please bring your knitting needles and yarn.

MOVIES

January: COA/HS Staff Favorites

PRINCESS BRIDE (1987) (CHRISTINA & PAM'S FAVORITE)

Thursday, January 6 | 1:00pm | FREE!

A classic fairy tale adventure about a beautiful woman (Robin Wright) and her one true love (Cary Elwes) also starring Mandy Patinkin & Wallace Shawn,



AMELIE (2001) (KRISTEN'S FAVORITE)

Thursday, January 13 | 1:00pm | FREE!

A fanciful comedy about a young French woman who discreetly orchestrates the lives of the people around her

SHAWSHANK REDEMPTION (1994) (TRACY'S FAVORITE)

Thursday, January 20 | 1:00pm | FREE!

Andy Defresne (Tim Robbins) is sentenced to two consecutive life terms in prison for the murders of his wife and her lover. However only Andy knows he didn't commit the crimes. Also starring Morgan Freeman

MY COUSIN VINNY (1992) (KAREN'S FAVORITE)

Thursday, January 27 | 1:00pm | FREE!

New York Lawyer (Joe Pesci) has never won a case. When his teenage cousin and a friend are accused of murder, Vinny and his girlfriend (Marissa Tomei) come to the rescue.

SOCIAL PROGRAMS

THE TOPLESS TOWERS OF ILIUM: GOD'S, MORTALS, AND THE TROJAN WAR

Wed, Jan 12 | 4:00pm | FREE!

The epic story of the war between the Greeks and Trojans is one of the great tales of world literature. A war sparked by jealous and fueled by vengeance and pride, it saw warrior heroes and gods fight amongst themselves. This lecture will present the major actions, themes, and characters of the Trojan War. **This program is hosted by noted historian Paolo DiGregorio.**



COUNCIL ON AGING/HUMAN SERVICES ADVISORY BOARD MEETING

Thursday January 27 | 3:00pm | FREE!

The COA/HS Advisory Board is a group of senior representatives appointed by the Board of Selectmen to advise the daily operations of the Senior Center

FRIENDS OF THE FOXBORO SENIORS— MCGINTY ROOM

The Friends of the Foxboro Seniors is a Foxborough based nonprofit whose mission is to support the needs of Foxborough's seniors. If you are interested in joining the friends please consider using the donation form below.

TALESPINNERS

Tuesdays | 2:00pm-3:00pm | FREE!

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.

REP JAY BARROWS' OFFICE HOURS

Monday, January 24 | 9am-10am | FREE!

Join Representative Jay Barrows for a group discussion as well as question and answer session.

MACKINAC MONDAY: HENRY FORD

Monday, January 31 | 2:00pm | FREE!

As we lead up to our 2022 Mackinac Island trip, the last Monday of each month will now be "Mackinac Mondays". Each month we will be presenting a program associated with our trip. These programs are open to all, but may be especially interesting to our Mackinac Island travelers.

January— Henry Ford Documentary. Henry Ford has been described as the "Most Influential American Innovator", this in depth documentary will look into Henry Ford's life. Our Mackinac Trip will spend time at the Henry Ford Museum in Dearborn Michigan

FAREWELL CHRISTINA! (WITH PIZZA!!!)

Thursday, Jan 6 | 2:45pm | FREE!

Please join us in saying goodbye to Christina LaRose before she embarks on her new career as the Assistant Director of the Franklin Senior Center.



DONATION FORM

FRIENDS OF THE FOXBORO SENIORS

Today's Date _____ Yearly Membership runs from July 1st-June 30th Name _____

Address _____ Phone (____) _____ Email _____

Membership Donation for \$10 pp. If you would like to make an additional contribution \$ _____

Memorial Donation \$ _____ In Memory of _____

Make your check payable to the "Friends of the Foxboro

Seniors", PO Box 116, Foxborough Ma 02035.

REGISTER ONLINE FOR ALL

3

PROGRAMS AT www.MyActiveCenter.com

SOCIAL PROGRAMS

VETERANS' CLUB

Monday, January 3 & 27 | 2:30pm | FREE!

The mission of the Veterans' Club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten.

CARD MAKING

Thursday, January 13 | 2:00pm | FREE!

Are you a crafty person? Are you interested in learning a new skill? Helen Rice will, once again, be hosting her famous card making class. All supplies are included, and at the end of the class you will have a beautiful home made card for a future event!

THEATER WORKSHOP

Wednesdays | 11:30am-12:30pm | FREE!

Learn character portrayal by reading scripts (mostly comedy). This fun workshop led by Evie Rayburg and Jeanne Bonneau will require no memorization, costumes or production.

NATIONAL POPCORN DAY

Wednesday, January 12 | 2:00pm | FREE!

Celebrate National Popcorn Day with us by trying something new. Test out a sampling of flavors from Smith Family Popcorn, ranging from Sea Salt Caramel to Cinnamon Toast to Taco to Birthday Cake and more!



THE BEATLES : GET BACK

Part 1- 1/10 | Part 2- 1/24 | Part 3- 1/31 | 10:30am | FREE!

This soon to be released 3 part documentary series is directed and produced by Peter Jackson and covers the making of the 1970 album Let It Be. The footage originally captured for a 1970 documentary has been digitized and produced in high definition. This film, which is only available on Disney+, will be presented in 3, 2 hour parts.

BRIDGE LESSONS

Tuesdays Starting January 11 | 12:00pm-3:00pm | FREE!

Bridge is a card game that is played all over the world, in person and online. This program, instructed by Sunil Trivedi, will introduce new, interested, players to the card game.

CRISP & QUOTES

Wednesday January 26 | 2:00pm | FREE!

Join us for an exciting event sponsored by Brightview Senior Living. Enjoy homemade apple crisp as you test your knowledge of notable quotables. Do you know who said "A penny saved is a penny earned?" Join us to find out!

COCOA & COFFEE WITH COPS

Wednesday, January 5 | 2:00pm | FREE!

Enjoy a cup of hot cocoa or coffee with Foxborough Police Officers, Sgt. Valesay Collins and other Detectives as they share insight and resources for solutions for problems seniors encounter in today's world.



LUNCHEON OUTINGS

Wednesday, January 19 | House of Fortune | 1:00pm

MEN'S BREAKFAST

Thursday, January 27 | 9:00am | Cost: \$3

We are returning to our Men's Breakfast catered by Roche Brothers. Men are invited to participate by registering at the front desk.

SENIOR SANDWICHES: GRAB & GO OR IN PERSON

Thursdays | 10am-1pm | \$3 Suggested Donation to HESSCO

All meals are served with a side, a bag of chips and water

January 6- Chicken salad on a roll

January 13- Turkey & cheese on a croissant

January 20- Seafood salad on a roll

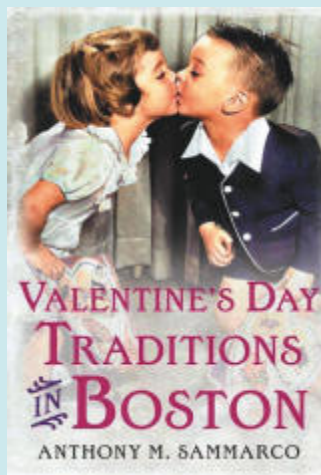
January 27- Chicken salad on a roll

SENIOR SUPPER

Wed., January 26 | 4:00pm- Food at 4:30pm | Cost: \$4

Our NEW Senior program will focus on a unique high quality, catered meal. We hope you'll join us for an evening out with friends. This program will start at 4:00pm and food will be served around 4:30pm

Januarys Meal- Chicken Broccoli & Ziti



VALENTINE'S DAY TRADITIONS IN BOSTON

Wed, Feb 9 | 4:00pm | FREE!

From Ancient Rome with the pagan festival of Lupercalia to the worldwide celebration of the holiday, we revel in it's history and evolution through the centuries as a day of love. Today, Ester Allen Howland is honored with the moniker of "The Mother of the American Valentine," with many citing her small card factory as the start of the multi-million dollar

industry. This presentation by historian Anthony Sammarco will provide insight into the history of Valentine's Day traditions over the years in and around Boston.



SCRABBLE

Mondays | 1:00pm | FREE!

Meet some new friends while playing America's favorite board game.

TRIPS & TOURS

REGISTRATION DATES

MOHEGAN SUN & NEWPORT PLAYHOUSE | RESIDENTS JANUARY 19 | NON RESIDENTS FEBRUARY 2
BLITHEWOLD, ENCORE, & CAPE COD CANAL CRUISE | RESIDENTS FEBRUARY 16 | NON RESIDENTS MARCH 2



MOHEGAN SUN CASINO OR ENCORE CASINO

MOHEGAN SUN- Thursday, March 31 | Cost: Residents \$35 Non Residents \$37

ENCORE CASINO- Thursday, June 9 | Cost: Residents \$35 Non Residents \$37

Try your luck at the Casino, each passenger will receive a casino package which could include food vouchers and play coupons.



NEWPORT PLAYHOUSE- SOCIAL SECURITY

Thursday, April 21 | Cost: Residents \$120- Non Residents \$125

Enjoy the show, "Social Security" and meal at the Newport Playhouse & Cabaret Restaurant. This favorite trip location includes a plated lunch, a wonderful play and then a fun filled cabaret.

Includes: Transportation, Lunch, & Show



SPRING DAYS AT BLITHEWOLD

Thursday, May 26 | Cost: Residents \$99- Non Residents \$105

Join us for a trip to Bristol Rhode Island's Blithewold Mansion! Celebrate spring at this beautiful 33 acre estate on Narraganset Bay with a spectacular display of more than 50,000 daffodils. Afterwards we will enjoy a wonderful lunch at Newport's Atlantic Resort.

Includes: Transportation, Admission to Blithewold, & Lunch



CAPE CODE CANAL CRUISE & DANIEL WEBSTER INN

Thursday, July 14 | Cost: Residents \$94- Non Residents \$99

Join us on Cape Cod Canal's only historic sightseeing cruise. You will see the Canal, Mass Maritime, the Sagamore, Board and Railroad Bridge, and more from a unique perspective. Afterwards we will head to lunch at the Dan'l Webster Inn in Sandwich

Includes: Transportation, Cruise, & Lunch



MACKINAC ISLAND

June 6 -13, 2022

\$2,240 pp Double | \$1970 pp Triple | \$2990 Single

Stops in Buffalo, Allen Park Michigan, Mackinac,
Frankenmuth, and Niagara Falls



WELLNESS PROGRAMS

CHAIR YOGA

Mondays | 9:15am-10:15am | Cost \$3 or punch card
Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using the chair for support. (Punch Card Eligible) New Instructor— Michelle Lawlor

SENIOR FITNESS (1 & 2)

Senior Fitness 1—Fridays | 8:25am-9:10am
Senior Fitness 2—Fridays | 9:15am-10:00am
This class uses stretching, aerobics, and hand-held weights to focus on exercising the body from the neck to ankles. Senior Fitness is designed for all levels of abilities. For the time being this class will be taught by a teacher courtesy of the YMCA. (Punch Card Eligible)

STRENGTH TRAINING (1 & 2)

Strength Training 1 —Wednesdays | 8:25am-9:10am
Strength Training 2— Wednesdays | 9:15am-10:00am
Each week this program features stretching routines and exercises that focus on the core, legs, arms, and shoulders. (Punch Card Eligible)

10 CLASS PUNCH CARD	\$27.50	(AVG. \$2.75 PER CLASS)
20 CLASS PUNCH CARD	\$40.00	(AVG. \$2.00 PER CLASS)
40 CLASS PUNCH CARD	\$70.00	(AVG. \$1.75 PER CLASS)

TAI CHI

Tuesdays | 8:30am– 9:30 am | Cost \$3 or punch card
Start your day with the peaceful meditation and movement of Tai Chi led by instructor Elijah Swain. Elijah is a 9th Degree black belt and owns the Tai Jing Academy. Thank you to the Friends of the Foxboro Seniors for helping to fund this program! (Punch Card Eligible)

ZUMBA GOLD

Tuesdays | 9:45am-10:45am | Cost \$3 or punch card
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. (Punch Card Eligible)

MEDITATION

Tuesdays | 12:00pm-1:00pm | Cost \$3 or punch card
Meditation is a state of deep peace that occurs when the mind is calm and silent. Learn to create peace of mind and go on a mini vacation of meditation everyday! Each class will focus on breathing, improving posture, and practicing different meditation methods including writing your own guided meditation. In these uncertain times you deserve moments of calm personal reflection. (Punch Card Eligible)

SURVIVING IN A NEW WORLD IN A NOT SO NEW BODY

Wednesday, January 19 | 2:00pm-4:00pm | FREE!

Covid changed everything. We moved less and sat more. This talk will address how to maintain mobility, increase stability, and alleviate joint muscle pain while indoors. We will also examine strategies to strengthen our immune system and promote overall health. This presentation will be given by Steve Avellino CFT, CES, SSF, SSN.



BLOOD PRESSURE

Tuesday, January 11 & 15 | 9:00am | FREE!
Free blood pressure check by the Foxborough Fire Department Deputy Chief and Public Health Nurse, Thomas Kenvin. Call 508-543-1234 to make an appointment.

NUTRITION CLASS

Tuesdays | 11:00am | FREE!
Each week the nutrition class shares new healthy recipes, participates in food sampling, exchanges ideas, and talks about good nutrition.



HEARING HEALTH

Wednesdays | 1:00pm | FREE!
This program will provide hearing testing, ear wax removal, hearing aid cleaning and service by appointment. Repairs of hearing aids and new purchases are also available. To make an appointment please call the Senior Center.

HOW TO COMBAT THE FEAR OF FALLING AND OTHER DIFFICULT MOVEMENT

Thursdays, January 6-February 17 | 9:00am | Cost: \$42
OR
Mondays, January 3– February 10 | 11:45am | Cost: \$42
This six-week program is designed to train the amygdala (fear center of the brain) to receive new messages from the central nervous system to reduce the fear. This is all done through movement. This is a step-by-step process to slightly reduce fear on a weekly basis. This will be done safely and systematically. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.



WELLNESS PROGRAMS

YOGA

Fridays November 12-January 28 | 10:30am-11:45am | \$53

YOGA is the UNION between body, mind, and spirit.

Everyone is welcome just as they are on their own personal journey towards greater non-judgmental self awareness.

There are no fitness prerequisites to be able to develop a very meaningful and effective yoga practice, however participants should be comfortable on the ground for an extended period of time with a yoga mat.

SHINE

Tuesdays | 3:00pm | FREE!

Our SHINE(Serving Health Information Needs of Everyone) counselor provided through HESSCO can help you navigate all your changes in insurance, prescription coverage, and Medicare. Appointments are required and made on a first come, first serve basis.

WALKING CLUB

Wednesdays | 10:00am | FREE!

This small group is always accepting new members. Get out and enjoy our beautiful New England weather Each week the walking club meets at the Foxborough Senior Center then chooses a location to walk (most locations are just a short drive away).

MEN'S FITNESS

Thursdays, January 6– February 17 | 10:35am | \$42

This 6-week program is designed to help senior males move and feel better. We'll combine fitness with corrective exercise to alleviate joint pain and promote better mobility.

All ages and fitness levels welcome. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.

1 ON 1 NUTRITION CONSULTATION

Monday, January 10 | 2:00pm-4:00pm | FREE!

Join HESSCO's Registered Dietitian, Kelsey McEntee, for a 30 minute 1 on 1 nutrition consultations. Come prepared with your questions about your health concerns. Kelsey will be visiting the Foxborough COA/HS monthly on the 2nd Monday.

REFLEXOLOGY

Friday, January 21 | 9:00am-11:45am | \$41

Reflexology is based on stimulating specific points on the feet that correspond to other areas and organs of the body. Used to restore the body's natural equilibrium by improving circulation and reducing tension. This relaxing and rejuvenating experience will involve aromatherapy infused reflexology.

REMINDER

IN THE EVENT OF INCLEMENT WEATHER, IF FOXBOROUGH PUBLIC SCHOOLS ARE CLOSED, WE WILL BE CLOSED FOR PROGRAMS/SERVICES/TRANSPORTATION. HOWEVER, THE SENIOR CENTER WILL BE OPEN AS A WARMING CENTER. YOU ARE WELCOME TO VISIT, WARM UP, AND CHARGE YOUR DEVICES.

Trivia Night

Wednesday, January 5 4:00pm

Get your team together for a fun night of trivia at the Senior Center hosted by Marc Craig. Teams should consist of 1-4 people. Each member of the winning team will receive a FREE day trip with the Foxborough Senior Center in 2022.

HUMAN SERVICES

HUMAN SERVICES offers social services to any Foxborough resident in need. Our goal is to support individuals and families in resolving problems that they may face. Please call 508-543-1234 to make an appointment with Pam or Christina.

COMMUNITY RESOURCES

Make an appointment with a Human Services social worker to learn about these resources.

Emergency Management Database Mass Health
Prescription Advantage Lifeline Phones
Housing Recertification GATRA Applications
Home Visits Benefit Access Info & Referrals
Operation Reassurance SNAP Fuel Assistance

LOW VISION SUPPORT GROUP

Thursday, January 20 | 1:00pm-2:00pm | FREE!

This adult group providing peer support and information is for anyone with vision loss or those who have concerns about their vision.

PERSONAL EMERGENCY RESPONSE SYSTEMS

With a simple push of a button, you can quickly be connected to emergency personnel when needed. We have information on a variety of PERS systems as well as programs which can help these systems become affordable to you.

LOCK BOX SAFETY PROGRAM

Through a cooperative program with the Foxborough Fire & Rescue Department, lock boxes are available to Foxborough residents to be installed on the exterior of your home for use in the event of an emergency. The small, secure lock box will hold a key to your residence that only Foxborough Fire & Rescue emergency personnel can access, allowing emergency access to your home when you are unable to answer the door. Foxborough Fire & Rescue and the Council on Aging & Human Services have pooled funds through grants and other resources to purchase the lock boxes. Fire & Rescue will install the lock box free of charge. For those who would like to donate to the program, there is a one-time suggested donation of \$35. There are no monthly fees or installation fees.

EMERGENCY MANAGEMENT DATABASE

If you feel at risk in the event of an emergency situation or power outage due to special needs, you can participate in our Emergency Management Database. By filling out our intake form, your special requirements for assistance can be shared with the Foxborough Public Safety officials for the purpose of assisting you and your household in care and comfort during an emergency.

OPERATION REASSURANCE

There may be times when seniors who live on their own feel the need and would take comfort in a morning check-in call. Through Operation Reassurance, older adults speak daily with a staff member to make sure that they are safe and sound.

TRANSPORTATION

The Foxborough Senior Center operates a car and van transportation service to assist Seniors and Human Service Clients. Rides are always free and can be scheduled by calling the Foxborough Senior Center Monday-Friday, 8:00am -11:00am at 508-543-1234 X 65120. Rides can be scheduled up to two weeks in advance. All ride requests must be made by 11:00am the prior day. Monday rides must be booked by Friday at 11:00am

When booking please have:

1. Pick up address & phone number.
2. Destination address and phone number.
3. The time you need to be at your destination.
4. The purpose of the trip.
5. Approximate return time.

APPOINTMENTS, AND AROUND TOWN

The Car and Van are available most days and times to transport Foxborough residents to their desired location.

MODIFIED SHOPPING TRIPS

Monday Afternoons - Stop and Shop

Thursday Afternoons -

Job Lot– January 13 & 27

Walmart– January 6 & 20

POLICIES

Shopping: When using the Van or Car, please buy no more than you can carry. **Same Day Cancellation:** Please speak with a staff member. Do not leave a message. **Typical Cancellation:** Please leave a message with staff.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 Chair Yoga 11:00 Book Club 11:45 Fear/Falling 1:00 Scrabble 1:00 Knitting 12:30 Making Music 2:30 Veterans' Club	4 8:30 Tai Chi 9:45 Zumba Gold 11:00 Tracy's Treasures 11:00 Nutrition 12:00 Meditation 1:30 Bingo 2:00 Talespinners 3:00 SHINE	5 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus 11:30 Theater Workshop 1:00 Hearing Health 12:30 Beginner Mah Jongg 1:00 Mah Jongg 2:00 Cocoa & Coffee w/ Cops 4:00 Trivia Night	6 9:00 Fear/Falling 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 1:00 Movie: Princess Bride 2:45 Farewell Christine	7 8:25 Senior Fitness I 9:15 Senior Fitness II 11:00 Yoga 10:45 Cribbage
10 9:15 Chair Yoga 10:30 Get Back Part 1 11:45 Fear/Falling 1:00 Scrabble 1:00 Knitting 2:00 Nutrition 1 on 1 Consultations	11 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 11:00 Nutrition 12:00 Meditation 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	12 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus 11:30 Theater Workshop 12:30 Beginner Mah Jongg 1:00 Hearing Health 1:00 Mah Jongg 2:00 Popcorn Day 4:00 The Topless Towers of Ilium	13 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 1:00 Movie: Amelie	14 9:00 Reflexology 8:25 Senior Fitness I 9:15 Senior Fitness II 10:30 Yoga 10:45 Cribbage
17 MARTIN LUTHER KING DAY SENIOR CENTER CLOSED	18 8:30 Tai Chi 9:45 Zumba Gold 11:00 Nutrition 12:00 Meditation 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	19 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus 11:30 Theater Workshop 12:30 Beginner Mah Jongg 1:00 Mah Jongg 1:00 House of Fortune 1:00 Hearing Health 2:00 Surviving a New World 3:30 Charlie Cards	20 9:00 Fear/Falling 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 1:00 Low Vision 1:00 Movie: Shawshank Redemption	21 9:00 Reflexology 8:25 Senior Fitness I 9:15 Senior Fitness II 10:30 Yoga 10:45 Cribbage
24 9:00 Rep Barrows 9:15 Chair Yoga 10:30 Get Back Part 2 11:45 Fear/Falling 1:00 Scrabble 1:00 Knitting	25 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 11:00 Nutrition 12:00 Meditation 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	26 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus 11:30 Theater Workshop 12:30 Beginner Mah Jongg 12:30 Q/A with the TM 1:00 Mah Jongg 2:00 Crisp and Quotes 4:00 Senior Supper	27 9:00 Fear/Falling 9:00 Men's Breakfast 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 1:00 Movie: My Cousin Vinny	28 8:25 Senior Fitness I 9:15 Senior Fitness II 10:30 Yoga 10:45 Cribbage
31 9:00 Rep Barrows 9:15 Chair Yoga 10:30 Get Back Part 3 11:45 Fear/Falling 1:00 Scrabble 1:00 Knitting 2:00 Mackinac Mondays: Henry Ford				

STOP & SHOP

STOP & SHOP

STOP & SHOP

STOP & SHOP

STOP & SHOP

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WALMART

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SENIOR CENTER INFORMATION

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HOURS

Mon, Tue & Thurs: 8:00am-4:00pm
Wed 8:00am-6:00pm | Fri: 8:00am-12:30pm

COA/HS ADVISORY BOARD

COA/HS Advisory Board meet on the 4th Thursday of the Month

Milli Greene— Chair	Lloyd Gibbs
Helen Olsen— Vice Chair	Marsha Lewicke
Ann Alibrandi	Janet O'Neil
Jeanne Bonneau	Betty Reilly
Jeanne Foster	

FRIENDS OF FOXBORO SENIORS

Friends of the Foxboro Seniors meet on the 3rd Saturday of the month.

C. Paul Dumas— President	Patricia Kelley
Pat Murphy— Vice President	Vera Maccone
Connie McLaughlin— Treasurer	Joan Stafford
Linda McCoy— Secretary	
Kathleen Bisazza	



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MISSION STATEMENT

The Foxborough Council on Aging and Human Services in partnership with the community will provide the highest quality of services and programs available to meet the ongoing needs of all Foxborough residents.

ON THE COVER: HOT COCOA PARTY WITH KATHY
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