

GARY HYLANDER LECTURE ON “BENEDICT ARNOLD: THE QUEBEC CAMPAIGN”

History Lecturer Gary Hylander will be at the senior center on Wednesday, Mar. 6 at 4 p.m. to present his program on “Benedict Arnold: The Quebec Campaign.” Following the battle of Lexington and Concord, General Washington ordered Benedict Arnold to march into Canada to attack British forces in Quebec, and stir up anti-British sentiment. Arnold’s mission failed, however, and his depleted troops failed to capture Quebec. Call us to sign up for the program, and if you’re joining us on our trip to Quebec City in June, this is a chance to learn some history of the area we’ll be visiting.

Monday, Feb. 18

Presidents’ Day – Office Closed

Tuesday, Feb. 19

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Ukulele Lessons 12:30 p.m.; Stop & Shop 1 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, Feb. 20

Strength Training Class 8:30 a.m.; Professional Foot Care by appt. 9 a.m.; NO Chorus today; Walmart 1 p.m.; TRIAD 1 p.m.; Colorist Club 2 p.m.

Thursday, Feb. 21

Art with Allie 9 a.m.; Reverse the Aging Process 9 a.m.; SHINE by appt. 10 a.m.; Mah Jongg Lessons 11 a.m.; NO Computer Class today

Friday, Feb. 22

Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Ayurvedic Daily Routine 10:30 a.m.

VETERANS’ BREAKFAST CLUB

Veterans of all ages are invited to join us on Mondays, March 4 & 18, at 9:15 a.m. for our Veterans’ Breakfast Club. The mission of the breakfast club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten. Additionally, important veterans’ issues will be discussed under the leadership of Foxborough’s Veterans’ Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

PROFESSIONAL FOOT CARE

On Wednesday, Feb. 20, and continuing every 3rd Wednesday each month, a Professional Foot Care program will be offered at the senior center. This program is run by a registered nurse, and the services will include assessment, nail clipping/filing, corn and callus reduction, and foot massage. The cost for each 30 minute appointment is \$30. Call us to schedule an appointment.

MEN’S CLUB BREAKFAST

Join us for our next Men’s Club Breakfast on Thursday, Feb. 28 at 9 a.m. Our guest speaker will be Foxborough’s new Fire Chief Mike Kelleher. The cost for breakfast is \$3 per person. Sign up with your payment no later than noon on Feb. 22. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

RIDE SHARING INFORMATIONAL PROGRAM

“Uber” and “Lyft” don’t have to be scary words! Join us on Wednesday, Feb. 27 at 3:30 p.m. for a class that will teach us all the ins and outs of ride sharing services such as Uber and Lyft. By the end of the class, you’ll be able to book your own ride across town with ease. You don’t have to be “tech savy” but you should be able to be comfortable navigating your own personal smart phone (iPhone or Android). Call us to sign up.

AYURVEDIC DAILEY ROUTINE

Join us for a one-day workshop, “Ayurvedic Dailey Routine” on Friday, Feb. 22 at 10:30 a.m. This is a follow-up course to “Intro to Ayurveda.” In this class we will learn to ride nature’s waves so we can effortlessly float through each day. By understanding the functioning of the human body as it relates to the Ayurvedic Clock, one can make mindful choices throughout the day. The cost is \$8 and is due at the time you sign up.

TECH 101 – COMPUTER BASICS

A monthly class that explores the extreme basics of various computer programs is being offered at the senior center. The class is free and open to all, and the next meeting will be at 10 a.m. on Friday, March 1. A different topic is offered each month, and March’s topic is “Microsoft Excel Basics.” Space is limited, so call to sign up.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Feb. 19 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is “open” on the 3rd Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire at the senior center.

SENIOR SUPPER CLUB/”FOUNDRY FIVE” PERFORMANCE

Senior Supper Club will be held at the senior center on Wednesday, Feb. 27 at 4:30 p.m. Our menu will include chicken bruschetta, sweet potato, green beans, sweetheart cake, roll and milk. A voluntary donation of \$3 per person can be given that evening. Following dinner there will be musical entertainment by the Foundry Five woodwind quintet, underclass musicians from Foxboro High and the Foxboro Charter School. Call to reserve your seat even if you’d like to attend the concert, but not join us for dinner.

LIFE REVIEW

Do you have a great story or memory that you’ve always wanted to share? Telling life stories creates a sense of purpose, excitement and fun. Imagine the pleasure of knowing your life stories have been recorded, edited and preserved for future generations. This Life Review program will allow seniors a chance to tell an interesting story from their life, while being recorded. Seniors will be provided with a digital file that they can share with loved ones. Call us or stop by to set up an appointment to schedule your own Life Review!

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 Thurs. Feb. 21 and Monday, Mar. 4. 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, Feb. 20 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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Feb. 20 – Walmart, Feb. 27 – Job Lot/Dollar Store. 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.