

SIGN-UP ON MAY 19TH FOR CHOCOLATE AND WINE TOUR

On Thursday, July 15th we will be going on a chocolate and wine tour in New Hampshire. Visit Swan Chocolates in Merrimack, NH, where you can see the chocolates being made and sample some of the indulgent selection of pure Belgian chocolates. You will then travel to Hart's Turkey Farm Restaurant at their new location in Manchester, NH. Enjoy a delicious turkey dinner with all the fixin's! Finish up the day at the Flaghill Winery in Lee, NH. Established in 1990, this winery has grown from a family operated vineyard to an established winery in the picturesque seacoast region of NH. Flag Hill Winery produces various types of wines including grape, fruit, and dessert wines as well as New Hampshire's first port wine. The wine tasting will include 5-6 different table wines, a wine presentation & discussion. Your motor coach will depart from St. Mary's Church parking lot at 8:30 a.m. and return at approximately 5:30 p.m. The cost for this excursion is \$65 per person (driver's tip *not* included). Payment will be due by Friday, June 18th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, May 19th.

Monday, May 10

Manicures 9:00 a.m. (by appointment)
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 11

Beginners Walking Club 8:30 a.m.
Blood Pressure Clinic 10:00 a.m.
Movie Day-"The Blind Side" 9:30 a.m.
Nutrition 11:00 a.m.
Body, Mind & Spirit 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, May 12

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Wal-Mart 1:00 p.m.
Zumba 2:30 p.m.

Thursday, May 13

Ceramics 9:00 a.m.
Men's Lunch 12:00 p.m.
Computer Class with Eric 1:00 p.m.

Friday, May 14

\$170 Deposit Due for Nantucket Trip

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.
Boomchuckers 1:00 p.m.

Saturday, May 15th

TRIAD Auto Etching Clinic @ Public Safety Building 9:00 a.m.

Friends of Foxboro Seniors Meeting 9:30 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

CRIBBAGE TOURNAMENT

The Friday Cribbage Group that meets at the senior center will be having a cribbage tournament on Friday, May 21st beginning at 11:00 a.m. The cost to participate in the tournament is \$5 per person. Prizes will be awarded that day to the winners! Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays at 11:00 a.m. to teach you the game or to provide helpful hints to improve your game. Call 508-543-1252 to sign-up for this fun event.

UNCOMMON PICNIC

All Foxboro seniors are welcome to join us for our "Uncommon Picnic" at St. Mary's Church in the lower hall on Thursday, June 10th from 11:00 a.m. to 2:00 p.m. This is our annual celebration to 'kick off' the summer season. Following our picnic lunch, we will enjoy the musical sounds of Paul Gookin and his band. We will have fun entertainment and door prizes too! If you would like to join us for the festivities, you must stop by the senior center to purchase a ticket on or before Friday, June 4th. Tickets cost \$2 each. Remember to have your ticket with you on the day of the picnic to receive your lunch.

FOUNDER'S DAY

We are looking for volunteers interested in walking with or riding in our Van-Go in the Founder's Day parade on Saturday, June 12th. In addition, we are looking for volunteers to help decorate the van in the morning before the parade. Please call 508-543-1252 by May 14th to sign-up and take part in this Foxboro tradition.

"COPING WITH GRIEF" BEREAVEMENT SUPPORT GROUP

Beacon Hospice will offer an 8-week support group, "Coping with Grief," on Wednesday afternoons from 1:00 p.m. to 2:30 p.m. at the Foxborough Senior Center, 75 Central Street, beginning June 2nd. This bereavement 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. 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 at 508-747-7222. Space is limited.

VIN AUTO 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.

TRIAD 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.

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.

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 lunch has been served for the presentation portion of the program free of charge.

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.

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 12 Wal-Mart

May 19 Emerald Square Mall

May 26 Luncheon Outing

June 2 Dollar Tree Store

COMMUNITY PROGRAMS AND INFORMATION

“WHAT PARENTS NEED TO KNOW ABOUT BULLYING/CYBERBULLYING”

On Thursday, May 13th at 7:00 p.m. in the Foxborough High School Auditorium, there will be a special program on bullying and cyberbullying, presented by the Massachusetts Aggression Reduction Center. We have all heard the recent news reports about the tragic results of these acts of bullying. Parents and grandparents helping to care for children need to know what to do when bullying occurs. This program is sponsored by the Foxborough Public Schools in conjunction with the Foxborough Police Department, Foxborough Council on Aging and Human Services, H.U.G.S. Foxborough and the Foxborough Board of Health. This is a community wide effort to increase awareness and provide information on this very serious and important matter.

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.

MEDICAL INFORMATION AND SERVICES

SHINGLES PRESENTATION

What is shingles? Shingles is a disease caused by the same virus that causes the chicken pox virus. In the United States 9 out of 10 adults have had the chicken pox, and chances are that you were one of them. If you have had the chicken pox, the virus can live but remain inactive in your body for many years. If it becomes active again later in life, the chicken pox virus can give you shingles. It may last from 2 to 4 weeks, or longer. For most people the pain from shingles lessens as the rash heals, but for some, shingles can lead to more serious health problems. Come to the senior center on Thursday, May 27th at 11:00 a.m. for a workshop presented by Maureen Cardarelli, RN and Board of Health Nurse for Foxboro, and Bonnie Ryvicker, MS, community liaison for the Community VNA. Did you know there is a vaccine for shingles? Maureen and Bonnie will have information on the shingles vaccine. Come learn about this disease and how to prevent it. We will also discuss other vaccines you should consider having to be safe as an adult. Call 508-543-1252 to sign-up for this important informational presentation.

CHOLESTEROL SCREENING

We will be holding a Health Promotion Clinic on Tuesday, May 25th from 9:00 a.m. until 12:00 p.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

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.

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.

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 still have a line dancing class scheduled on May 12th at 11:15 a.m., and 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.

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 10

VEGETARIAN CHILI
FLUFFY RICE
DINNER ROLL
PUDDING

Tuesday, May 11

LEMON CHICKEN ORZO SOUP
LEMON BAKED CHICKEN
SUMMER BLEND VEGGIES
WHOLE WHEAT ROLL
FRESH FRUIT

Wednesday, May 12

AMERICAN CHOP SUEY
RIVIERA STYLE VEGGIES
MULTIGRAIN ROLL
MIXED FRUIT

Thursday, May 13

ROAST TURKEY/GRAVY
CRANBERRY SAUCE
GARLIC MASHED POTATOES
WINTER SQUASH
WHOLE WHEAT BREAD
ALMOND COOKIE

Friday, May 14

SWEET & SOUR PORK RIBLET
DELMONICO POTATOES
MIXED VEGETABLES
WHITE BREAD
MANDARIN ORANGES