

SCAM ALERTS

Grandparent Scam

Who could refuse a beloved grandchild who's in trouble? You know the answer, so you need to be aware of telephone calls from "grandchildren" asking for money. Yes, the classic "grandparent scam" is back—with a vengeance. In recent weeks, police have reported an upsurge in reports of callers who phone older Americans, posing as their grandchildren in need of fast cash and urging their victims to send them money via a money order or through a wire service like Western Union or MoneyGram. How do they get away with it? Usually, the phone call starts something like this: "Hi, Grandma, is that you?" or "Hi, Grandpop, it's me—your favorite granddaughter!" The senior may be momentarily confused or not recognize the voice because of hearing loss, and respond with something like, "Mary is that you?" "Once they relate to a name, they're pretty much hooked," explains Detective Carl Filsinger of the Weston, Conn., Police Department. The callers may say they've been jailed in Canada and ask for bail money to be wired to that country; but recent requests are also for money to pay for car trouble, tuition, or other "emergency" expenses. The callers stress they need the money fast, and usually want a money order or MoneyGram rather than a personal check. The scammer can easily get the cash, often without showing identification. To protect yourself from these phony phone calls:

- **Don't fill in the blanks.** If the caller says, "It's your granddaughter," respond with "Which one?" Most likely, the perpetrator will then hang up.
- **Verify the caller.** Always confirm your grandchild's identity by saying you will return the call at his or her home or on his cellphone (but don't ask the caller for it). If you don't have your grandchildren's phone numbers, contact a trusted family member for them.
- **Be mum on account numbers.** Never provide your bank or credit card account numbers to any caller—regardless of the reason.
- **Be suspicious of requests for money wires.**
- **Contact your local police department or state attorney general's office if you think you are being targeted.**

Disaster Scam

State and federal disaster recovery officials caution Massachusetts residents to be on the alert for an increased number of scam artists using old and new tricks to obtain vital information or take advantage of storm-weary survivors by posing as employees of Federal Emergency Management Agency (FEMA) or other government agencies, such as the U.S. Small Business Administration (SBA). If you notice suspicious activity in your neighborhood, or suspect someone is trying to commit fraud by coming to your door or contacting you by phone or mail, immediately call your local police department at 911. Then report it to the State Attorney General's office at Public Inquiry & Assistance Center Hotline at (617) 727-8400 Monday through Friday 10 a.m. to 4 p.m. (TTY) users (617) 727-4765. The Elder Hotline can assist citizens over the age of 60 at (888) 243-5337.

Monday, April 26

Sit & Be Fit 9:30 a.m.

Hearing Clinic 10:00 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

Tuesday, April 27

Walking Club 8:30 a.m.

Nutrition 11:00 a.m.

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

Meet the Candidate-Gary Whitehouse 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 28

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Luncheon Outing @ Old Colony Café 1:00 p.m.

Zumba 2:30 p.m.

Thursday, April 29

Branson Trip-departing from St. Mary's parking lot @ 6:15 a.m.

No Ceramics Today

Computer Class 1:00 p.m.

Friday, April 30

No Boomchuckers Today

Stop & Shop 8:30 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.

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**Wii BOWLING JOINT PRACTICE WITH SHARON COA**

On Friday, May 7th at 11:00 a.m., we will be holding a joint Wii Bowling practice session with members from the Sharon COA. Take advantage of this opportunity to improve your skills and make some new friends! Call 508-543-1252 to sign-up.

FREE LEGAL CLINIC

Mary Roque, Esquire will come to the senior center on Wednesday, May 19th from 9:30 a.m. to 11:30 a.m. to provide a FREE legal clinic. Following the clinic in May, she will be coming to the senior center on the 2nd Wednesday of each month from 9:30 a.m. to 11:30 a.m. Attorney Roque owns and manages a law practice which concentrates in elder law issues, and she conducts volunteer legal clinics at other area Councils on Aging. She will consult with individuals for up to 15 minutes about their legal questions and concerns. If further consultation is necessary, follow-up will be provided through Noreen Sherys, Community Social Worker, who can assist with referrals to community legal resources. Please call 508-543-1252 for your appointment.

BEGINNERS WALKING CLUB

Beginning Tuesday, May 4th from 8:30 a.m. to 9:30 a.m. we will hold a Beginners Walking Club led by our YMCA instructor, Joyce Collins. After our walk, we will finish with some stretching. Weather permitting, we will walk outside around the town of Foxboro on 45-50 minute walking loops. During weather extremes (high heat and humidity, precipitation or very cold weather) we will walk on the indoor track at the YMCA. The decision to walk inside will be made at the discretion of the Beginners Walking Club leader. When in doubt, call the senior center beginning at 8:00 a.m. to find out where the club will be walking. Wear your sneakers or walking shoes and comfortable clothing. This program is free for Foxboro seniors. Please call 508-543-1252 for more information and to sign-up.

GET READY FOR THE SENIOR CENTER SPRING SALE!

The senior center will be having its Annual Spring Sale on Saturday, May 8th from 8:00 a.m. to 11:00 a.m. We will have the usual variety of plants and baked goods as well as space available for a yard sale. **Plant Sale:**

Attention all you gardeners! As the weather gets nicer and the perennials start coming up and need thinning, think of donating them to our plant sale. You can place the roots of your plant in a pot, plastic container or even a plastic bag. We are in need of extra pots (plastic or clay) for the sale. **Yard Sale:** We are selling 8 x 8 spaces at a cost of \$15 each for you to sell your craft and flea market items. We will only provide the space. You must bring everything you need, and you will be responsible for taking it all away. **Bake Sale:** Please bring your items wrapped and ready for sale on Friday (before 3:00 p.m.) or on Saturday (before 8:00 a.m.). Include a list of ingredients with your baked goods. 100% of the proceeds from the sales of plants and baked goods, in addition to the space rental fees, go towards the Friends of Foxboro Seniors for program development. To donate plants, purchase space, or sign-up to bake call 508-543-1252. The sale goes on rain or shine ... in the event of rain, we'll move inside the building.

MEET THE CANDIDATES

During the month of April we will be having opportunities for you to meet the candidates for town officials. Mark your calendars for the remaining dates and times: Tuesday, April 27th at 1:00 p.m. with Gary Whitehouse, candidate for selectman, and Thursday, April 29th at 10:00 a.m. with John Hazeldine, candidate for Board of Health. Take advantage of these opportunities to be informed for the Annual Town Election which will be on Monday, May 3rd.

LINE DANCING IS BACK

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. Try out your new steps at the "Swing into Spring" Social on May 20th when the DJ will play some of the same music you have been dancing to in the line dancing class. Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 28th, May 5th, and May 12th. There will also be a refresher session on Thursday, May 20th from 10:00 a.m. to 11:00 a.m. before the "Swing into Spring" Social. Please call the senior center at 508-543-1252 to sign-up.

COMMUNITY PROGRAMS AND INFORMATION

SAFE Rx DISPOSAL DAY

The SAFE Foxborough Coalition announces "SAFE Rx Disposal Day," a FREE medication take back and disposal program, on Saturday, May 1st from 9:00 a.m. to 1:00 p.m. at the Foxborough Public Safety Building, 8 Chestnut Street, Foxboro. Bring your old or unused over-the-counter or prescription medications in all forms (pills, creams, liquids) or veterinary medicines. Keep medications in the original containers and blackout personal info from the label. Ensure that the medication name and dosage is visible. No needles, sharps, thermometers, or syringes will be accepted. Help prevent prescription drug abuse and protect the environment by properly disposing of pharmaceuticals.

H.U.G.S. FOXBORO

H.U.G.S. Foxboro invites you to the community meeting/open house on Tuesday, May 18th at 7:00 p.m. at the McGinty Room in the Public Safety Building, 8 Chestnut Street, Foxboro. Come and learn about this organization and their commitment to making our community safer through education concerning violence in relationships, and by providing assistance to victims and families affected by domestic violence. For more information, please call 508-698-8784.

"SUCCESSFUL AGING IN PLACE" WORKSHOP

Come and learn how elders can maintain the quality of their lives and "age in place" in their own homes on Monday, April 26th at 1:15 p.m., at the Sharon Community Center, Ballroom, 219 Massapoag Ave., Sharon, MA. There will be speakers from a variety of legal, financial, and elder service agencies. This program is sponsored by the Sharon Adult Center, Friends of the Sharon Council on Aging, and the Norfolk South Regional Councils on Aging. Call 781-784-8000 to reserve your spot.

MY LIFE MY HEALTH

HESSCO will offer a 6 week workshop to adults living with the challenges of a persistent health condition. Share experiences with others who are experiencing similar challenges and learn strategies developed and tested by researchers that will help you. The classes will meet on Mondays from 1:00 p.m. to 3:30 p.m. beginning May 10th at Brigham and Women's/Mass General Health Care Center at Foxborough, 20 Patriot Place, Foxborough, MA. To register or for more information, contact Marilyn Arrott marrotht@hessco.org or Sheryl Leary sleary@hessco.org or call 781-784-4944 by May 3rd.

DIAL-A-LAWYER

The Massachusetts Bar Association will offer FREE legal advice for veterans and their families on Thursday, April 29th from 5:30 p.m. to 7:30 p.m. Call 617-338-0610.

REGULARLY SCHEDULED

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card with a maximum of 2 cards per player. Our next Bingo afternoon will be on Tuesday, May 4th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, May 6th at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on April 26th. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, per the YMCA's policy. The 2010 Spring 2 Session runs from April 26th through June 20th. This is an 8-week session and will cost \$40. Payment is due at sign-up. Call 508-543-1252 with any questions.

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.

April 28 Luncheon Outing @ Old Colony Café

May 5 Christmas Tree Shops

May 12 Wal-Mart

May 19 Emerald Square Mall

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

S.H.I.N.E. – TUESDAY, MAY 4, 2010

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, May 4th at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

HEARING CLINIC

Mass Audiology is holding free hearing clinics at the senior center on the 4th Monday of each month at 10:00 a.m. Our next clinic will be on April 26th. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

TRAVEL AND ENTERTAINMENT

NANTUCKET TRIP

Enjoy a 2 day getaway to the island of Nantucket on September 8th & 9th. ‘Escape in style’ as you visit Nantucket Island’s impressive history and unparalleled beauty. The ferry ride from Hyannis will set the mood for your arrival to this little paradise. Once on the island you will enjoy a 90 minute guided tour of Nantucket. There will be time to sample a local restaurant and explore the unique shops in the town before transferring to the lovely Nantucket Inn. After dinner at the inn, enjoy a game of BINGO or take a shuttle bus into town. The next day breakfast at the inn is included followed by a trip to the famous Whaling Museum, filled with many artifacts demonstrating the extraordinary history of whaling. Provided with a box lunch, you will then board the ferry for your trip home. The trip includes 1 night deluxe accommodations at the lovely Nantucket Inn, 1 buffet breakfast, 1 boxed lunch, 1 dinner, all sightseeing and admissions per itinerary, all taxes, baggage handling, service charges, ferry and deluxe motorcoach transportation, driver and local tour guide gratuities. Your motorcoach will depart from St. Mary’s Church parking lot on Wednesday, September 8th at 7:00 a.m. and will return on Thursday, September 9th at approximately 6:00/6:30 p.m. The cost of this trip is \$335 per person for a double, \$325 per person for a triple, and \$405 per person for a single. A deposit of \$170 per person will be due by Friday, May 14th with the remaining balance due by Friday July 30th. Checks should be made payable to Jodie’s Place, Inc. Sign-up by calling the senior center at 508-543-1252.

‘SWING INTO SPRING’ SOCIAL

We had so much fun at the “Jack Frost Social” that we are now planning a “Swing into Spring” Social for Thursday, May 20th from 12:00 p.m. – 4:00 p.m. at Lakeview Pavilion in Foxborough. Celebrate the arrival of Spring by getting together with friends to enjoy a delicious dinner and lively music in a beautiful setting. DJ Dave Valerio will play musical favorites for you. Sit back and enjoy the music, sing along, or kick up your heels with some line dancing...your choice. We will have line dancing classes on April 21st & 28th and May 5th & 12th at 11:15 a.m. There will be a refresher class on May 20th at 10:00 a.m. before the social. The menu will consist of our entrée, Chicken Veloute, a sautéed boneless tender breast of chicken served over cornbread

stuffing with apples and cranberry raisins, topped with Veloute cream sauce; tossed salad with zinfandel vinaigrette dressing; medley of vegetables, mashed red bliss potato, and warm rolls and butter. For dessert we will be served ice cream topped with chocolate sauce along with freshly brewed coffee and a selection of flavored teas. A cash bar will be available. The cost for this event is \$23 and will be due by Friday, May 7th. There is plenty of room for all, so be sure to let your friends know that we would love for them to join us. 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, April 26

CREOLE PORK CHOP
VEGGIE BAKED BEANS
SLICED CARROTS
WHOLE WHEAT BREAD
FRESH ORANGE

Tuesday, April 27

PINEAPPLE GINGER CHICKEN
HAWAIIAN RICE
ORIENTAL BLEND VEGGIES
WHITE BREAD
MANDARIN ORANGES

Wednesday, April 28

HAPPY BIRTHDAY
SPINACH/CHEESE OMLET
HASH BROWN POTATOES
PEAS & CARROTS
WHOLE WHEAT BREAD
BIRTHDAY CAKE

Thursday, April 29

TURKEY STEW & VEGETABLES
BOILED POTATOES
MULTIGRAIN ROLL
PUDDING

Friday, April 30

MEATLOAF
MUSHROOM GRAVY
MIXED VEGETABLES
DINNER ROLL
PEACHES