

TRIAD EVENTS

VIN ETCHING

TRIAD will be helping to coordinate the VIN Etching program on Saturday, May 15th from 9:00 a.m. to 1:00 p.m. at the Public Safety Building, 8 Chestnut Street, Foxboro. The Governor's Auto Theft Strike Force runs the VIN Etching program. VIN etching is the process of permanently etching your Vehicle Identification Number (VIN) into the windows of your automobile. The moment your vehicle is reported stolen, its federally registered VIN becomes the mark of a stolen vehicle. Thieves are less likely to risk the theft of an easily identified vehicle nor are they willing to spend the time and effort trying to replace VIN marked windows. The fee for this service is \$10 per vehicle. You may be able to save up to 15% off on your comprehensive insurance when you have VIN etching done on your car. More information is available for this program by calling the VIN etching coordinator at the Governor's Auto Theft Strike Force at 781-393-1201. Take advantage of this opportunity to discourage thieves and protect your assets.

10TH ANNIVERSARY CELEBRATION

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. Come and enjoy some refreshments with us as we celebrate the 10th anniversary of this partnership on May 19th from 12:30 p.m. to 2:00 p.m. (*Please note earlier gathering time than regular meeting.*) Everyone is welcome to attend. Please call the senior center at 508-543-1252 to sign-up for this event.

Monday, May 3

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.

Tuesday, May 4

Beginners Walking Club 8:30 a.m.
Bereavement Group 9:00 a.m.
SHINE 10:00 a.m.
Nutrition 11:00 a.m.
Body, Mind & Spirit 12:30 p.m.
Talespinners 2:00 p.m.
BINGO 2:00 p.m.

Wednesday, May 5

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Christmas Tree Shops 1:00 p.m.
Zumba 2:30 p.m.

Thursday, May 6

Ceramics 9:00 a.m.
Book Club 1:00 p.m.
Friends' 'Thank You' Tribute to Cary Barrows 2:00 p.m.

Friday, May 7

\$23 Payment Due for “Swing into Spring” Social

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

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

Wii Games-Practice with Sharon COA 11:00 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Boomchuckers 1:00 p.m.

Saturday, May 8

Plant, Yard, & Bake Sale 8:00 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

SECRETS FOR A LONG LIFE

At our “90’s Birthday Party” this year, the honorees were asked to share their advice on living a long life.

These are some of the responses we received:

“Thank the good Lord for my blessings every day. Stand tall and carry on doing whatever you care to make things pleasant for those you help.” Shirley Coleman

“Enjoy every day. Eat good food and exercise every day.” Anna Ganter

“Keep young in body and mind.” Anonymous

“Less time in a rocking chair, more time in your community. Keep active or become inactive.” Mary Souza

TRAVEL AND ENTERTAINMENT

‘SWING INTO SPRING’ SOCIAL

We still have room for you to sign-up for the “Swing into Spring” Social on 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 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.)

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.

MEDICAL INFORMATION AND SERVICES

PODIATRIST-SUMMER SCHEDULE

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. Dr. Willinsky will **not** be here in **May**. His next visit will be on Monday, June 7th. He will **not** come during **July and August**, but will resume his hours at the senior center on September 13th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, May 11th 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.

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.

GRAB BAR GRANT PROGRAM

HESSCO has received a grant from the BJs Foundation for the purchase and installation of grab bars for seniors 60 years of age or older who reside in a private home in one of HESSCO's towns. To access this grant, individuals should contact QC Industries at 781-341-2800 with the senior's name and address and request the use of the "HESSCO Grant." Grab bars should be installed within 2 weeks.

SPECIAL EVENTS AND PROGRAMS

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.

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.

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.

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 remaining Wednesdays: 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.

REGULARLY SCHEDULED

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, May 11th at 9:30 a.m. Our feature presentation will be "The Blind Side." Oversized African American Michael Oher (Quinton Aaron), the teen from across the tracks and a broken home, has nowhere to sleep at age 16. Taken in by an affluent Memphis couple, Leigh Anne (Sandra Bullock) and Sean (Tim McGraw), Michael embarks on a remarkable rise to play for the NFL. Bullock's performance garnered a Best Actress Oscar nomination and Best Actress Golden Globe Award. Kathy Bates co-stars. 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.

MEN'S LUNCH

Join us for a delicious meal and some socialization at the next Men's Lunch on Thursday, May 13th at 12:00 p.m. Kurt Czarnowski from the Social Security Administration will give us a presentation on everything we should know about Social Security. The men will be served lunch at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for lunch is \$2. To participate in the lunch, please call the senior center at 508-543-1252 to sign-up by Tuesday, May 11th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

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.

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 May 10th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

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.

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.

May 5 Christmas Tree Shops

May 12 Wal-Mart

May 19 Emerald Square Mall

May 26 Luncheon Outing

ZUMBA

We have Zumba classes on Wednesdays from 2:30 p.m. to 3:30 p.m. Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Have you seen "Dancing with the Stars?" You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Classes are \$2 each.

BODY, MIND, SPIRIT

We are offering Body, Mind, Spirit classes on Tuesdays from 12:30 p.m. to 1:30 p.m. One of our favorite YMCA instructors, Joyce Collins, leads this yoga-like combination of exercise and relaxation. Classes are \$2 each.

AEROBICS

This one hour class is held on Friday mornings from 9:30 a.m.-10:30 a.m., and includes stretching, aerobics, and hand-held weights. This class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of abilities. There is a \$2 charge for this class.

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.

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, May 3

CHICKEN POT PIE WITH VEGETABLES
MASHED POTATOES
MULTIGRAIN ROLL
PEACHES

Tuesday, May 4

MEATBALL SUB
SUB ROLL
HASH BROWN POTATOES
CALIFORNIA BLEND VEGGIES
FRESH FRUIT

Wednesday, May 5

BRAISED BEEF TIPS
BUTTERED NOODLES
DICED CARROTS
WHOLE WHEAT BREAD
PUDDING

Thursday, May 6

MOTHER'S DAY
SAVORY BAKED CHICKEN
ROASTED RED BLISS POTATOES
BROCCOLI
FRUIT MUFFIN
STRAWBERRY SHORTCAKE

Friday, May 7

FISH SANDWICH
TARTAR SAUCE
PARMESAN MASHED POTATOES
GREEN BEANS
HAMBURGER ROLL
PEARS