

DON'T MISS OUT ON THE AGING MASTERY PROGRAM

Please join us on Tuesday, March 18th at 10:00 a.m. at the senior center to learn more about an exciting new program we are offering called the “Aging Mastery Program” (AMP). The goal of this program is to empower older adults to make and maintain small but impactful changes in health behavior. AMP was developed by the National Council on Aging (NCOA) with the help of a grant through the MetLife Foundation. This is the second year of the pilot program and our senior center is one of only 14 senior centers in the entire country to offer the NCOA’s Aging Mastery Pilot Program. This is a wonderful opportunity for you to participate in, and reap the benefits of this cutting edge wellness program. We are currently recruiting 35 adults (ages 55+) to participate in the 16-week educational program. We are partnering with local health care professionals to bring you 8 weeks of structured class time to be followed by an additional 8 weeks of supporting activities. The topics that will be covered in the program include Physical Fitness, Communicating with your Doctor, Fall Prevention, Use of Medicare Prevention Benefits, Medication Management, Healthy Eating, Planning your Future, and Sleep Behavior. There are great health benefits and special incentives to help keep you motivated and on track. We can only have 35 participants, so if you’re interested in taking part in this free Aging Mastery Program, call the senior center at 508-543-1252 to sign up beginning on Wednesday, March 19th starting at 8:00 a.m. The first class will be held on Thursday, March 20th at 2 p.m. in the senior center.

Monday, March 17

Sit and Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Video Lecture Series – U.S. History Part 2 12:00 noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, March 18

Stretch & Balance 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Aging Mastery Program (AMP) Informational Meeting 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, March 19

Sign-up for the Aging Mastery Program (AMP)

Strength Training 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Chorus 10:00 a.m.

TRIAD 1:00 p.m.

Walmart 1:00 p.m.

Thursday, March 20

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Italian 1 Class 11:00 a.m.

Advanced Italian Class 1:00 p.m.

Low Vision Support Group 1:00 p.m.

AMP Exercise and Physical Activity Workshop 2:00 p.m.

Friday, March 21

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

AMP – EXERCISE AND PHYSICAL ACTIVITY WORKSHOP

The first workshop in the Aging Mastery Program (AMP) will be held on Thursday, March 20th at 2:00 p.m. at the senior center. This workshop will focus on exercise and physical activity and will be presented by a personal trainer from the YMCA. The goals for this session are to: identify the benefits of exercise in promoting healthy aging; explain the current recommendations for an active and fit older adult, and; select the best strategy for beginning and/or maintaining an exercise program. This program is the first of eight AMP workshops and is available exclusively for participants in the Aging Mastery Program.

SENIOR SPECTACULAR -2014

All seniors are invited to attend the 3rd Senior Spectacular on Friday, April 25th from 9:00 a.m. to 2:00 p.m. at the North Attleboro Middle School, 564 Landry Avenue in North Attleboro. Join Representative Betty Poirier and many area service providers for this free event. Included in the Senior Spectacular program is a free continental breakfast, informational workshops, free health screenings, a giant raffle, booths, exhibits, and a Celebrity Fashion Show. The first informational workshop will begin at 9:15 a.m. and the topic is Health Benefits/Health Insurance (SHINE), including Medicare, Medicare Part D, etc. The second workshop begins at 10:15 a.m. and will focus on the Five Essential Planning Documents for Seniors. Pre-registration for this event is requested and you can obtain a registration form at the senior center. Completed registration forms can be returned to the senior center or mailed to Representative Betty Poirier, Room 124, State House, Boston, MA 02133. If you have any questions about this event, please contact Diana Amaral at 617-722-2100.

MEN'S BREAKFAST

Our next Men's Breakfast at the senior center will be held on Thursday, March 27th at 9:00 a.m. The cost for the breakfast is \$3. Our guest speaker this month will be Fire Chief Roger Hatfield and he will be speaking on "What's new at Foxborough Fire and Emergency Services." If you would like to attend, please call the senior center at 508-543-1252 to sign up by Tuesday, March 25th.

LINE DANCING

It's time to get moving again and kick up your heels! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So you'll be improving your brain power while getting some great exercise! Line Dancing classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 2nd, 9th, 16th, 23rd and 30th. Please call the senior center at 508-543-1252 to sign up.

COFFEE WITH OUR SUPERINTENDENT OF SCHOOLS

On Tuesday, March 25th you'll have the opportunity to have "Coffee and Conversation" with School Superintendent Debra Spinelli at the senior center from 10:00 a.m. to 11:00 a.m. Superintendent Spinelli will be here to answer any questions you may have and hear your comments on the concerns you would like to address regarding the school department. Take advantage of this face-to-face opportunity and gain a greater understanding of the issues involving our schools. Please call 508-543-1252 to let us know you will be coming.

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.

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

PHANTOM OF THE OPERA

Don't miss this opportunity to see the musical spectacular "Phantom of the Opera" which will be premiering in Boston at the beautiful 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. Sign-up for this event has begun, so please call the senior center at 508-543-1252 if you'd like to join us. In order to assure our seats at the theater, payment will be due by Friday, March 14th.

TRIP TO NEWPORT PLAYHOUSE

Save the date of Wednesday, April 30th and come join us for lunch and a show at the Newport Playhouse in Newport, RI. Our trip includes round-trip motorcoach transportation leaving from the parking lot at St. Mary's Church at 9:45 a.m. We will begin our day at the theater with a hearty buffet including a variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. Then we move into the intimate theater for the performance of the comedy "My Husband's Wild Desires." After the show, we go back to the dining room for a special Cabaret show where the performers will continue to entertain us with laughter and song. The total cost for the transportation, the luncheon, the show and lots of laughs is \$79 per person. Call the senior center at 508-543-1252 to sign up for this trip beginning on Wednesday, March 12th. Payment will be due by Friday, April 4th.

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 has begun and will continue to be on-going, so please call the senior center at 508-543-1252 if you are interested in joining us. 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

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.

CLASSIC MOVIE DAY

Our next Classic Movie Day is scheduled for Tuesday, March 25th at 12:30 p.m. Our featured movie will be "The World's Fastest Indian," an engaging comedy drama which is the true story of a man who never gave up on his dreams of doing something big and fast. Burt Munro (Anthony Hopkins) was born in 1899 in New Zealand. From childhood, Munro had a passion for machines that moved fast, and when he was 21 he bought his first motorcycle, an Indian model with a 600 cc engine. Motorcycles became his obsession and he constantly modified his beloved Indian machine to see how fast he could make it run. In 1967, Munro decided it was time he proved to himself and to the world just what he could make his machine do, and he booked passage for the United States with the goal of breaking the world's land speed record at Utah's Bonneville Salt Flats. As he travels across America to Utah, he makes a handful of interesting friends along the way. After arriving at the salt flats and being told that he's too old to ride and his bike is unsafe, he defies the odds and goes on to set the land-speed world record at the Bonneville Salt Flats in 1967. Come join us at the senior center to see this heartwarming movie. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then we'll provide some fresh, hot popcorn for you to enjoy while you watch the movie. Please call the senior center at 508-543-1252 if you're interested in joining us.

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.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Applebee's restaurant in Walpole on Wednesday, March 26th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, March 24th. Van transportation is available.

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, April 1st 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.

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, April 7th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

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 19 – Walmart

March 26 – Luncheon Outing at Applebee's

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is still here still with its cold 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

FREE SUPPORT GROUPS OFFERED AT STURDY MEMORIAL HOSPITAL

The following free support groups are held at Sturdy Memorial Hospital in Attleboro: Cancer Support Group on Tuesday, March 18 from 7 to 8:30 p.m., call 508-236-7010 to register; Breathing Club on Tuesday, March 25 from 1 to 3 p.m., call 508-236-7550 to register; Diabetes Support Group on Wednesday, March 26 from 7 to 8:30 p.m., call 508-236-7166 to register, and; Breast Cancer Support Group on Wednesday, March 26 from 6 to 7:30 p.m., call 508-236-7015 to register.

CAREGIVING FOR PERSONS WITH ALZHEIMER'S

The Community VNA is sponsoring a free program called "Changes, Challenges and Communication: Caregiving for Persons with Alzheimer's." This program is open to the public and will be held on Wednesday, April 2nd at 6:00 p.m. at the Community VNA, 10 Emory Street in Attleboro. Highlights of the program include: recognizing the challenges of communicating with a person with dementia and how it changes as the disease develops; how adult children can best support their parent who is a spousal caregiver; adjusting to the changes in the person with dementia who is your wife, mother, husband, father, life partner or significant person, and; resources collection early in the disease so there is comfort with getting help. Pre-registration for this program is required so please call 774-203-1311 to register or email at register@communityvna.com.

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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, April 8th 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.

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 20th and April 1st. 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 17

St. Patrick's Day
Corned Beef Hash
Mustard Packet
Cabbage and Carrots
Raisin Bread
Pistachio Fluff
Calories 463
Sodium 1202

Tuesday, March 18

Chicken a la King
Fluffy Rice
Peas
Multigrain Roll
Mixed Fruit
Calories 419
Sodium 224

Wednesday, March 19

Beef Stew with Vegetables
Boiled Potato
Whole Wheat Roll
Applesauce
Calories 448
Sodium 384

Thursday, March 20

Potato Parmesan Soup
BBQ Chicken
California Blend Vegetables
Snowflake Roll
Fresh Fruit
Calories 356
Sodium 803

Friday, March 21

Salmon with Honey Lime Sauce
Parmesan Whipped Potato
Spring Blend Vegetables
Whole Wheat Bread
Waffle Grahams
Calories 362
Sodium 279