

MEDITATION AND RELAXATION CLASSES

We've had great success with our series of Meditation and Relaxation Workshops held at the senior center, so we're adding an additional 4-week session to be held on the following Mondays: April 4th, 11th, 25th and May 2nd from 1:00 to 2:00 p.m. This series is open to all, even if you've already taken part in past sessions. 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. Come join us as we work to get our minds into shape. Class size for the Meditation and Relaxation Workshops is very limited, so please call us at 508-543-1252 to reserve your spot. Please bring your own coloring book.

Monday, April 4

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.
Meditation & Relaxation 1:00 p.m.
Rewind Video Series 2:30 p.m.

Tuesday, April 5

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.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Bingo 1:30 p.m.
Talespinners 2:00 p.m.

Wednesday, April 6

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Computer Class 11:30 a.m.
Christmas Tree Shop / Trader Joe's 1:00 p.m.
Colorist Club 2:00 p.m.
Food for Life Program 4:00 p.m.

Thursday, April 7

Coffee Connection 8:30 a.m. to 3:30 p.m.
Art Class with Barbara 9:30 a.m.
Chronic Pain Self- Management 12:00 noon

Friday, April 8

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.

TRAVEL INFORMATION

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.

SPECIAL PROGRAMS

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 6th, 13th, 20th & 27th, 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 6th 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.

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 31st, April 7th & 14th 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 are being held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 6th, 13th, 20th and 27th. Class size is limited, so please call the senior center at 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. On Monday, April 4th at 2:30 p.m., our video will be the "History, Humor and Hospitality" program with guest speaker Alison O'Leary.

FLORAL ARRANGING CLASS WITH BABARA MULFORD

Barbara Gage-Mulford will be presenting a Floral Arranging Class at the senior center on Thursday, April 21st from 9:30 to 11:30 a.m. Floral arranging classes are designed for novices and beginners. Participants in this class will bring home a beautiful medium-sized fresh cut flower arrangement – great for brightening a day or for gift giving. Classes will be in a relaxed, fun atmosphere with instruction. Participants are not required to bring anything but enthusiasm. This class is being offered free of charge and we will provide fresh cut flowers, clean recycled vases and tools of the trade. We have a limited amount of spaces available, so please call the senior center at 508-543-1252 to sign up in advance.

TABLE TOP GARDEN CLUB

Spring is has arrived. Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior on Tuesdays - April 5th, 12th and 19th at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. 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!

CLASSIC MOVIE DAY

Classic Movie Day for the month of April is scheduled for Tuesday, April 12th at 12:30 p.m. and our featured film will be Alfred Hitchcock's "The Birds," an unforgettable masterpiece that is considered one of his most terrifying films. When beautiful blonde Melanie Daniels (Tippi Hedren) travels to Bodega Bay in pursuit of eligible bachelor Mitch Brenner (Rod Taylor), she is inexplicably attacked by a seagull. Suddenly, thousands of birds begin to flock into town, preying on school children and residents in a terrifying series of attacks. Mitch and Melanie must fight for their lives against a deadly force that cannot be explained or stopped. 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 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 April 6th & 7th the featured program will be the Men's Breakfast with guest speaker Boyden Library Director Manny Leite. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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. Donation checks should be made payable to “Town of Foxborough – COA.” 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.

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.

MEDICAL INFORMATION AND SERVICES

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. Dr. Willinsky’s next visit to the senior center has been scheduled for Monday, April 4th. 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 set up an appointment for a ride.

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 April 5th and 21st. 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 and appointment.

REGULARLY SCHEDULED

BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo 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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, April 5th from 1:30 p.m. to 3:00 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.

COLORIST CLUB

Are you looking for something fun to do that's both calming and relaxing? We have a Colorist Club that meets at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1252 to sign up and join us for this soothing and relaxing activity.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving as we get ready for summer. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. 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 work out, 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:

April 6 – Christmas Tree Shop / Trader Joe's

April 13 – Job Lot / Dollar Store

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, April 4

Lowsalt Hotdog

Mustard Packet

Baked Beans

Cabbage and Carrot

Hot Dog Roll

Mixed Fruit

Sodium 949
Calories 599

Tuesday, April 5

Potato Soup
Honey Mustard Chicken
Green Beans
Oatmeal Roll
Mandarin Oranges
Sodium 465
Calories 848

Wednesday, April 6

Stuffed Shells with Sauce
Roman Blend Vegetables
Wheat Roll
Fresh Apple
Sodium 590
Calories 466

Thursday, April 7

Roast Turkey with Gravy
Cranberry Sauce
Winter Squash
Mashed Potato
Multigrain Roll
Carrot Cake
Sodium 920
Calories 743

Friday, April 8

Sweet & Sour Meatballs
Oriental Blend Vegetables
Noodles
Wheat Bread
Peaches
Sodium 423
Calories 514