

PHANTOM OF THE OPERA

The musical spectacular “The Phantom of the Opera” will be premiering in Boston at the Boston Opera House as part of a new U. S. national tour. We have a very limited number of tickets for the 1:00 p.m. performance on Thursday, June 26th. The cost for this event is \$91 per person which includes round-trip motorcoach transportation leaving from St. Mary’s Church parking lot at 10:30 a.m. and a reserved mezzanine seat at the Opera House. Prior to the performance, we will stop at Faneuil Hall Marketplace where you will have the opportunity to purchase lunch on your own. If you are interested in joining us, please call the senior center at 508-543-1252 beginning on Wednesday, March 5th. In order to assure our seats at the theater, payment will be due by Friday, March 14th.

Monday, March 3

Senator Timilty Office Hour 9:00 a.m.
Sit and Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Book Club 11:00 a.m.
Video Lecture Series – U.S. History Part 2 12:00 noon
Podiatrist 12:00 noon
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, March 4

Stretch & Balance 8:30 a.m.
AARP Tax Prep (by appointment) 8:30 a.m.
SHINE 10:00 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
Bingo 2:00 p.m.

Wednesday, March 5

Sign-up for The Phantom of the Opera 8:00 a.m.
Strength Training 8:30 a.m.
AARP Tax Prep (by appointment) 8:30 a.m.
Chorus 10:00 a.m.
Zumba (make-up class) 1:00 p.m.
Target 1:00 p.m.

Thursday, March 6

Ceramics 9:00 a.m.
Italian 1 Class 11:00 a.m.
Advanced Italian Class 1:00
Gary Hylander Program on “The Scarlet Letter” 1:00 p.m.

Friday, March 7.

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Card Making 11:00 a.m.
Cribbage 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 PROGRAMS

BEREAVEMENT SUPPORT GROUP

Care Alternatives will facilitate an 8-week bereavement group for adults who have lost a loved one. This group is open to the public and is free of charge. The group provides an opportunity to address and share personal experiences of grief and loss in an open and supportive facilitated setting. The support group will meet at the Foxborough Senior Center at 75 Central Street on Wednesdays from March 26th through May 14th from 2:00 p.m. to 3:00 p.m. For more information or to RSVP, please contact Anne Bood, LICSW at 508-229-8390.

SENATOR TIMILTY OFFICE HOUR

State Senator James Timilty will be at the senior center to meet with residents on Monday, March 3rd from 9:00 a.m. to 10:00 a.m. This is your opportunity to meet with Senator Timilty in a casual setting and have him answer any questions you may have.

GARY HYLANDER HISTORY SERIES

Once again, our favorite history professor, Dr. Gary Hylander, will be at the senior center on Thursday, March 6th at 1:00 p.m. to present an informational lecture on "The Scarlet Letter" written by Nathaniel Hawthorne. This program is offered in partnership with Sage Educational Services. Our lecturer, Dr. Hylander, is a Professor of History and Literature at Stonehill College. He is a frequent lecturer at historical societies, libraries and professional organizations. If you are interested in joining us for this fun and informational program, please call us at 508-543-1252.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRAVEL AND ENTERTAINMENT

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

We can all claim to be a "wee bit" Irish on St. Patrick's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for our St. Pat's Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You'll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don't have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by "John Connors Irish Express." The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration has begun and payment was due on February 14th. If you are interested in joining up, payment will be due at the time of sign up.

SIGN UP FOR THE TRIP TO NASHVILLE/SMOKY MOUNTAINS

On October 9th, we will be flying to Nashville, Tennessee. While in Nashville, we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. For many people, this resort is an attraction on its own! Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4th day, we'll be traveling to Pigeon Forge, Tennessee where we will be enjoying dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Oktoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14th, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our

flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip will be on-going and will begin on February 13th. An initial deposit of \$700 per person (plus optional trip insurance) will be due at the time of sign up, but no later than March 31st, the second payment of \$700 per person will be due by May 12th and the final payment will be due by July 7th. All payment checks should be made payable to "Tours of Distinction."

REGULARLY SCHEDULED

MOVIE DAY

It's time again to take in a good movie with friends at the senior center, so come join us for our next Movie Day on Tuesday, March 11th at 12:30 p.m. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie. Our featured movie will be "Hyde Park on Hudson" starring Bill Murray as President Franklin Delano Roosevelt. This movie chronicles the extra-marital affair between President Roosevelt and his distant cousin Daisy (Laura Linney) which came to light during a royal visit from the King and Queen of England (Samuel West and Olivia Colman) at the president's home in Hyde Park. As war engulfs Europe and the king seeks the support of the American government, President Roosevelt struggles to balance his domestic affairs with his international obligations as Commander in Chief. If you'd like to join us for this movie, please call the senior center at 508-543-1252 to sign up.

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday 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 to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, March 3rd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252. The month's book selection is "The Secret Keeper" by Kate Morton.

BINGO

If you enjoy playing Bingo, come and join the fun at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, March 4th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

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 is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, March 19th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

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 20th. 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.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, March 24th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, March 25th beginning at 8:30 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays

As part of “The Great Courses” video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering “The History of the United States Part 2” on **Mondays through May 5th from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

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. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

March 5 - Target

March 12 – Job Lot / Dollar Store

March 19 - Walmart

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is here and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day or delayed due to inclement weather, the activities at the senior center are delayed accordingly or cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

MEDICAL INFORMATION AND SERVICES

“MY STORY” - ELIZABETH SMART PROGRAM

The Hockomock Area YMCA is pleased to announce that the Y will host Child Protection Activist, Elizabeth Smart on Thursday evening, May 8, 2014. Elizabeth will tell her personal story chronicled in her best-selling book, “My Story”. She and other abduction survivors worked with the Department of Justice to create a survivor's guide entitled “You're Not Alone; The Journey from Abduction to Empowerment.” Smart's personal story will inspire men and women to remain hopeful when faced with difficult situations in their lives. This event will be held at Foxborough High School at 7:00 p.m. with limited seating and is open to the public. Tickets will be available for purchase at the Invensys Foxboro Branch, Bernon Family Branch in Franklin and

North Attleboro Branch of the Hockomock Area YMCA for \$20 each starting on February 10, 2014. Due to the nature of the topic, the program will be open only to those ages 12 and over.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. His next visit will be on Monday, March 3rd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to arrange for a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, March 11th from 10:00 a.m. to 12:00 noon. 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.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 27th from 9:00 a.m. until 11:00 a.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 on this day. Please call the senior center at 508-543-1252 to make 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. The SHINE 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. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on March 4th and March 20th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

INCOME TAX ASSISTANCE

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 the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning through April 8th. 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.

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

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. 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 3

Sweet & Sour Meatballs
Noodles
Peas
Whole Wheat Bread
Pineapple Chunks
Calories 465
Sodium 234

Tuesday, March 4

Beef Stir-Fry with Oriental Vegetables
Asian Rice
Multigrain Roll
Strawberry Cup
Calories 298
Sodium 661

Wednesday, March 5

Macaroni & Cheese
Stewed Tomato Florentine
Muffin
Fruited Jell-o
Calories 443
Sodium 452

Thursday, March 6

Winter Kale Soup
Breaded Chicken
Whipped Potato
Whole Wheat Roll
Pears
Calories 437
Sodium 778

Friday, March 7

Sweet Potato
Crunch Fish
Veg. Baked Beans
Zucchini & Tomato
Wheat Bread
Fresh Fruit
Calories 351
Sodium 778