



G E M



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



FEBRUARY 2022

- 3-5 Social Programs
- 6 Trips
- 7-8 Wellness Programs
- 9 Human Services
- 9 Foxboro Rec
- 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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emailed to you at
www.mycommunityonline.com



Edward Jones



Brian E Smith, CFP®, AAMS®
Financial Advisor
30 Mechanic Street Suite 1
Foxboro, MA 02035
508-543-8885

> edwardjones.com

MKI-184-14-0



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, February 1 | 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

Monday, February 7 | 11:00am-12:00pm | FREE!

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

CHARLIE CARDS FOR SENIORS

Wednesday, March 2 | 2:00pm | 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? NEW

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.

Q/A WITH THE TOWN MANAGER

Wednesday February 23 | 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, February 7 | 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. (moving to 1pm start time in March)

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.

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.

COA/HS ADVISORY BOARD MEETING

Thursday, February 24 | 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 in this Gem

UKULELE 101: FOR BEGINNERS NEW

Mondays starting Feb 28 | 11:30am-12:45pm | \$75

Start your musical journey with the UKULELE. No prior musical experience is needed. During this 8 week program, participants will learn how to play basic chords, rhythms, and strum patterns that will enable you to explore familiar songs in no time! Bring your own ukulele (with GCEA tuning) An electronic tuning device such as a Snark Turner is also recommended. As the learning continues, songs of increase challenge will be offered. (No class on 3/21 and 4/18)



INTERMEDIATE UKULELE NEW

Thursdays starting March 3 | 12:30pm-1:45pm | \$75

Continue your musical journey. This 8 week class is designed for those with prior experience playing the ukulele. Songs will continue to increase in complexity each week. (No class on 3/24)

BOOK CLUB— MOVIE (WOMAN IN GOLD)

Monday, February 7 | 12:00pm-1:45 | FREE!

Book Club members are invited to watch the woman "Woman in Gold" starring Ryan Reynolds and Helen Mirren.

SOCIAL PROGRAMS

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.

MACKINAC MONDAY: FRANKENMUTH

Monday, February 28 | 2:00pm | FREE!

As we lead up to our 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.

February– Exploring Frankenmuth– Enjoy a warm Willkommen from the fine folks of Frankenmuth as you watch "Frankenmuth– Under the Radar" and "Top 15 Best Things to Do In Frankenmuth".



WWII IN COLOR– ROAD TO VICTORY

Thursdays, February 3-April 7 | 11:45am-12:45pm | FREE!

From Dunkirk to North Africa to Okinawa, this new Netflix, British Docuseries will offer a high definition presentation of World War II, over 10 weeks. Gripping historical footage and expert commentary give detailed insights into the leading figures and decisive turning points of World War II.



GALENTINE'S DAY

Monday, February 14 | 10:30am-11:30am | FREE!

Galentine's Day is a great way to spend time with your gal pals. Tracy Rozak will lead the group in a fun Valentine's Day treat before enjoying some chocolate.



MOVIES

February– Betty White fan favorite Movies and TV Episodes

GOLDEN GIRLS- (1986)

Thursday, February 3 | 1:00pm | FREE!

In the Season 1 episode, "In a Bed of Roses's" Betty White's performance as Rose Nyland earned her an Emmy Award, as she grapples with a death that reminds her of her late husband.

SNL WITH HOST– BETTY WHITE (2013)

Thursday, February 10 | 1:00pm | FREE!

This Season 35 episode of the popular late night skit show, Saturday Night Live was hosted by Betty White in 2013

THE MARY TYLER MOORE SHOW (1975)

Thursday, February 17 | 1:00pm | FREE!

In this iconic Mary Tyler Moore Show episode, "Chuckles the Clown, a Minneapolis Icon has die and the WJM crew cannot stop laughing. Betty White's Sue Ann Nevins can't keep it together at the funeral.

BETTY WHITE GOES WILD (2013)

Thursday, February 24 | 1:00pm | FREE!

National Geographic takes a rare look into one of Betty White's true passions — big cat! Head with her to the Los Angeles and San Diego zoos to get up close to lions, tigers and leopards.

REP JAY BARROWS' OFFICE HOURS

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

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

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, February 7 | 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, February 10 | 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! **Valentine's Day Cards!**

THEATER WORKSHOP

Wednesdays (skipping 2/10 & 2/9) | 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.

BRIDGE LESSONS

Tuesdays | 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.

HISTORY 101

Fridays (skipping 2/18) | 10:00am-11:00am | FREE!

Infographics and archival footage deliver bit-sized history lessons on various scientific breakthroughs, social movements and world changing discoveries

2/4– Episodes 1-3

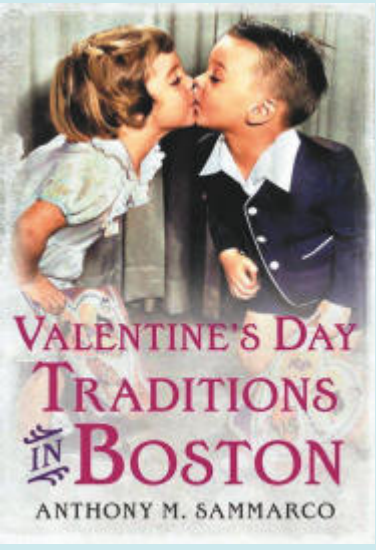
Fast Food | The Space Race | The Rise of China

2/11– Episodes 4 –6

Plastics | Oil and the Middle East | Robotics

2/25 Episodes 7-10

Feminism | Nuclear Power | AIDS | Genetics



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.



LUNCHEON OUTINGS

Wednesday, February 16 | Conrad's | 1:00pm

MEN'S BREAKFAST

Thursday, February 24 | 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

February 3– Chicken salad on a roll

February 10– Turkey & cheese on a croissant

February 17– Seafood salad on a roll

February 24– Chicken salad on a roll

SENIOR SUPPER

Wed., February 23 | 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

February's Meal– Breakfast for Dinner—Scrambled Eggs, Bacon, and Breakfast Potatoes



TABLE TOP GARDEN CLUB

Tuesdays resuming February 1 | 9:45am | FREE!

Our Table Top Garden Club, under the direction of Marsha Lewicke, will start to meet again, once a week. All are welcome, no previous gardening experience is necessary

SCRABBLE

Mondays | 1:00pm | FREE!

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

TRIPS & TOURS



MOHEGAN SUN CASINO OR ENCORE CASINO

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

ENCORE CASINO- Thursday, June 9 | Cost: Residents \$37* Non Residents \$39*

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



SALEM CROSS INN & QUABBIN RESERVOIR

Thursday, August 11 Cost: Residents \$122- Non Residents \$127

Enjoy the beautiful landscapes as we travel to Salem Cross Inn in West Brookfield, Ma. A 1 hour tour of the Quabbin Reservoir will explain the intriguing history of how and why the reservoir was built during the Great Depression. After the tour you'll enjoy a prime rib lunch at the Salem Cross Inn, then you'll spend time at the Brookfield Orchards for shopping

Includes: Transportation, Quabbin Tour & Fireplace Feast



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



TRIP REGISTRATION DATES

MOHEGAN SUN & NEWPORT PLAYHOUSE
RESIDENTS 1/19 | NON RESIDENTS 2/2

BLITHEWOLD, ENCORE, & CAPE COD CANAL CRUISE
RESIDENTS 2/16 | NON RESIDENTS 3/2

SALEM CROSS IN
RESIDENTS 3/30 | NON RESIDENTS 4/13

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)

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)

| | | |
|---------------------|---------|-------------------------|
| 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) |

GET
READY!



BLOOD PRESSURE

Tuesday, February 8 & 22 | 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.



HOW TO COMBAT THE FEAR OF FALLING AND OTHER DIFFICULT MOVEMENT

Thursdays, January 6-February 17 | 9:00am | Cost: \$42

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 Feb 18-Apr 15 (skipping 3/18) | 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, February 14 | 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, February 18 | 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.

DOWN TO EARTH WITH ZAC EFRON

Tuesdays, Feb 1– March 22 | 12:00pm-12:45pm | FREE!

Actor Zac Efron journeys around the world with wellness expert Darin Olien in a Netflix travel show that explores healthy, sustainable ways to live. This 8 episode series will examine how countries around the world view healthy living.



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.

DIGITAL VACCINE CARD

Monday, February 7, 14, OR 28 | 2:00pm | FREE

My Vax Records is the new tool to allow people who received their vaccination in Massachusetts to access their vaccination history and generate a COVID-19 digital vaccine card, which would contain similar vaccination information to a paper CDC Card. This program will instruct seniors on how to obtain a copy of their digital vaccine card. Please bring your cell phone or other smart device.



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.

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 one of Social Workers

COMMUNITY RESOURCES

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

LOW VISION SUPPORT GROUP

Thursday, Feb 17 | 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. For more information please contact Pam McGuire

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 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- February 10
Walmart- February 3 & 24

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.



Foxboro Recreation offers a wide array of activities, including many adult programs. If you would like to register for any of the following programs (or any other Foxboro Rec programs) please contact Foxboro Recreation at 508-543-7255

LET'S PAINT— February 15 | 5:30pm-6:30pm | \$25

LADIES SNOWSHOE/TREK— Thurs or Sat 3/10-4/16 | 9:45am-11am | \$30

ADULT YOGA IN THE CHAPEL— Wednesdays | 6:30pm-7:45pm | \$12 (drop in)

CANDLELIGHT RESTORATIVE YOGA— February 24 | 6:30pm-8:00pm | \$45

DOG TRAINING CLASS— Wednesdays in March | 6:00pm-8:45pm | \$125

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| | 1 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Tracy's Treasures 11:00 Nutrition 12:00 Down to Earth 1:30 Bingo 2:00 Talespinners 3:00 SHINE | 2 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus (On Hold) 1:00 Hearing Health 12:30 Beginner Mah Jongg 1:00 Mah Jongg | 3 9:00 Fear/Falling 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 1:00 Golden Girls | 4 8:25 Senior Fitness I 9:15 Senior Fitness II 10:00 History 101 10:45 Cribbage |
| 7 9:15 Chair Yoga 11:00 Book club 11:45 Fear/Falling 12:00 Book Club– Movie Lady in Gold 1:00 Scrabble 1:00 Knitting 2:00 Digital Vaccine Record | 8 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Down to Earth 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE | 9 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus (On Hold) 12:30 Beginner Mah Jongg 1:00 Hearing Health 1:00 Mah Jongg 4:00 Valentine's Day in Boston | 10 9:00 Fear/Falling 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 1:00 SNL With Host Betty White 2:00 Card Making | 11 8:25 Senior Fitness I 9:15 Senior Fitness II 10:00 History 101 10:45 Cribbage |
| 14 9:15 Chair Yoga 10:30 Galentine's Day 11:45 Fear/Falling 1:00 Scrabble 1:00 Knitting 2:00 Nutrition 1 on 1 Consultations 2:00 Digital Vaccine Record | 15 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Down to Earth 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE | 16 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus (On Hold) 11:30 Theater Workshop 12:30 Beginner Mah Jongg 1:00 Mah Jongg 1:00 Conrad's 1:00 Hearing Health 2:00 Popcorn Day | 17 9:00 Fear/Falling 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 1:00 Low Vision 1:00 Mary Tyler Moor Show | 18 9:00 Reflexology 8:25 Senior Fitness I 9:15 Senior Fitness II 10:30 Yoga 10:45 Cribbage |
| 21 <i>PRESIDENTS DAY SENIOR CENTER CLOSED</i> | 22 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Down to Earth 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE | 23 8:25 Strength Training I 9:15 Strength Training II 10:00 Walking Club 10:15 Chorus (On Hold) 11:30 Theater Workshop 12:30 Beginner Mah Jongg 12:30 Q/A with the TM 1:00 Mah Jongg 1:00 Hearing Health 4:00 Senior Supper | 24 9:00 STEVE'S NEXT CLASS 9:00 Men's Breakfast 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 1:00 Betty White Goes Wild | 25 8:25 Senior Fitness I 9:15 Senior Fitness II 10:00 History 101 10:30 Yoga 10:45 Cribbage |
| 28 9:00 Rep Barrows 9:15 Chair Yoga 11:30 Beginner Ukulele 11:45 STEVE'S NEW CLASS 1:00 Scrabble 1:00 Knitting 2:00 Mackinac Mondays: Frankenmuth 2:00 Digital Vaccine Record | | | | |

STOP & SHOP

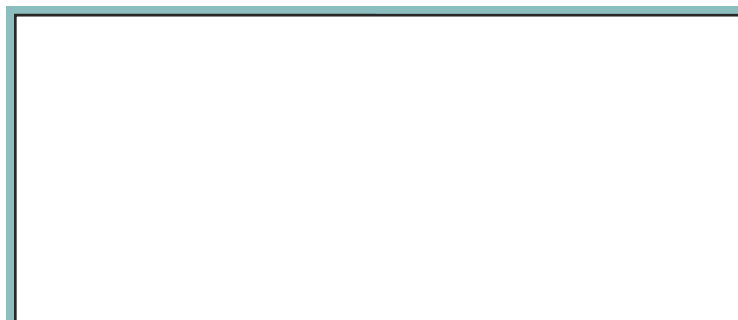
STOP & SHOP

STOP & SHOP

WALMART

JOB LOT

WALMART





ESTATE PLANNING
 PROBATE ADMINISTRATION | REAL ESTATE
*Call Attorney Lauren J. Caisse
 today at 508-339-1711*

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**FOR MORE INFORMATION
CALL 508.485.4555
HOSPICEFAMILY.COM**



Vivian Nelson

Seniors Real Estate Specialist

RE/MAX REAL ESTATE CENTER

30 Mechanic St, Foxboro

- MEMBER OF FOXBORO SENIOR CENTER •
- FOXBORO RESIDENT FOR OVER 45 YEARS •

Helping FOXBORO and surrounding areas with their real estate needs for over 40 years.

Call me today for your complimentary market analysis of your home. **508 944 4074!**
vivremax7@gmail.com



radius
financial group inc.
THE VIVEIROS TEAM
davidviveiros.com | 508.930.2172
NMLS #22407



NEUROLOGY CENTER OF NEW ENGLAND, PC

- Multiple Sclerosis
 - Migraine Headache
 - Acute and Post Concussion Syndrome
 - Epilepsy and Seizures
 - Parkinson's Disease
 - Alzheimer's Disease
 - Memory Disorder
 - Neuropathy
 - Walking and Balance Difficulties
 - Neuromuscular/MG/ALS
- Cara deBeauport, NP
Stacey Murray, NP
Anthony Rodrigues, MD
Salvatore Napoli, MD
Preeti Gupta, MD
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SENIOR CENTER INFORMATION

CONTACT 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: JEFF SHEWRY TAKES A SWING AT INSTRUCTOR STEVE AVELLINO!!

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