

## **TRIP TO MOHEGAN SUN**

Join us on Thursday, Feb. 27 when we'll leave from the side parking lot of St. Mary's Church at 8:30 a.m. and travel down to Connecticut to spend time at the Mohegan Sun Casino. Escape to the magical place of 150,000 square feet of non-stop excitement. Try your luck at your choice of nearly 3000 slot machines or 170 table games. This day trip includes \$15 in free bets and a \$15 food voucher, transportation, and all gratuities. The cost is \$34 per person. Sign up beginning on January 1<sup>st</sup> at the Foxborough Senior Center with your payment no later than Feb. 13, 2020.

### **Monday, Dec. 23**

Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Posture, Balance Class 11:45 a.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Guys and Dolls Rehearsal 1 p.m.

### **Tuesday, Dec. 24**

NO Stretch and Balance Class; Zumba Gold 9:45 a.m.; Nutrition 11 a.m.; Senior Center Closes at 12:30 p.m.

### **Wednesday, Dec. 25**

Office closed – Merry Christmas

### **Thursday, Dec. 26**

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.; NO Computer Class today

### **Friday, Dec. 27**

Shaws 9 a.m.; NO Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

## **MINDS IN MOTION**

Created 5 years ago, Minds in Motion is an adventure of your heart and mind. Join us on Thursdays, Jan. 9, 16, 23 and 30 at 11:15 a.m. for this program filled with spirited discussions of fascinating topics like food, photography, etiquette, Tin Pan Alley, animal rights, limericks, the meaning of life Picasso, the Supreme Court, emotional intelligence, American protest songs, ethics and women inventors. Everyone participates in fun challenges and weighs in with their thoughts and opinions. This is the very OPPOSITE of a lecture hour, Minds in Motion is part of a college seminar, part personal exploration and part backroad BBQ. This program is vibrant and brimming with camaraderie, probing, and perhaps best of all, a lot of laughter. The cost is \$10 per person and is due at the time you sign up.

## **TECH 101 – MINI LESSONS**

Join us on Friday, Dec. 20, at 10:30 a.m. for a mini lesson on your iPhone and computer. We will be talking 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.

## **"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.

## **PODIATRY CLINIC**

Join Dr. Kelly McLaughlin for Podiatric Foot Care and Screening on Wednesday, Feb. 5 from 9 a.m. to noon. Dr. McLaughlin will be offering 15 minute appointments for \$30 on every other 1<sup>st</sup> Wednesday of every other month. This fee is due at the time you set up an appointment.

## **COFFEE WITH THE TOWN MANAGER**

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Monday, Dec. 30 at noon. (This program was originally scheduled for Dec. 18) 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.

### **REP. JAY BARROWS’ OFFICE HOUR**

State Representative Jay Barrows’ next visit to the senior center will be on Monday, Dec. 23 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.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, Dec. 31 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

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

At 12:30 p.m. on Thursday, Jan. 2 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 “New Year’s Eve.” 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.

### **VETERANS’ BREAKFAST CLUB**

Veterans of all ages are invited to join us on Monday, Jan. 7 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.

### **FRIENDS’ BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on Tuesday, Jan. 7 from 1:30 to 3 p.m. and every 1<sup>st</sup> Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

### **REIKI**

Reiki is a type of energy healing that targets the energy fields within the body. Practitioners say that improving the flow of energy around the body can enable relaxation, reduce pain, speed healing and reduce other symptoms of illness. On Jan. 9 and continuing on the 2<sup>nd</sup> Thursday of each month, we are scheduling Reiki appointments at the senior center from 1 to 3 p.m. The cost is \$15 for 15 minute appointments and \$25 for 30 minute appointments. This fee is due at the time you schedule your appointment.

### **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, Jan. 16 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.

### **TRIAD**

TRIAD will be meeting on Wednesday, Jan. 15 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.

### **BLOOD PRESSURE CLINIC/CHOLESTERTOL AND BLOOD SUGAR TESTS**

Blood Pressure Clinics are being held at the senior center on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays each month. The next clinic is on Tuesday, Jan. 14 from 9 to 11 a.m. and is being hosted by Deputy Fire Chief and Public Health

Nurse Thomas Kenvin. Cholesterol and Blood Sugar tests will also be available on Jan. 14. These clinics are free and are open to the public. Call us to schedule 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. A SHINE counselor is available on Dec. 23. 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. 8 - Walmart. 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.

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.