

CHRONIC PAIN SELF MANAGEMENT WORKSHOPS

Do you live with back pain, neck pain, fibromyalgia, headaches, osteoarthritis, arthritis, diabetic neuropathy or other long-term conditions? Beginning on Thursday, March 24th 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. Lunch 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, so if you're interested in participating in this program, please call us at 508-543-1252 to sign up in advance.

Monday, March 7

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Relaxation & Meditation 1:00 p.m.

Rewind Video Series 2:30 p.m.

Tuesday, March 8

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Table Top Garden Club 9:45 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie – "On the Waterfront" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, March 9

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Jack Craig 10:00 a.m.

NO Chorus Today

Computer Class 11:30 a.m.

Job Lot / Dollar Store 1:00 p.m.

Colorist Club 2:00 p.m.

Paolo DiGregorio's History Lecture – 5:00 p.m.

Thursday, March 10

Coffee Connection 8:30 a.m. to 3:30 p.m.

"First Ladies" Part 2 with Patricia Perry

90's Birthday Party – 12:00 noon

Friday, March 11

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

JACK CRAIG'S IRISH SONGBOOK

Jack Craig will be at the senior center at 10:00 a.m. on Wednesday, March 9th for a "You Pick 'Em Irish Songbook." Lyric booklets with dozens of favorite Irish and Irish/American songs will be provided to all audience members. Participants will then have the opportunity to peruse the booklets and pick their favorite song(s) to sing. Then Jack will have some anecdotal information about each of their song choices. Get into the mood for St. Patrick's Day and come join us for a great morning program of Irish "Music – With Class!" Please call us at 508-543-1252 to sign up.

ST. PATRICK'S DAY WITH ERIC WELD

On St. Patrick's Day, everyone can claim to be Irish! Join us at the senior center on Thursday, March 17th at **11:00** a.m. as we celebrate St. Patrick's Day with music and songs performed by Eric Weld. Get into the spirit of the day and come sing along with Eric or just sit and get your feet tapping. Call us at 508-543-1252 if you'd like us to save you a seat.

SENIOR SPECTACULAR

Representative Betty Poirier is sponsoring the 4th Senior Spectacular to be held on Friday, April 22nd from 9:00 a.m. to 2:00 p.m. at the North Attleboro Middle School on 564 Landry Avenue in North Attleboro. Presentations and activities will be held throughout the day and will include a free continental breakfast and lunch, informational workshops, free health screenings, information about great senior benefits and discounts, and many booths and exhibits. There will be a workshop on the "Five Essential Planning Documents for Seniors" and another workshop on "Health Benefits/Health Insurance." Participate in the raffle drawing and watch a fashion show. Applications for this event are available at the senior center.

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 Mondays in March (the 7th, 14th, 21st and 28th) 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. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is not a part of any religion; it is a Science. Science has shown that your mind and body benefit from taking time out of your daily life to shut down and meditate. Come join us as we work to get our minds into shape. Class size for the Relaxation and Meditation Workshops is very 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.

PATRICIA PERRY'S PROGRAM ON AMERICA'S FIRST LADIES

Although it's the President of the United States who runs for office, his wife also becomes a very public figure, often times, to her dismay. Many a First Lady has shed a tear or two upon learning of her husband's election victory. On Thursday, March 10th at 10:00 a.m., Patricia Perry will be at the senior center to present the second of her 2-part program on "First Ladies." This program looks at the personal trials, triumphs and private details of our very public First Ladies. First Ladies Part II includes First Ladies Ida McKinley through Michelle Obama. If you'd like to join us for this special program, please call us at 508-543-1252 to sign up and we'll save you a seat.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio will be at the senior center at 5:00 p.m. on Wednesday, March 9th to present another program in his series of history lectures. The topic on this date will be “Radicals, Revolutionaries and the Fall of Tsarist Russia.” For more than three centuries the Romanov dynasty had ruled over Russia. Yet by the beginning of the 20th century, the power of the tsar was being challenged by radicals and revolutionaries, and by 1917, the Romanovs had been deposed and a new regime installed. This talk will tell the story of revolutionary Russia from the Russo-Japanese War to the establishment of the Soviet Union. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

CLASSIC MOVIE DAY

The featured movie classic for the month of March will be “On the Waterfront and is scheduled for Tuesday, March 8th at 12:30 p.m. Ex-fighter Terry Malloy (Marlon Brando) could have been a contender, but now toils for boss Johnny Friendly (Lee J. Cobb) on the gang-ridden waterfront. Terry is guilt-stricken, however, when he lures a rebellious worker to his death. But it takes the love of Edie Doyle (Eva Marie Saint), the dead man’s sister, to show Terry how low he has fallen. When his crooked brother Charley the Gent (Rod Steiger) is brutally murdered for refusing to kill him, Terry battles to crush Friendly’s underworld empire. This unforgettable drama about Terry’s redemption is among the most acclaimed films of all time. So feel free to bring your lunch to enjoy ahead of time in our Coffee Connection at the senior center and then enjoy a great film classic. If you’d like to join us, please call 508-543-1252 to sign up.

REWIND

Every Monday afternoon at 2:30 p.m. we’ll be showing videos from our own video library of programs that have been held at the senior center, and we’ll be viewing videos from “The Great Courses” program of the Kastrenos video library series. On Monday, March 7th at 2:30 p.m., our video will be the September 16th lecture on “Ancient Architecture” by Paolo DiGregorio.

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 17th. 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.

MEN’S BREAKFAST

The Men’s Breakfast will be held on Thursday, March 24th at 9:00 a.m. Our guest speakers this month will be the Community Social Worker Pam McGuire and Human Services Coordinator 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, March 18th 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.

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. On March 9th and 10th the featured program will be “History, Humor and Hospitality of New England” with Allison O’Leary. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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 23rd 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 21st to make your reservation and to arrange for transportation, if needed.

SOCIAL SECURITY RETIREMENT PLANNING

Cathy Leblanc, Public Affairs Specialist from the Social Security Administration, will be at the senior center on Wednesday, March 30th 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.

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 1st 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.

TRIP TO THE PRODUCTION OF "SAMSON" / LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10th. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, March 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 each month. 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. The next appointments are being scheduled for March 17th and April 5th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum 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 Cathy, call the senior center at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau Restaurant on Wednesday, March 30th 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 28th. Van transportation is available.

ZUMBA GOLD CLASSES

Spring is on the way and it's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape for spring. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to workout, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliانا "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

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 9 – Job Lot / Dollar Store

March 16 - Target

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 7

Hot Dog with roll

Ketchup

Baked Beans

Carrots
Orange
Sodium 995
Calories 620

Tuesday, March 8

Lentil Soup
Curry chicken
Beets
Fluffy Rice
Pita Bread
Strawberry Cup
Sodium 958
Calories 510

Wednesday, March 9

Meatloaf with Rosemary Gravy
Mashed Potato
Peas and Carrots
Oatmeal Bread
Apple
Sodium 521
Calories 679

Thursday, March 10

Roast Turkey with Gravy
Winter Squash
Mashed Potato
Whole Wheat Bread
Chocolate Chip Cookie
Sodium 647
Calories 854

Friday, March 11

Macaroni and Cheese
Tomato and Spinach
Fruit Muffin
Mandarin Oranges
Sodium 634
Calories 632