

TRIVIA NIGHT

Do you know your trivia? Or do you just want to have a fun afternoon out with new and old friends? On Tuesday, Dec. 17 at 4:15 p.m., join us, put on your thinking caps and get ready for the first ever Foxborough Senior Trivia Night. Snacks will be provided and the overall winning team will win a great prize. You can sign up as a team of 3-5 people or you can sign up as an individual and be placed on a team. Call now to sign up.

Monday, Dec. 16

Veterans Breakfast Club 9:15 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Posture, Balance Class 11:45 a.m.; SHINE by appt. 12:30; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Guys and Dolls Rehearsal 1 p.m.

Tuesday, Dec. 17

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Core Strength Class 11 a.m.; Beginner Digital Photography Class 12:30 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.; Psychology & Physiology of Aging Well 4 p.m.; Trivia Night 5 p.m.

Wednesday, Dec. 18

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 1 p.m.; TRIAD 1 p.m.; Senior Fitness Fun at FRCS 1:47 p.m.; Ken Burns' "National Parks" 4 p.m.; Paolo DiGregorio History Lecture 4:30 p.m.

Thursday, Dec. 19

Art with Ally 9 a.m.; Move Pain Free 9 a.m.; Chair Massages by appt. 9 a.m.; Mah Jongg 10:45 a.m.; Soup & Salad Lunch 12:30 p.m.; Movie Day – "Christmas Chronicles" 1 p.m.; Canasta 1 p.m.; Computer Class with Charter School Students 2 p.m.; Senior Charlie Cards 2:45 p.m.

Friday, Dec. 20

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Tech 101 – "Podcasts"; 10:30 a.m.

PSYCHOLOGY & PHYSIOLOGY OF AGING WELL

On Tuesday, Dec. 17 from 4 to 5 p.m., Steve Avellino will be here to present a program on learning about the "Five Blue Zones," areas with the highest number of centenarians in the world, while examining the five things all these areas have in common. This program will also examine the Tarahumara tribe in Mexico, whose members, some in their 60's and 70's, occasionally go out for extraordinarily long runs. Steve will talk about how we can improve our own movement patterns and, in turn, can improve the quality of life as we age. Call us to sign up.

PAOLO DIGREGORIO'S PROGRAM ON "INNOCENTS ABROAD"

Join us on Wednesday, Dec. 18 at 4 p.m. for history professor Paolo DiGregorio's program on "Innocents Abroad: American travelers in Italy during the gilded age." The Grand Tour of Europe was the invention of wealthy, titled Englishmen in the 17th and 18th centuries. By the late 19th century, Americans reveling in the economic prosperity of the Industrial Age, began to emulate those earlier Britons by voyaging to Europe to experience the culture of the Old World. Ultimately, the travelers went to Italy to experience the history, art and culture. Paolo will tell us about the travels and adventures of these "innocents abroad." Call to sign up.

TECH 101 – MINI LESSONS

Join us on Fridays, Dec. 13 & 20, at 10:30 a.m. for some mini lessons on your iPhone and computer. On Dec. 13 the topic will be "Amazon Prime & Amazon Prime Now." Be sure to download the Amazon Prime and Amazon Prime Now app before class, and you will learn how to sift through the endless items on Prime and the new 2-hour delivery service. Then on Dec. 20 we will talk about "Podcasts." Learn how you can listen to interesting stories on your phone. There are over 750,000 topics to choose from with over 30 million episodes. Call us to sign up for any or all of the classes.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Dec. 17 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.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, Dec. 18 from 11:30 a.m. to 12:30 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.

TRIAD

TRIAD will be meeting on Wednesday, Dec. 18 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.

SOUP/SANDWICH AND A MOVIE

At 12:30 p.m. on Thursday, Dec. 19 we’ll be serving a light lunch of soup and a sandwich at the senior center, for a suggested donation of \$3. Following lunch at 1 p.m., we will be showing the movie “Christmas Chronicles.” Please give us a call to sign up and let us know if you are coming to just lunch or just the movie, or both. Transportation is available.

CHARLIE CARDS FOR SENIORS

The CharlieCard is the payment method for the MBTA. On Thursday, Dec. 19 from 2:45 to 2:45 p.m., the Foxborough Senior Center will be partnering with the MBTA to offer Senior CharlieCards for people 65+. These cards will allow you to have a reduced fair (approximately 50%) on the subway, bus, commuter rail and ferry. Call us to sign up. **ALSO HELD ON WED. JAN 22 FROM 3 TO 4**

“NOON YEAR’S EVE” PARTY

Ring in the coming New Year with us at noon on Tuesday, Dec. 31 from 11:45 a.m. to 12:30 p.m. Catch up with your friends after the holidays while joining us for ringing in the New Year at noon. We’ll have a sparkling cider toast at 12 as well as a great selection of deserts. Call to sign up.

KEN BURNS’ “THE NATIONAL PARKS” – AMERICA’S BEST IDEA

Experience America’s National Parks through Ken Burns’ unique documentary style. Join us at 4 p.m. on the following Wednesday, Dec. 18, when we will be showing episode 6 of this informative documentary. Call us to sign up.

VETERANS’ BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, Dec. 16 at 9:15 a.m. for our Veterans’ Breakfast Club. Important veterans’ issues are discussed under the leadership of Foxborough’s Veterans’ Services Officer Ally Rodriguez. Free coffee and pastries are available to all participants. Call us to sign up.

MEN’S CLUB BREAKFAST

Join us for our Men’s Club Breakfast on Thursday, Dec. 12 at 9 a.m. The cost for the breakfast is \$3 per person. Sign up with your payment.

CHAIR MASSAGE APPOINTMENTS

Amy Rogers has been a licensed Massage Therapist for 19 years and has had the privilege of working with a wide variety of clients with different needs. She will be at the senior center on Thursday, Dec. 19 from 9 a.m. to 1:30 p.m. to provide chair massages for those who are interested. Her goal is to customize a massage specific to the needs of each individual. The cost is \$15 for each block of 15 minute appointments and you can choose to stack up to 45 minutes of massage time. Call to schedule an appointment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Dec. 18 – Job Lot, Jan. 8 - Walmart. 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.

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.