

## **JACK CRAIG “SINGING IN THE NEW YEAR”**

Celebrate the “best of” songwriting by singing several cherished songs from the American Songbook with Jack Craig on Wednesday, Jan. 15 at 10 a.m. From a few roaring 20’s hits...on to some classic Broadway and movie musical tunes...and even a few more modern tunes, we’ll use the songs and Jack’s anecdotes to remind us of all the wonderful years of music in our lives! Call to sign up and reserve your seat.

### **Monday, Dec. 30**

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

### **Tuesday, Dec. 31**

NO Stretch and Balance Class; Zumba Gold 9:45 a.m.; Manicures 10 a.m.; Nutrition 11 a.m.; Noon Year’s Eve Party 11:45 a.m.; Talespinners 2 p.m.; SHINE by appt. 3 p.m.

### **Wednesday, Jan. 1**

Office closed – Happy New Year!

### **Thursday, Jan. 2**

Art with Ally 9 a.m.; Move Pain Free 9 a.m.; Mah Jongg 10:45 a.m.; Soup/Sandwich Lunch 12:30 p.m.; Movie Day – “New Year’s Eve” 1 p.m.; Computer Class 2 p.m.

### **Friday, Jan. 3**

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Yoga 10:30 a.m.

## **TRIVIA NIGHT**

Do you know your trivia? Or do you just want to have a fun afternoon out with new and old friends? On Wed., Jan 8 at 4 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.

## **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.

## **MAKING MUSIC**

Calling all musicians and singers. Starting on Tuesday, Jan. 14, and continuing on the 2<sup>nd</sup> Tuesday of each month from 12:30 to 2 p.m., join us at the senior center for our new “Making Music” program. Bring your ukulele, guitar, voice or other acoustic instrument. All skill levels are encouraged and are welcome to participate in this monthly FREE 90 minute sing-and-play-along experience. We will explore fun and familiar songs. All you need is a willingness to share your talent and desire for fun! Call to sign up.

## **EXPLORE VIRTUAL REALITY**

On Tuesday, Jan. 14 at 3:30 p.m., Wingate Residences at Norton is sponsoring a program exploring virtual reality at the senior center. Dive into the world of 3D exploration of penguins in the arctic or wildlife on the plains. This program is very limited and sign up in advance is required.

### **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 2nd at the Foxborough Senior Center with your payment no later than Feb. 13, 2020.

### **TECH 101 – MINI LESSONS**

Join us on Friday, Jan 10 at 10 a.m. for a mini lesson on your iPhone. We will be talking about "iMessages." iMessages can be used for much more than texting. This class will teach you about all the options in iMessage, so 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.

### **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.

### **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.

### **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.30 and 31. 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.