

SWING ERA SONGS WITH JACK CRAIG

Get into the “swing” at the senior center on Thursday, Mar. 8 at 11 a.m. and join Jack Craig as he presents his program on “Swing Era Songs.” This program highlights some of the greatest bandleaders, musicians, singers and songwriters of the “swing era.” From Ella Fitzgerald’s *A-Tisket, A-Tasket*, Glenn Miller’s *Moonlight Serenade*, Johnny Mercer’s *Goody-Goody*, Vaughn Monroe’s *There I’ve Said It Again*, and right on through Lawrence Welk’s closing theme song – this program is just a sampling of the best music of the time of Big Bands! Call us to sign up.

Monday, Feb. 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.; Manicures by appt. 10 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Alzheimers Caregivers’ Support Group 2:15 p.m.

Tuesday, Feb. 27

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Movie Day – “Florence Foster Jenkins” 1 p.m.; Talespinners 2 p.m.

Wednesday, Feb. 28

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; Colorist Club 2 p.m.; A Matter of Balance 2 p.m.

Thursday, Mar 1

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only 8:30 a.m.; Art with Allie 9 a.m.; Tricia Silverman’s Nutrition Power Hour 11:30 a.m.; Computer Class 1:40 p.m.

Friday, Mar. 2

Coffee Connection 8:30 a.m. to noon; Stop & Shop 8:30 a.m.; No Senior Fitness; Cribbage 10:15 a.m.; Crafters’ Corner 10:30 a.m.

NUTRITION POWER HOUR WITH TRICIA SILVERMAN

Don’t miss Tricia Silverman’s upcoming Nutrition Power Hour program on Thursday March 1 at 11:30 a.m. The topic for this program is “What’s in Your Food? A Closer Look at Food Additives and the Food Label.” Learn about the “*disgraceful dozen*” food additives to steer clear from in your diet. Helpful food label decoding tips will be shared. Call us to sign up and join us for another one of Tricia’s informative and always interesting nutritional programs.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, Mar. 7 from 9 a.m. to 11 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call us to schedule an appointment.

JACK CRAIG’S “YOU PICK ‘EM IRISH SONGBOOK”

We’ll be celebrating St. Patrick’s Day with Jack Craig on Thursday, Mar. 15 at 11 a.m. Lyric booklets with dozens of our favorite Irish and Irish/American songs will be provided to participants. Audience members will peruse the booklet, pick their favorite song(s) to sing and hear Jack’s anecdotal information about their choices. Join us for a wonderful Irish songfest! Call to sign up.

DANA ZAISER’S TRAVELS IN IRELAND

World Traveler Dana Zaiser will be at the senior center on Thursday, Mar. 15 at 12:30 p.m. to help us celebrate Ireland and St. Patrick’s Day! Dana’s program, based on his 2017 Castles and Manors trip to Ireland, will

include photos, videos and historical information of the areas he visited. His travels included trips through the Irish countryside during the day, and relaxing at an old castle or historic manor at night. Some of the places he visited included the Rock of Cashel, Cliffs of Moher, Ring of Kerry, Kylemore Abbey, Phoenix Park and the Guinness Brewery. This program is sponsored by the Friends of Foxboro Seniors. Call to sign up.

REP. JAY BARROWS' OFFICE HOUR

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

CAREGIVERS' SUPPORT GROUP

The next meeting of the support group for caregivers of someone with dementia will be on Monday, Feb. 26 from 2:15 to 3:15 p.m. This group meets at the senior center on the fourth Monday of each month and is facilitated by Kristin Heuwold, trained by the Alzheimer's Association as a support group leader. Meetings are of an educational nature and also provide a forum to discuss current concerns and resources for support. Call to register.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Monday, Feb. 26 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

MOVIE DAY

Movie Day for the month of February is scheduled for Tuesday, Feb. 27 at 1 p.m. and our featured film will be "Florence Foster Jenkins." Based on a true story, 1940's New York socialite Florence Foster Jennings (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. Her husband, St. Clair, goes to extreme lengths to make sure that his wife never finds out how awful she really is and he faces his biggest challenge when she announces her plans for a concert at Carnegie Hall. We'll supply the popcorn, so call us to sign up. Transportation is available.

VETERANS' CHAT

The Coffee Connection at the senior center is always available for anyone to stop by and enjoy a cup of coffee and some conversation. On Wednesday mornings around 9:30, a group of Veterans have been gathering to enjoy the Coffee Connection together. It's a time to share some old times with fellow vets and friends old and new. If you are a Veteran and would like to join this informal group, feel free to stop by anytime, no reservation needed, and check it out. If you need transportation to the senior center, we can help with that too! Just call 508-543-1234 to book your ride.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Feb. 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.

TRIP TO WASHINGTON DC IN THE SPRINGTIME

Don't miss this opportunity to see the cherry blossoms and visit the sights in Washington DC! Join us as we travel by motorcoach and tour our nation's capital on a 4 day/3 night trip **from April 5 through April 8**. We'll be staying in the Embassy Suites Tysons Corner and our dinner on day one is included at Ruth's Chris Steakhouse. On day 2 our guide will relate the history of this great city and show us the Capital, White House, Embassy Row, Lincoln Memorial, Vietnam & Korean War Memorials, the FDR & WWII Memorials and the Holocaust Museum with dinner at Carmine's Restaurant. On day 3 we will visit the Arlington National Cemetery, Tomb of the Unknown Soldier, the Iwo Jima and USAF Memorials. Be sure to visit the Air & Space

Museum, or the Natural History Museum or the new American Indian or African American Museums while you're there. The cost for this trip is \$611 per person for a double, \$601 per person triple, and \$771 for a single. All gratuities are included. Call us to sign up and join us as we tour our historic capital city.

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 Wednesday, Mar. 14 and Thursday, Mar. 15. 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 will be: Feb. 28 – Job Lot/Dollar Store, Mar. 7 - Target. The van travels to Stop & Shop on Mondays at 1 p.m. and on Fridays at 8:30 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.; Gym Fitness at the Foxboro Charter School, Wednesdays at 1:45 p.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.