

## **PASTEL PAINTING WORKSHOP**

The Foxborough Council on Aging is pleased to host award winning pastel artist Gregory Maichack once again at the senior center on Thursday, April 10<sup>th</sup> from 11:00 a.m. to 1:00 p.m. for a pastel workshop titled “Sublime Sunflowers: Pastel Paint Like the Masters.” Come join us at this pastel painting workshop and produce your own unique pastel painting. The workshop is for all skill levels and is FREE. Our instructor Greg Maichack is a portraitist and painter working primarily in pastels and the winner of numerous awards and hundreds of Massachusetts Cultural Council grants. For more information you can visit his website at [www.GregoryMaichack.com](http://www.GregoryMaichack.com). Extensively researched, Mr. Maichack teaches workshop participants by lecture, revealing anecdotes, historical context and demo of techniques applicable to many styles of pastel painting, covering all essential pastel techniques. Participants using van Gogh’s, Georgia O’Keeffe’s and Monet’s famous “Sunflowers” artwork, and also Maichack’s reference photos, will be creating their own unique sunflower pastel painting. As always, all will use hundreds of Mr. Maichack’s professional-grade pastels, paper and materials, and will take home their completed pastel painting. Seats may fill quickly, so please call the senior center at 508-543-1252 if you’d like to sign up for this free, hands-on workshop with all supplies provided. This project is supported in part from a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



### **Monday, March 31**

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, April 1**

Stretch & Balance 8:30 a.m.

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

Manicures 8:30 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

AMP – Bonus Video Lecture Series on Exercise 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

### **Wednesday, April 2**

Strength Training 8:30 a.m.

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

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Christmas Tree Shop 1:00 p.m.

Bereavement Support Group 2:00 p.m.

### **Thursday, April 3**

Ceramics 9:00 a.m.

“A Revolution of Her Own” program – 12:30 p.m.

AMP Workshop – Sleeping Well, Guest Speaker Bonnie Ryvicker from CVNA 2:00 p.m.

## **Friday, April 4**

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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **AMP – SLEEPING WELL**

The third workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 3rd at 2:00 p.m. at the senior center. This workshop will focus on How to Sleep Well as You Age and our guest speaker will be Bonnie Ryviker from the Community Visiting Nurses Association. Along with other changes that happen as we get older, changes to sleep patterns are a part of the aging process. It is normal as we age to have a harder time falling asleep and more trouble staying asleep than when we were younger. We will learn more about sleep changes and get tips for better sleeping. This program is the third of eight AMP workshops and is available exclusively for participants in the Aging Mastery Program.

### **AMP – BONUS VIDEO LECTURE SERIES**

On Tuesday, April 1<sup>st</sup> at 12:30 p.m. we will begin our bonus video lecture series for the Aging Mastery Program participants who wish to earn bonus points. This video lecture series is also open to all others who wish to attend this informational series. The April 1<sup>st</sup> session will include lectures on “Movement and Recreation” and “Sports and Exercise Options.”

### **“A REVOLUTION OF HER OWN”**

On Thursday, April 3rd at 12:30 p.m., Judith Kalaora will perform a one-woman show at the senior center called “A Revolution of Her Own.” The subject of this hour-long program is Deborah Samson Gannett (1760-1820) who was the first woman to enlist, fight in and to be honorably discharged from the American military. Mrs. Samson Gannett came from Plympton, Massachusetts. She was a schoolmarm in Middleborough, but she felt a higher calling when she heard news of the Boston Tea Party, the Boston Massacre and the signing of the Declaration of Independence. So, disguised as a man, she walked to Bellingham and enlisted in the Fourth Massachusetts Regiment of the Continental Army, under the alias “Robert Shurtleiff.” Through the performance of Judith Kalaora, come and experience Mrs. Samson Gannett’s arduous upbringing, 18 months of active combat service, and her success as the first female professional soldier through interactive stories, authentic colonial attire, and military drills. If you’d like to join us at the senior center for this program offered through Sage Educational Services and partially paid for by our Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up.

### **GARDEN CLUB MEETING**

Attention gardeners...spring is here, finally! Our Senior Center Garden Club, under the direction of Marsha Lewicki, is ready to start meeting again at the senior center beginning on Tuesday, April 22<sup>nd</sup> at 10:00 a.m. We have beautiful table gardens that were constructed for us last year by the Foxborough Rotary Club/Invensys Involved Volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some great gardening experience with friends. Just give us a call at 508-543-1252 if you’re interested in taking part in this fun group as we welcome in the warmer weather and get growing!

### **SENIOR SPECTACULAR -2014**

All seniors are invited to attend the 3<sup>rd</sup> Senior Spectacular on Friday, April 25<sup>th</sup> 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.

### **COFFEE WITH OUR SUPERINTENDENT OF SCHOOLS**

On Tuesday, April 29<sup>th</sup> you will once again 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 through May 14<sup>th</sup> 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. The featured program on April 2<sup>nd</sup> and 3<sup>rd</sup> is “The Scarlet Letter with Dr. Gary Hylander.” 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 still have tickets available for the 1:00 p.m. performance on Thursday, June 26<sup>th</sup>. 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. The sign-up for this event has begun, so please call the senior center at 508-543-1252 if you'd like to join us.

#### **TRIP TO NEWPORT PLAYHOUSE**

Save the date of Wednesday, April 30<sup>th</sup> 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 for information about the sign-up for this trip. Payment will be due by Friday, April 4<sup>th</sup>.

#### **SIGN UP FOR THE TRIP TO NASHVILLE/SMOKY MOUNTAINS**

On October 9<sup>th</sup>, 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 4<sup>th</sup> 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 Octoberfest 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 14<sup>th</sup>, 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 31<sup>st</sup>, the second payment of \$700 per person will be due by May 12<sup>th</sup> and the final payment will be due by July 7<sup>th</sup>. All payment checks should be made payable to “Tours of Distinction.”

### **REGULARLY SCHEDULED** **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 1<sup>st</sup> 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 7<sup>th</sup> at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252. This month’s book selection is “Six Years” by Harlan Coben.

### **MOVIE DAY**

April’s Movie Day is scheduled for Tuesday, April 8<sup>th</sup> at 12:30 p.m. Our feature presentation this month is “The Life of Pi.” This visual masterpiece from Oscar winning director Ang Lee is based on the best-selling novel. After a cataclysmic shipwreck, young Pi Patel finds himself stranded on a lifeboat with the only other survivor – a ferocious Bengal tiger named Richard Parker. Bound by the need to survive, the 2 of them are cast on an epic journey that must be seen to be believed. This movie has been described as an experience of the coming of age, of survival and of spiritual awakening. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

### **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 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>. Please call the senior center at 508-543-1252 to sign up.

## **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, April 16<sup>th</sup> 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 April 17<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. The guest speaker at the April meeting is Andrea Shein of BRIDGE Elder Blind Program, Massachusetts Commission for the Blind. The presentation is "A Talk on Vision and Aging" and the topics include: normal changes in the aging eye; major causes of vision loss; vision preservation; benefits and services of MCB and other agencies; very interesting low vision aids, and; how to assist people with low 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.

## **MEN'S BREAKFAST**

Our next Men's Breakfast will be held on Thursday, April 24<sup>th</sup> at 9:00 a.m. Our guest speaker will be Paolo Di Gregorio and he will be speaking on "Every other house a tavern: Society, Drink and Revolution in Colonial New England." Taverns, inns and public houses played a variety of important roles in colonial New England. Because of their communal and, oftentimes, loosely regulated nature, these places became centers of political debate and activism. Come explore the role that taverns and alcohol played in early America. We'll discuss how taverns were the centers of the American Revolution. The cost for the breakfast is \$3, and if you would like to attend, please call the senior center at 508-543-1252 by Monday, April 21<sup>st</sup> to sign up. As always, everyone is welcome to join us after the breakfast has been served for the speaking portion of the program at no cost.

## **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 Monday, April 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.

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 29<sup>th</sup> beginning at 9:00 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.

## **SOUTHEAST ASIAN SOCIAL**

On Tuesday, April 29<sup>th</sup> from 11:00 a.m. to 1:00 p.m. a special event and social will be held at the Sharon Adult Center for elders and others ages 55+ from the Indian Subcontinent. This will be a time to catch up with the latest news from home and here with old and new friends. Contact Chandra Ganapthy at [cganapthy@hessco.org](mailto:cganapthy@hessco.org) or leave a message for her at HESSCO at 781-784-4944 as soon as possible or before April 22. If you live outside of Sharon, there may be some transportation possible.

## **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 5<sup>th</sup> 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 19<sup>th</sup> 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:

April 2 – Christmas Tree Shop

April 9 – Target

## **VOLUNTEER OPPORTUNITY**

### **FRIENDLY VISITOR**

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Pam McGuire, Community Social Worker at 508-543-1252.

## **MEDICAL INFORMATION AND SERVICES**

### **STURDY MEMORIAL HOSPITAL’S SUPPORT GROUP AND PROGRAMS**

The following programs are offered by Sturdy Memorial Hospital: **Prostate Cancer Support Group** on Wednesday, April 2<sup>nd</sup> from 7 to 8:30 p.m., call the Oncology Department at 508-236-7010; **Ostomy Support Group** on Wednesday, April 2<sup>nd</sup> from 7 to 8:30 p.m., call Nursing Education at 508-236-7166; **Partners and Caregivers of Patients with Cancer Support Group** on Wednesday, April 9<sup>th</sup> from 5:30 to 6:30 p.m., call the Oncology Department at 508-236-7010; **Cancer Support Group** on Tuesday, April 15<sup>th</sup> from 7 to 8:30 p.m., call the Oncology Department at 508-236-7010; **Diabetes Support Group** on Wednesday, April 23<sup>rd</sup> from 7 to 8:30 p.m., call Nursing Education at 508-236-7166; **Breathing Club** on Tuesday, April 29<sup>th</sup> from 1 to 3 p.m., call Respiratory Care Department at 508-236-7550, and; **Breast Cancer Support Group** on Wednesday, April 30<sup>th</sup> from 6 to 7:30 p.m., call Ellen Gilbert at 508-236-7015.

## **PRESCRIPTION ADVANTAGE**

Do you have a prescription plan, but think you are still paying too much for your prescriptions? You may be paying more than you need to. You may be eligible for the Commonwealth’s “Prescription Advantage” plan, which is currently enrolling new members. You may be able to reduce some of your prescription expenses, and you can apply at any time. There is no “open enrollment” limitation for “Prescription Advantage.” You can reach “Prescription Advantage” by calling 1-800-AGE-INFO or visit them online at [www.800ageinfo.com](http://www.800ageinfo.com). Call Pam or Ken at the senior center at 508-543-1252 to find out more, or to apply.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, April 8<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. Appointments are being scheduled on April 1<sup>st</sup> and April 17<sup>th</sup>. 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.

## **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 31**

Chicken Vegetable Soup  
Breaded Chicken  
Rice Florentine  
Multigrain Roll  
Strawberry cup  
Calories 411  
Sodium 750

### **Tuesday, April 1**

Sweet Potato Shepherds Pie  
Spring Blend Vegetables  
Whole Wheat Roll  
Pears  
Calories 483  
Sodium 304

### **Wednesday, April 2**

Stuffed Shells with Sauce  
Peas with Mushrooms  
Dinner Roll  
Mixed Fruit  
Calories 276  
Sodium 425

### **Thursday, April 3**

Reduced Sodium Hot Dog on Roll  
\*Mustard Packet  
Baked Beans  
Hot German Slaw  
Almond Cookie

Calories 425

Sodium 707

**Friday, April 4**

Sweet Potato

Pollock

\*Tartar Sauce

Delmonico Potato

Green Beans

Whole Wheat Bread

Fresh Fruit

Calories 340

Sodium 292