

## **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 9<sup>th</sup> performance of Godspell at the Marilyn Rodman Center (The Orpheum). These special tickets will ONLY be available to those present on the Feb. 6<sup>th</sup> 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.

### **Monday, Jan. 28**

Rep. Jay Barrows Coffee 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.; Diabetes Prevention Program 2:15 p.m.

### **Tuesday, Jan. 29**

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Ukulele Lessons 12:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Jan. 30**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Target 1 p.m.; Colorist Club 2 p.m.; Paolo DiGregorio History Lecture on Portugal 4:30 p.m.

### **Thursday, Jan. 31**

Art with Allie 9 a.m.; Reverse the Aging Process 9 a.m.; Computer Class with Charter School Students 2 p.m.

### **Friday, Feb. 1**

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

## **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.

## **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! Join us to learn about Portuguese influences on our world. Call to sign up.

## **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](mailto:LJCohen@comcast.net). Don't miss out!!

## **VALENTINE'S CRAFTS WITH KIDS**

On Thursday, Feb 7 from noon to 1 p.m., 2<sup>nd</sup> 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.

## **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.

### **REP. JAY BARROWS’ OFFICE HOUR**

State Representative Jay Barrows’ next visit to the senior center will be on Monday, Jan. 28 at 9 a.m. Call to sign up and take advantage of this chance to get to meet our state representative and have your concerns heard.

### **COFFEE WITH THE TOWN MANAGER**

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, Jan. 30 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.

### **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 20<sup>th</sup> century. Don’t miss this opportunity! Call to sign up.

### **SOUP/SANDWICH AND A MOVIE**

Come on in to the senior center for a light lunch followed by a movie on Thursday, Feb. 7 beginning at 12:30 p.m. Prior to the film, we will serve soup and a sandwich for lunch, for a suggested donation of \$2. Following lunch, the featured film will be Episode IV “Star Wars – A New Hope.” Han Solo (Harrison Ford) and Luke Skywalker (Mark Hamill) work to rescue Princess Leia (Carrie Fisher), help the Rebel Alliance and restore justice to the Galaxy. Call us to sign up. Transportation is available.

### **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.

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Feb. 13 at 1 p.m. at the new Union Straw restaurant in Foxborough. Sign up is required by Friday, Feb. 8. Van transportation arrangements must be made by Friday, the 8<sup>th</sup>.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Jan. 29 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your 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. 30 – Target, Feb. 6 – Union Straw Restaurant. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](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.