

## **TRIP TO NEWPORT PLAYHOUSE**

Come join us for lunch and a show at the Newport Playhouse in Newport, RI on Wednesday, April 30<sup>th</sup>. 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 12<sup>th</sup>. Payment will be due by Friday, April 4<sup>th</sup>.

### **Monday, March 10**

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 11**

Stretch & Balance 8:30 a.m.

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

Blood Pressure 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – "Hyde Park on Hudson" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, March 12**

Sign-up for Newport Playhouse 8:00 a.m.

Strength Training 8:30 a.m.

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

Chorus 10:00 a.m.

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

### **Thursday, March 13**

Ceramics 9:00 a.m.

Italian 1 Class 11:00 a.m.

St. Patrick's Day at Lake Pearl 11:30 a.m.

Advanced Italian Class 1:00

### **Friday, March 14**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

### **Saturday, March 15**

Friends of Foxboro Seniors Meeting 9:30 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**

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

Come join us for an opportunity to have “Coffee and Conversation” with School Superintendent Debra Spinelli at the senior center. Our next get together will be on Tuesday, March 25<sup>th</sup> 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.

### **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 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.

### **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 26<sup>th</sup> 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 March 12<sup>th</sup> and 13<sup>th</sup> is “Love Songs Without Love in the Title” with Jack Craig. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **TRAVEL AND ENTERTAINMENT**

### **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 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 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.”

### **PHANTOM OF THE OPERA**

The musical spectacular “The Phantom of the Opera” will be premiering in Boston at the 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 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. Sign-up for this event began on Wednesday, March 5<sup>th</sup>. In order to assure our seats at the theater, payment will be due by Friday, March 14<sup>th</sup>.

### **ST. PATRICK’S DAY AT LAKE PEARL LUCIANO’S**

For those who have signed up for St. Patrick’s Day at Lake Pearl, this event will take place on Thursday, March 13<sup>th</sup> from 11:30 a.m. to 3:30 p.m. Transportation will be on your own, but the Van Go will be available for regular Van Go riders upon request.

### **MEDICAL INFORMATION AND SERVICES**

#### **NUTRITIONAL COUNSELING**

March is designated National Nutrition Month by the Academy of Nutrition and Dietetics. This year’s theme, “Enjoy the Taste of Eating Right,” focuses on how to combine taste and nutrition to encourage lifelong healthy food selections. Registered Dietitians at Sturdy Memorial Hospital offer nutritional counseling for people with diabetes, weight, heart, and other health issues, and provide plans tailored to each patient’s requirements, preferences, and lifestyle. Counseling is covered by most insurance plans. National Nutrition Month is a great time to establish healthy eating habits. Call 508-236-8039 for more information about Nutritional Counseling at Sturdy.

#### **FREE SUPPORT GROUPS OFFERED AT STURDY MEMORIAL HOSPITAL**

The following free support groups are held at Sturdy Memorial Hospital in Attleboro: Partners and Caregivers of Patients with Cancer Support Group on Wednesday, March 12 from 5:30 to 6:30 p.m., to register call 508-236-7010; Stroke Support Group on Thursday, March 13 from 10 to 11:30 a.m., call 508-236-7166 to register; 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.

#### **MANAGING YOUR MOOD**

The “Managing Your Mood” program is being offered by Community VNA at 10 Emory Street in Attleboro on Wednesday, March 26<sup>th</sup> from 6 to 7 p.m. This is a free program and is open to the public. Situations can affect mood changes; often the swings are gentle, but at times, they may have become more pronounced. This program is designed for adults of all ages who wish to learn more about moods including depression, anxiety and anger. Dr. Ruby, PhD, will also address how normal changes due to aging can impact moods and she will offer mood management tips for elders as well as caregivers. Pre-registration is required. To register please call 774-203-1311 or email at [emailregister@communityVNA.com](mailto:emailregister@communityVNA.com).

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, March 11<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.

## **CHOLESTEROL CLINIC**

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 27<sup>th</sup> 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.

## **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 March 20<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.

## **REGULARLY SCHEDULED**

### **MOVIE DAY**

It's time again to take in a good movie with friends at the senior center, so come join us for our next Movie Day on Tuesday, March 11<sup>th</sup> at 12:30 p.m. 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. Our featured movie will be "Hyde Park on Hudson" starring Bill Murray as President Franklin Delano Roosevelt. This movie chronicles the extra-marital affair between President Roosevelt and his distant cousin Daisy (Laura Linney) which came to light during a royal visit from the King and Queen of England (Samuel West and Olivia Colman) at the president's home in Hyde Park. As war engulfs Europe and the king seeks the support of the American government, President Roosevelt struggles to balance his domestic affairs with his international obligations as Commander in Chief. If you'd like to join us for this movie, please call the senior center at 508-543-1252 to sign up.

### **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.

### **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.

### **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 19<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 March 20<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. 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 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on Monday, March 24<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, March 25<sup>th</sup> 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 26<sup>th</sup> 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 24<sup>th</sup>. Van transportation is available.

### **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:

March 12 – Job Lot / Dollar Store

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](mailto:mohsenkh53@hotmail.com).

### **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 8<sup>th</sup>. 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 10**

Baked Ham with Raisin Sauce  
Parsley Mashed Potato  
Country Blend Vegetables  
Multigrain Roll  
Peaches  
Calories 391  
Sodium 1202

#### **Tuesday, March 11**

Grilled Chicken L’Orange  
Rice Pilaf  
Broccoli  
Whole Wheat Bread  
Hermit  
Calories 335  
Sodium 552

#### **Wednesday, March 12**

Salisbury Steak with Onion Gravy  
Au gratin Potato  
Green & Wax Beans  
Wheat Bread  
Mixed Fruit  
Calories 400  
Sodium 499

**Thursday, March 13**

Roast Turkey with Gravy

Cranberry Sauce

Whipped Potato

Squash

Dinner Roll

Chocolate Pudding

Calories 399

Sodium 623

**Friday, March 14**

Lasagna with Sauce

Italian Blend Vegetables

Whole Wheat Roll

Fresh Fruit

Calories 212

Sodium 385