

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.

Monday, Nov. 26

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

Tuesday, Nov. 27

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.; Nutrition 11 a.m.; Talespinners 2 p.m.

Wednesday, Nov. 28

Coffee Connection 8:30 a.m. to 3:30 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper 4:30 p.m.

Thursday, Nov. 29

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.; Computer Class with Charter School Students 2 p.m.

Friday, Nov. 30

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

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!

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Nov. 28 at 4:30 p.m. Our menu will include seafood salad with croissant, minestrone soup, coleslaw and almond cake. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Nov. 26 at 9 a.m. Take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Nov. 28 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you'd like to discuss.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Dec. 4 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

SIGN UP FOR AZORES TRIP IN 2019

The sign up has begun 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.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$35,510 for a one-person household, \$46,437 for two people, \$57,363 for three people, \$68,289 for a four-person household, and so forth. You may also qualify for reduced utility rates, and weatherization services. If you need assistance with an application or recertification, please call Christina or Pam to set up an appointment.

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.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Dec. 10 and every 2nd Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Nov. 28 – Job Lot/Dollar Store, Dec. 5 – Trader Joe's/Christmas Tree Shop. 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.