

INTRODUCTION TO AYURVEDA

Ayurveda, the “Science of Life,” is the oldest continually practiced healthcare system in the world. Join us for a one-day workshop on Friday, Feb. 8 at 10:30 a.m. for an introduction to Ayurvedic principles. When in balance, you naturally desire only that which nurtures your health and life. You flow in harmony with your body’s natural rhythms, get restful sleep, and feed your senses with experiences, tastes, touch, aromas, sound and signs that uplift and nourish you! Take this opportunity to learn about this ancient practice. The cost is \$8 and is due at the time you sign up.

Monday, Dec. 10

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; State Senator Paul Feeney Office Hour 12:30 p.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, Dec. 11

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Blood Pressure by apt. 10 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.

Wednesday, Dec. 12

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; SHINE by appt.; Chorus 10 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.

Thursday, Dec. 13

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Computer Class with Charter School Students 2 p.m.

Friday, Dec. 14

Coffee Connection 8:30 a.m. to noon; Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

JACK CRAIG’S “SEASONAL SONGBOOK”

Get into the holiday spirit with Jack Craig and his “Seasonal Songbook” program at the senior center on Thursday, Dec. 20 at 10 a.m. Jack will provide everyone with a booklet containing more than 100 of the most popular carols, secular songs, and standards of the winter, Christmas and Hannukah season. Everyone will have the chance peruse the booklet and pick their favorite songs for the group to sing. We’ll hear the stories behind the selected songs and Jack will add some of his informative anecdotes. Join us for this wonderful holiday songfest and some light refreshments. Call to sign up.

SENATOR PAUL FEENEY’S COFFEE HOUR

State Senator Paul Feeney will be at the senior center at 12:30 p.m. on Monday, Dec. 10. Call to sign up and take advantage of this chance to get to meet our newly re-elected state senator and have your concerns heard.

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Dec. 19 at 4:30 p.m. Our menu will include roast pork with applesauce gravy, oven roasted potatoes, winter blend vegetables and holiday cake. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

SIGN UP FOR AZORES TRIP IN 2019

We are still taking names for our 2019 trip to the island of Sao Miguel in the Azores from Sept. 15 through Sept. 22, 2019. Sao Miguel is an exotic Azorean island only 4 ½ hours from Boston, and we will be spending a memorable week exploring breathtaking volcanic craters, luxuriant gardens, mineral hot springs and incredible costal vistas amid an ideal climate. The cost for this 8 day/6 night trip is \$2,428 per person double/triple occupancy and \$2,818 per person for a single. Early reservations are eligible for a \$50 per person discount. It

has been said that this destination encompasses the best of Hawaii and Ireland, all rolled into one incredible vacation! If you'd like to join us, call to sign up.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays from 10:15 a.m. to 12:00 noon. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

COMPUTER CLASSES AT THE SENIOR CENTER

On Thursday afternoons at 2 p.m., students from the Foxborough Regional Charter School (FRSC) are at the senior center to provide computer training classes. We have WIFI here so bring your laptops, ipads, smart phones, or use our on-site computer lab and join us for one-on-one computer instruction. The students are here to answer all your questions. Call to sign up.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Dec. 18 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Dec. 11 from 1 to 2 p.m. The Low Vision Support Group meets on the 2nd Tuesday of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Dec. 11 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. SHINE counselors are available on Wed. Dec. 12 and Thurs. Dec. 20. This program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. Call for an appointment.

TRIAD

TRIAD will be meeting on Wednesday, Dec. 19 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal victimization of seniors, and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. Call to sign up.

OH NO....I CAN'T MAKE THAT PROGRAM!

If you sign up for a free program and find that you cannot attend, please take a moment and call us to cancel your reservation. Often times we have a wait list and someone else would be able to take advantage of the program. We thank you for your consideration.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Dec. 5 – Trader Joe's/Christmas Tree, Dec. 12 – Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on

the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

WEEKLY EXERCISES

Chair Yoga, Mondays at 9:15 a.m.; Senior Fitness, Fridays at 9 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

To view the monthly mealsite menu, log on to the HESSCO website at www.hessco.org If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at www.foxboroughma.gov or call at 508-543-1234.