

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.

Monday, Jan. 29

Coffee Connection 8:30 a.m. to 3:30 p.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.

Tuesday, Jan. 30

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.; Manicures by appointment 10 a.m.; Nutrition 11 a.m.; Talespinners 2 p.m.

Wednesday, Jan. 31

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.; Trader Joe’s/Christmas Tree Shop 1 p.m.; Gym Fitness at Foxboro Charter School 1:45 p.m.; Colorist Club 2 p.m.; Pastel Painting Class with Greg Maichak 3:30 p.m.

Thursday, Feb. 1

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

Friday, Feb. 2

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.

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. 1st 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.

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. Everyone will take home 4 beautifully decorated cupcakes! Class size is limited. Call to sign up.

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**. 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.

SENIOR TAX PROGRAM – IT'S A WIN, WIN!

The Senior Tax Work Off Program allows the Town of Foxborough to utilize the knowledge and skills of its senior residents in exchange for credit toward a senior's property tax bill. This program enhances municipal services while alleviating the tax burden of senior residents. A qualified resident will earn the current state minimum wage per hour toward a maximum credit of \$1500 gross per household per year on your real estate tax bill. You are eligible to participate in the Senior Tax Work Off Program if: you are 60 years of age or older; you live in the property that you own in Foxborough, and: you can produce a copy of a current real estate tax bill. Applications are available at the senior center or on line at www.foxboroughma.gov. Call us for more information.

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. Seating is limited. Call to sign up.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Jan 31 from 12:30 p.m. to 1:30 p.m. Call to sign up and let us know if you have a topic you'd like to discuss.

SENIOR SUPPER CLUB

Supper Club Valentine's Day Special will be held on Wednesday, Feb. 14 at 4:30 p.m. We'll be ordering pizza from a local restaurant, plus we will have salad, sweetheart cake and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

MEN'S CLUB BREAKFAST

Join us for our next Men's Club Breakfast on Thursday, Feb. 15 at 9 a.m. Our guest speaker will be Bob Hickey, Exec. Dir. of the Marilyn Rodman Ctr. for Performing Arts (formerly the Orpheum Theater) and Foxboro Reporter columnist. The cost for breakfast is \$3 per person. The deadline for sign up and payment is noon on Friday, Feb. 9. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

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.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Jan 30 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.

REGULARLY SCHEDULED

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

SHOPPING

Our upcoming Wednesday afternoon outings will be: Jan. 31 - Trader Joe's/Christmas Tree Shop, Feb. 7 – Kohl's. 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.

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.