

## **FOOD FOR LIFE NUTRITION & COOKING CLASSES**

The Foxborough Council on Aging and Human Services is pleased to offer the 4-part series of classes in the Food for Life Program to be held at the senior center on Wednesday afternoons, April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>, from 4:00 to 6:00 p.m. Food for Life is an award-winning Physicians Committee for Responsible Medicine (PCRM) program designed by physicians, nurses and dieticians that offer cancer, diabetes and weight management classes that focus on the life saving effects of healthy eating. Certified Nutrition and Cooking Instructor Rose Lee will provide information about foods that promote health, along with cooking demonstrations and simple recipes you can try at home. The first class on April 6<sup>th</sup> is an “Introduction to How Foods Fight Cancer” and in this class you will learn about the right food choices that can help reduce the risk of developing cancer as well as overcome the disease after it has been diagnosed. These classes are free. If you’re interested in this program, please sign up for this series of 4 classes. Space is limited and reservations are required, so please call the senior center at 508-543-1252 to register in advance.

### **Monday, March 21**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Scrabble 12:30  
Knitting 1:00 p.m.  
Shaw’s 1:00 p.m.  
Meditation & Relaxation 1:00 p.m.  
Rewind Video Series 2:30 p.m.

### **Tuesday, March 22**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Table Top Garden Club 9:45 p.m.  
Zumba Gold 9:45 a.m.  
Nutrition 11:00 a.m.  
Movie Day – “Maleficent” 12:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, March 23**

Coffee Connection 8:30 a.m. to 6:00 p.m.  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Computer Class 11:30 a.m.  
Walmart 1:00 p.m.  
Colorist Club 2:00 p.m.  
Senior Supper Club – 4:30 p.m.

### **Thursday, March 24**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Men’s Breakfast 9:00 a.m.  
Chronic Disease Self- Management 12:00 noon

### **Friday, March 25**

Coffee Connection 8:30 a.m. to 12:00 noon  
Stop and Shop 8:30 a.m.  
Aerobics 9:00 a.m.  
Cribbage 10:15 a.m.  
Card Making Class 10:30 a.m.

## **SPECIAL PROGRAMS**

### **CHRONIC PAIN SELF MANAGEMENT WORKSHOPS**

If you live with back pain, neck pain, fibromyalgia, headaches, osteoarthritis, arthritis, diabetic neuropathy or other long-term conditions, join us for a 6-week workshop starting on Thursday, March 24<sup>th</sup>. There will be a series of 6 weekly workshops held at the senior center as part of the Chronic Pain Self-Management Program. If you're struggling with a chronic condition, these workshops are designed to help you gain self-confidence in your ability to control your symptoms and learn how your health problems affect your life. This is an evidence-based program and is funded by a Title 3D grant through HESSCO. The courses will be held from noon to 3:00 p.m. on the following Thursdays: March 24 and 31, and April 7, 14, 21 and 28. A catered free lunch, plus incentives will be included for all participants. During these six weeks, participants will learn: Disease related problem solving; Practical ways to deal with pain, fatigue and stress; Better nutrition and exercise choices; How to improve your patient/physician relationship; Medications and management, and; Skills to manage symptoms. Seating is very limited. If you're interested in participating, you must commit to attending at least 4 of the 6 weeks of the program. Incentives are built in to reward you for your attendance. Please call us at 508-543-1252 to sign up in advance.

### **SERIES OF THREE ART CLASSES WITH BARBARA MULFORD**

Join us for a free, 3-part series of drawing and painting classes at the senior center with instructor Barbara Gage-Mulford. These classes are designed for both novices and skilled artists. Because we view art as an expression of color, light, shape and texture, the classes are suitable for even those with unsteady hands. Classes will be in a relaxed atmosphere with instruction and a still life to draw/paint. There is no need for students to bring materials, but you are welcome to bring your own materials to class if you'd like. The classes will be held on Thursdays, March 31<sup>st</sup>, April 7<sup>th</sup> & 14<sup>th</sup> from 9:30 to 11:30 a.m. There will be a limited number of openings for the class and all participants must sign up in advance by calling the senior center at 508-543-1252. You should let us know if you will be bringing your own materials or would like the materials to be supplied by the instructor. All participants have a choice of up to 3 mediums to work with and they are: graphite/pencil, charcoal, pastel, watercolor or acrylic. The classes will be taught at the beginner level with both group and individual instruction. Topics include composition, layout, sketching, colors, color mixing, application techniques for the different media and framing methods of your finished artwork.

### **LINE DANCING CLASSES WITH JEANNE AND FAYE**

It's time to get moving again and do some dancing! 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, in other words, you'll be improving your brain power while getting some great exercise. Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: March 30, April 2, 9, 16, 23 and 30. Class size will be limited, so please call the senior center at 508-543-1252 to sign up.

### **SOCIAL SECURITY RETIREMENT PLANNING**

Cathy Leblanc, Public Affairs Specialist from the Social Security Administration, will be at the senior center on Wednesday, March 30<sup>th</sup> at 4:30 p.m. to present a program on Retirement Planning. This program is open to the public, so please join us for this opportunity to have your questions answered directly by a representative from Social Security. Please call us at 508-543-1252 to sign up in advance for this program.

### **LOCK BOX SAFETY PROGRAM**

Lt. Andrew Puntini, Foxborough Fire & Rescue, and Vicki Lowe, Foxborough Council on Aging and Human Services, have collaborated to offer Foxborough residents a new safety program. We will be offering small, secure lock boxes that can be installed on the side of your home. The lock box will hold a key to your residence. Fire & Rescue emergency personnel can access your house key through the lock box to enter your home in case of an emergency where you are unable to answer the door. There is a special unique key that

opens the box that is only available to emergency personnel. This specialized key cannot be duplicated; it is copyrighted, and is very secure. This lock box program is similar to the procedure used by public safety personnel for all of the commercial buildings in town. Foxborough Fire & Rescue safety vehicles, including ambulances, have this specialized key that opens all of the lock boxes in Foxborough and the Fire & Rescue personnel are the only ones who have access to the lock box keys. Foxborough Fire & Rescue and the Council on Aging & Human Services have pooled funds through grants and other resources to buy the lock boxes and Fire & Rescue will install the lock box free of charge. For those who would like to donate to the program, there is a one-time suggested donation of \$35. Your donation will be used to fund the program to buy more boxes and the boxes will remain the property of the Town of Foxborough. When you are no longer in need of the box, the Foxborough Fire Department will remove it to use for future requests. This program is free to any senior or other resident who is alone or who is unable to get to the door in the event of an emergency; there are no monthly fees or installation fees; emergency responders will have immediate access to your key which saves valuable time during an emergency and there is no risk of damage to doors and windows, and; the lock box is UL listed against physical attack and it is virtually impossible to break into the box. Our goal is to improve the quality of life for our residents and help reduce concerns about physical safety. If you are interested in participating in the Lock Box Safety Program, please call Pam McGuire at the senior center at 508-543-1252.

### **REWIND**

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library of programs. On Monday, March 21<sup>st</sup> at 2:30 p.m., our video will be the "Nutrition and Chronic Conditions" program taped on May 28, 2015.

### **MOVIE DAY**

The Movie Day for the month of March is scheduled for Tuesday, March 22<sup>nd</sup> at 12:30 p.m. and our featured film will be "Maleficent," the untold story of Disney's most iconic villain from the 1959 classic "Sleeping Beauty." A beautiful pure-hearted young woman, Maleficent (Angelina Jolie), has an idyllic life growing up in a peaceable forest kingdom until one day when an invading army threatens the harmony of the land. Maleficent becomes the land's fiercest protector, but she ultimately suffers a ruthless betrayal – an act that begins to turn her pure heart to stone. Bent on revenge, Maleficent faces an epic battle with the invading king's successor and, as a result, places a curse upon his newborn infant daughter, Aurora. As the child grows, Maleficent realizes that Aurora holds the key to peace in the kingdom – and perhaps to Maleficent's true happiness as well. Come join us at the senior center to watch this film, and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, March 23<sup>rd</sup> we'll be enjoying our menu of Macaroni and Cheese, Tomatoes Florentine and a Cookie. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, March 21<sup>st</sup> to make your reservation and to arrange for transportation, if needed.

### **MEN'S BREAKFAST**

The Men's Breakfast will be held on Thursday, March 24<sup>th</sup> at 9:00 a.m. Our guest speakers this month will be the Community Social Worker Pam McGuire and Community Outreach Worker Cathy Varnum. The cost for the Men's Breakfast is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, February 19<sup>th</sup> to reserve your seat. As always everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on March 28<sup>th</sup>. 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.

### **RELAXATION AND MEDITATION SERIES**

We've had great success with our series of Relaxation and Meditation Workshops held at the senior center, so we're adding an additional 4-week session to be held on the following Mondays: April 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> and May 2<sup>nd</sup> from 1:00 to 2:00 p.m. Each session will be led by our Chair Yoga instructor Michelle Lawlor. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness: it's about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. This series is open to all, even if you've already taken part in one of the past sessions. Come join us as we work to get our minds into shape. Class size for the Relaxation and Meditation Workshops is limited, so please call us at 508-543-1252 to reserve your spot. Please bring your own coloring book. We have a limited supply of books available for \$4.00 each.

### **COMPUTER CLASSES AT THE SENIOR CENTER**

Students from the Foxborough Regional Charter School (FRCS) are providing computer training classes once again for Foxborough's senior citizens. The program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes are held at the senior center and are tailored to meet the expressed needs of the seniors in the program. The classes are being held on Wednesdays from 11:30 to 12:30 through May. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There are also a limited number of computers available for use in our computer lab. Please call the senior center at 508-543-1252 to let us know if you'll be joining us.

### **COFFEE WITH CHRIS**

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on March 29<sup>th</sup>. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for 2016.

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 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 a 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 23 – Walmart

March 30 – The Chateau Restaurant

### **TRAVEL INFORMATION**

#### **SIGN UP FOR A CAPE MAY & RADIO CITY HOLIDAY TRIP**

It's not too early to start making plans for the 2016 holiday season! On Monday, November 28, 2016, we'll be traveling by motorcoach down to the southern tip of New Jersey to the seaside resort of Cape May for a 3 day / 2 night visit. In the 1800's, Cape May was the top vacation spot of choice for the rich and famous. Today it still captivates visitors with its Victorian grandeur, and the entire town is on the National Register of Historic Places. The beautiful holiday decorations make Cape May a popular destination during the holiday season. We'll be spending 2 nights at The Grand Hotel, an oceanfront hotel on Scenic Beach Drive, and on our 1<sup>st</sup> evening we will be having dinner at the Washington Inn. On day 2, we'll experience the Victorian side of Cape May with a guided tour through the Emlen Physick Estate. We'll visit the Carriage House Art Gallery, view the Cape May

Lighthouse on Delaware Bay, and visit the Washington Street Mall, a nostalgic, old fashioned Main Street that runs through the center of town. There will also be a Trolley Ride through the streets of Cape May followed by dinner at the popular Union Park Restaurant. After breakfast on day 3, we're off to New York City. Lunch is included at the Chart House in Weehawken, with a magnificent view of Manhattan across the river. After lunch, we're off to the famous Radio City Music Hall for the 2016 Christmas Spectacular with The Rockettes. The cost for this trip is \$629 per person for a double, \$729 per person for a single and \$619 per person for a triple. If you'd like to join us for this special holiday season trip, please call the senior center at 508-543-1252. Tickets for the Christmas Spectacular have to be purchased well in advance, so please don't delay in signing up if you'd like to travel with us.

### **SIGN UP FOR TRIP TO NEWPORT PLAYHOUSE**

Join us for a day trip of fun, food and entertainment as we travel to the Newport Playhouse in Newport, Rhode Island. We'll be traveling by motorcoach and leaving from the rear parking lot of St. Mary's Church at 9:00 a.m. on Thursday, April 21<sup>st</sup>. After we arrive, we'll be enjoying a great buffet lunch followed by a performance of the show "One Slight Hitch." This play begins on Courtney's wedding day, and her mom Delia is making sure that everything is perfect. Then, like in any good farce, the doorbell rings and the excitement begins! After the show, it's back to our original table where the dining room is transformed into a captivating Cabaret show of comedy and songs. We'll be arriving home at approximately 6:00 p.m. The cost for the trip is \$91 per person and includes the admission to the playhouse, lunch, motorcoach travel and all gratuities. Sign up for this trip begins on Wednesday, March 16<sup>th</sup> at 8:00 a.m. by calling the senior center at 508-543-1252. Payment will be due by Friday, April 8<sup>th</sup>. Community VNA serves the following towns: Attleboro, Dighton, Easton, Foxboro, Franklin, Mansfield, Norton, North Attleboro, Plainville, Rehoboth, Seekonk, Taunton and Wrentham.

### **INCOME TAX ASSISTANCE**

#### **AARP TAX ASSISTANCE**

Free income tax assistance is 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 for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." 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 dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$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 21**

Sloppy Joe  
Country Blend Vegetables  
Potato Wedges  
Hamburg Bun  
Mandarin Oranges  
Sodium 517  
Calories 539

#### **Tuesday, March 22**

Kale Soup  
Portuguese Chicken

Oven Roasted Potatoes  
Dinner Roll  
Custard  
Sodium 986  
Calories 612

**Wednesday, March 23**

Beef Chili with Vegetables  
Fluffy Rice  
Corn Bread  
Pineapple  
Sodium 583  
Calories 530

**Thursday, March 24**

Swedish Meatballs  
Penne Pasta  
Mixed Vegetables  
Whole Wheat Roll  
Fresh Orange  
Sodium 503  
Calories 575

**Friday, March 25**

Salmon with Dill Sauce  
Rice Florentine  
Peas  
Multigrain Bread  
Strawberry Cup  
Sodium 452  
Calories 555