

COME TRY A TRIAD MEETING

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on March 17th. Judy Schultze from the Foxboro Food Pantry will be the guest speaker for the meeting. Judy will be talking about ways to encourage seniors to make use of the Food Pantry and Discretionary Fund to help meet their needs during these difficult economic times. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

Monday, March 8

Manicures 9:00 a.m. (by appointment)

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, March 9

Walking Club 8:30 a.m.

Bereavement Support Group 9:00 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, March 10

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Music with Jack Craig 11:30 a.m.

Target 1:00 p.m.

Zumba 2:30 p.m.

Thursday, March 11

Ceramics 9:00 a.m.

Computer Class 1:00 p.m.

Friday, March 12

Stop & Shop 8:30 a.m.

Mat Exercises 9:00 a.m.

YMCA Exercise 9:30 a.m.

Massage, Reiki & Reflexology 10:00 a.m.

Wii Games 11:00 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Boomchuckers 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

COMPUTER CLASSES AND HELP SESSIONS *(Please note date changes)*

We are offering computer classes and help sessions on alternate Thursday afternoons at the senior center. The original schedule has been changed, so mark your calendars for these remaining dates: March 11th & 25th; April 1st & 15th. The classes will be held from 1:00 p.m. to 2:30 p.m. and will showcase “computer how-to” and basic techniques. You must sign-up for each session individually. From 2:30 p.m. to 4:00 p.m., following the classes, you will have the opportunity to “ask the expert” your own personal computer questions. Find out the answers to “What’s wrong with my computer?” and/or “How do I...?” Call the senior center at 508-543-1252 to sign-up for this great opportunity to learn something new and expand your knowledge.

“JOURNEY THROUGH GRIEF” BEREAVEMENT SUPPORT GROUP

Beacon Hospice will offer an 8-week grief support group, “Journey through Grief,” on Tuesday mornings from 9:00-10:30AM at the Foxborough Senior Center, 75 Central Street. This grief/support group will offer a safe and supportive place for you to share your experience of grief with others and move toward healing and hope in a confidential and supportive setting. Sessions will be held March 9 & 23; April 6 & 20; May 4 & 19 (in lieu of Tuesday, May 18); and June 1 & 15. These sessions are free of charge and are open to the community. Anyone who has lost a family member, spouse/partner, close friend or another loved one is invited to attend. Pre-registration is required by calling Scott A. Ciosek, M.Div., Bereavement Coordinator at Beacon Hospice, by March 5, 2010, at 508-747-7222. Space is limited.

UNCOMMON PICNIC TALENT SHOW

Mark your calendars now for the Uncommon Picnic on Thursday, June 10th. The entertainment for the picnic this year will be a talent show. You will have the opportunity to show us your special talents in the form of music, comedy, skits or whatever! Talk to your friends and see if they would like to join you in an ‘act’. We will have open auditions on March 31st at 11:30 a.m. Please call 508-543-1252 for more information or to sign-up for an audition.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 9th through April 6th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the “Tax Preparation Packet” at the senior center. This paperwork must be completed and brought with you to your appointment.

REGULARLY SCHEDULED

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, March 16th at 9:30 a.m. Our feature presentation will be “Waking Ned Devine.” After discovering that lucky local Ned Devine (Jimmy Keogh) croaked from the shock of hitting the jackpot in the national lottery, Jackie (Ian Bannen) and Michael (David Kelly) mastermind a scheme to impersonate the dead man and collect his prize money. But to pull it off, they'll need buy-in from the rest of Tulaigh Mohr's denizens -- and not everyone is willing to cooperate. Fionnula Flanagan co-stars in this quirky cinematic charmer. As always, plan on bringing your lunch to enjoy after the movie. We will provide popcorn during the movie showing and follow with dessert and coffee. Sign-up by calling 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on March 18th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, March 17th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

MONDAY MANICURES

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be March 8th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

March 10 Target (1:30 p.m.)

March 17 Christmas Tree Shops (1:00 p.m.)

March 24 Wal-Mart (1:00 p.m.)

March 31 Luncheon Outing

OPEN COMPUTER LAB

Our computer lab is open for your use each day during regular senior center hours except when the computer and digital camera classes are scheduled. We have internet capability and printers for your use as well. There is a 15¢ per page cost for printing. Use the computers to keep your mind active while having fun at the following "brain exercise" websites: www.fitbrains.com; www.happyneutron.com; www.aarp.org/games. You can call ahead to 508-543-1252 to make sure that the computers are available.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, March 9th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

TRAVEL AND ENTERTAINMENT

HUDSON VALLEY, NEW YORK TRIP

Come on an exciting overnight trip to New York's beautiful and interesting Hudson Valley on June 21st & 22nd. You will see the sights of the region named for Dutch explorer Henry Hudson. Visit the home of Franklin D. Roosevelt as well as the FDR Library and Museum in Hyde Park. You will enjoy a guided tour of West Point Military Academy. Learn all about the life of a cadet and the history behind this famous institution as you tour the well manicured grounds. In the afternoon, you will board 'The Commander' for a 2 hour cruise on Henry Hudson's "great river." Mansions and forts along the banks of the river will come alive as you listen to tales of the Revolutionary War and the steamboat eras. Your trip includes 1 night hotel accommodations, 1 breakfast, 1 dinner, all sightseeing and admissions per itinerary, taxes, service charges, baggage handling, tour director services, deluxe motor coach transportation and driver & tour director's tip. Your motor coach will depart from St. Mary's Church parking lot on Monday, June 21st at 7:00 a.m., and return on Tuesday, June 22nd. The cost of

the trip is \$259 per person for a double and \$309 per person for a single. A deposit of \$139 will be due by Friday, March 26th, and final payments will be due by Friday, April 23rd. Checks should be made payable to Brush Hill Tours. Sign-up for this trip by calling the senior center at 508-543-1252. (This is a “Foxtrotter” trip. “Foxtrotter” trips are limited to one gift certificate per person per year.)

FOXWOODS TRIP

Come with us on Thursday, April 1st to Foxwoods Resort Casino, a premier entertainment destination in New England, offering a wide variety of ways to spend an exciting day. With over 50 restaurants, many retail shops, six distinctive casinos, and over 7,000 slot machines, every amenity imaginable is available for your enjoyment. Their new Rainmaker slot area features all the hottest new games including Wheel of Fortune and Powerball. With over 400 table games, the largest poker room on the East Coast, and High Stakes Bingo, Foxwoods offers visitors the gaming experience of a lifetime. Your motorcoach will depart from St. Mary’s parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. The cost for the day including 1 Full Buffet Coupon or \$15 food voucher, \$15 Keno Coupon, and driver’s tip is \$17 per person and will be due by Friday, March 5th. Sign-up for this trip by calling the senior center at 508-543-1252. (This is a “Foxtrotter” trip. “Foxtrotter” trips are limited to one gift certificate per person per year.)

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marge at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, March 8

SWEDISH MEATBALLS
WHIPPED POTATOES
CHUCK WAGON CORN
WHITE BREAD
PEACHES

Tuesday, March 9

NATIONAL NUTRITION DAY
LENTIL SOUP
CAJUN CHICKEN
COUNTRY STYLE VEGGIES
MULTIGRAIN ROLL
FRESH FRUIT

Wednesday, March 10

BEEF STEW W/ VEGETABLES
BOILED POTATOES
WHOLE WHEAT BREAD
UNSWEETENED APPLE SAUCE

Thursday, March 11

PENNE PASTA W/MEAT SAUCE
TOSSED SALAD
SCALI BREAD
MIXED FRUIT

Friday, March 12

CRUNCHY FISH
TARTAR SAUCE
MASHED POTATOES
PEAS

WHOLE WHEAT ROLL
BROWNIE