

## **CUPCAKE DECORATING CLASS**

On Wednesday, Feb. 7 at 3:30 p.m., COA Director Vicki Lowe and Stop & Shop Cake Decorator Deborah Sheward will be teaching us all how to turn our cupcakes into mini works of art. Join us for a cupcake decorating class and amaze your family and friends with your cupcake creations. All supplies will be provided and the cost is \$3 per person, due by January 31. Class size is limited. Call to sign up.

### **Monday, Jan. 22**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Rep. Jay Barrow's 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.; Alzheimers Caregivers' Support Group 2:15 p.m.

### **Tuesday, Jan. 23**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Movie Day – "Eye in the Sky" 1 p.m.; Talespinners 2 p.m.

### **Wednesday, Jan. 24**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Job Lot/Dollar Store 1 p.m.; Gym Fitness at Foxboro Charter School 1:45 p.m.; Colorist Club 2 p.m.; Senior Supper Club 4:30 p.m.

### **Thursday, Jan. 25**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Men's Breakfast with speaker Senator Paul Feeney 9 a.m.; Computer Class 1:40 p.m.; COA/HS Advisory Board meeting 3 p.m.

### **Friday, Jan. 26**

Coffee Connection 8:30 a.m. to 12:00 noon; Stop & Shop 8:30 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Crafters' Corner 10:30 a.m.

## **TRIP TO WASHINGTON DC IN THE SPRINGTIME**

We're off to see the cherry blossoms and visit the sights in Washington DC for a 4 day/3 night trip **from April 5 through April 8.** (We're leaving one day earlier than originally scheduled.) Join us as we leave Foxborough by motorcoach and we tour our nation's capital. 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.

## **PASTEL PAINTING WORKSHOP**

Award winning pastel artist Gregory Maichak will be at the senior center on Wednesday, Jan. 31 at 3:30 p.m. for a pastel painting workshop titled "Monet's Mirror: How to Pastel Paint Monet's Water Lilies." Join us as Greg teaches us all the necessary strokes and techniques to produce an Impressionist pastel painting. This workshop is for all skill levels and is free. All supplies, including Greg's professional-grade pastels, paper and materials are provided, and you will take your completed pastel painting home with you. This project is supported by a grant from the Foxboro Cultural Council. Seating is limited. Call to sign up.

## **NUTRITION POWER HOUR WITH TRICIA SILVERMAN**

By popular demand, Tricia Silverman is coming back to the senior center! Don't miss her upcoming Nutrition Power Hour programs on Thursdays, Feb. 1 & 8 and March 1 at 11:30 a.m. The topic for Feb. 1<sup>st</sup> is "Swap it or Drop it: Choosing Healthier Options at Restaurants." See how popular restaurant meals can put you well over

your daily sodium, sugar and calories needs. Learn how to swap out some of America's worst dining out options for healthier alternatives. Discover strategies that will help you enjoy eating at restaurants without undermining your nutrition goals. Call us to sign up and join us for Tricia's informative and always interesting nutritional programs.

### **INCOME TAX ASSISTANCE – AARP**

Free income tax assistance is available through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesday and Thursday mornings. Call the senior center at 508-543-1234 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

### **REP. JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows' next visit to the senior center will be on Monday, January 22 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, Jan. 22 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.

### **MOVIE DAY**

Starting this month, our Movie Days are now scheduled to begin at 1p.m. Movie Day for January is scheduled for Tuesday, Jan. 23 at 1 p.m. and our featured film will be "Eye in the Sky". A Lieutenant General (Alan Rickman) and a Colonel (Helen Mirren) face political opposition after ordering a drone missile strike to take out a group of suicide bombers in Nairobi, Kenya. This film highlights the ethical challenges of drone warfare. Join us for a great movie and we'll supply the popcorn. Transportation is available. Call us to sign up.

### **SENIOR SUPPER CLUB**

Supper Club will be held on Wednesday, Jan 24 at 4:30 p.m. We'll be enjoying a menu of vegetable soup, grilled chicken with peach salsa, Spanish rice, oatmeal bread and Jello cake. A voluntary donation of \$3 per person can be given that evening. Sign up to reserve your seat.

### **MEN'S CLUB BREAKFAST**

Join us for our next Men's Club Breakfast on Thursday, Jan. 25 at 9 a.m. Our guest speaker will be State Senator Paul Feeney. The cost for breakfast is \$3 per person. The deadline for sign up and payment is noon on Friday, Jan 19. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **NAME THOSE TUNES WITH JACK CRAIG**

Enjoy some musical fun with Jack Craig on Thursday, Feb. 8 at 10 a.m. as he leads us in playing "Name Those Love Tunes and Sing Them Too!!" - his version of the TV game "Name That Tune." The game will include an assortment of 20 different "Love" songs to be named. But the best part of the program is when you get to sing all of the songs that were included in the game, and hear some interesting anecdotal information about them. Call us to sign up.

## **SHOPPING**

Our upcoming Wednesday afternoon outings will be: Jan 24 – Job Lot/Dollar Store, Jan. 31 Trader Joe's/Christmas Tree Shop. 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](http://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](http://www.foxboroughma.gov) or call at 508-543-1234.