

PAOLO DIGREGORIO PROGRAM ON THE AZORES AND PORTUGAL

History professor Paolo DiGregorio will be at the senior center on Wednesday, Jan. 30 at 4:30 p.m., and the topic of his lecture will be “Imperio: Portugal, the Azores and the making of a Global Empire.” If you’re traveling with us to the Azores in September, this is a great opportunity to learn about the area and history of the land we’ll be visiting! In the 15th century, Portuguese sailors and adventurers began to sail across uncharted seas to unknown lands, and established one of the earliest, and longest lived, modern European empires. From Brazil to the Azores, across Africa to Macau and the Spice Islands, the Empire created immense wealth for Portugal, and shaped the modern world. Join us to learn about Portuguese influences on our world. Call to sign up.

Monday, Jan. 21

Martin Luther King Jr. – Office Closed

Tuesday, Jan. 22

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Nutrition 11 a.m.; Stop & Shop in lieu of Monday holiday 1 p.m.; Talespinners 2 p.m.

Wednesday, Jan. 23

Strength Training Class 8:30 a.m.; NO Chorus; Music with Jack Craig 10 a.m.; Hearing Health by appt. 10 a.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper 4:30 p.m.

Thursday, Jan. 24

Art with Allie 9 a.m.; Men’s Breakfast 9 a.m.; Computer Class with Charter School Students 2 p.m.; COA/HS Advisory Board Mtg. 3 p.m.

Friday, Jan. 25

Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

JACK CRAIG’S “AMERICA IN SONG”

Jack Craig will be back at the senior center on Wednesday, Jan. 23 at 10 a.m. to celebrate “America in Song” by singing 2 dozen songs from a variety of states and cities. While we can’t cover all 50 states in a single program, we can leave our hearts in San Francisco, meet in St. Louis, go way down yonder to New Orleans, and last but not least – visit Old Cape Cod! Call to sign up.

VALENTINE’S CRAFTS WITH KIDS

On Thursday, Feb 7 from noon to 1 p.m., 2nd grade students from the Foxborough Regional Charter School will be at the senior center for an afternoon of Valentine’s crafts and treats. Join us for some fun as we get ready for Valentine’s day, make some holiday crafts and have some sweets. Call to sign up.

MEN’S CLUB BREAKFAST

Join us for our next Men’s Club Breakfast on Thursday, Jan 24 at 9 a.m. Our guest speakers will be our new Assistant Town Manager Mike Johns and Ally Rodriguez, Foxborough’s new Veteran Services Officer. The cost for breakfast is \$3 per person. Sign up with your payment no later than noon on Jan. 18. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

REVERSE THE AGING PROCESS

Join us at the senior center for the 6-week program “Reverse the Aging Process” beginning on Thursday, Jan. 31 from 9 to 10 a.m. and continuing every Thursday through March 7. This 6-week program is designed to help individuals regain their balance. Participants will work on their balance, their *sense* of balance, and proprioception. Space is limited. The cost for the program is \$36 and is payable at the time you sign up.

MAH JONGG LESSONS

Learn how to play the ancient Chinese game of Mah Jongg (adapted with American rules) at the senior center on Thursday, Feb. 7, and continuing every Thursday from 11 a.m. to noon. Mah Jongg is a tile-based game that was developed in China during the Qing Dynasty and has spread throughout the world since the early 20th century. Don't miss this opportunity! Call to sign up.

INTRODUCTION TO AYURVEDA

Ayurveda, the "Science of Life," is the oldest continually practiced healthcare system in the world. Join us for a one-day workshop on Friday, Feb. 8 at 10:30 a.m. for an introduction to Ayurvedic principles. When in balance, you naturally desire only that which nurtures your health and life. You flow in harmony with your body's natural rhythms, get restful sleep, and feed your senses with experiences, tastes, touch, aromas, sound and signs that uplift and nourish you! Take this opportunity to learn about this ancient practice. The cost is \$8 and is due at the time you sign up.

AARP TAX PREPARATION

Free tax preparation assistance is available through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is available for all taxpayers over the age of 16 with an annual income of less than \$54,000. AARP representatives will be available at the senior center on Tuesday and Thursday mornings beginning in February through April 11. Call or visit the senior center to schedule your appointment. Prior to the date of your appointment, please come in to the senior center to pick up the "Tax Preparation Packet" which must be completed and brought with you to your appointment.

LEARN HOW TO PLAY THE UKULELE

It's a new year and it's time to try something new and unusual, so join us for 6 weeks of ukulele lessons! Classes will start at 12:30 p.m. on Tuesday, Jan. 29 and continue every Tuesday through March 5. During this 6-week program, participants will learn the parts of the ukulele, how to tune the ukulele, basic chords, 4 or 5 strum patterns and 8 – 10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. The cost is \$75 and is due at the time you sign up. If you have to purchase a ukulele, email LJCohen@comcast.net. Don't miss out!!

SENIOR SUPPER CLUB

Senior Supper Club will be held at the senior center on Wednesday, Jan. 23 at 4:30 p.m. Our menu will include meatloaf with gravy, whipped potato, mixed vegetables, roll, cake and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

GODSPELL PERFORMANCE

Enjoy a sampling of the songs from the LRC Stage Production's "Godspell." On Wednesday, Feb. 6 at 4 p.m., the Godspell cast will perform a few songs from this hit musical to entertain us at the senior center. Snacks will be provided. Additionally, the cast will be offering advance ticket sales for the March 9th performance of Godspell at the Marilyn Rodman Center (The Orpheum). These special tickets will ONLY be available to those present on the Feb. 6th performance, and will include a pre-show reception with the cast. Don't miss out! Call us to sign up and join us for a Godspell preview on Feb. 6.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Feb. 12 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. Feb. 13 and Thurs. Feb. 21. 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: Jan 23 – Job Lot/Dollar Store, Jan. 30 - Target. 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.