

MEET THE CANDIDATES FOR SELECTMEN

Our Annual Town Election will be held on Monday, May 5, 2014. In preparation for the upcoming election, you will have the opportunity here at the senior center to meet each of the two candidates running for the Board of Selectman. On Tuesday, April 15th at 1:00 p.m., candidate Mark Sullivan will be joining us, and on Tuesday, April 22nd at 1:00 p.m., candidate David Feldman will be here. These meetings will be held during the time of our regularly scheduled Discussion Group. This will be your chance to meet the candidates, ask questions, and to learn about the candidates and their views on important issues affecting our town. If you need transportation to the polls at the Ahern Middle School on election day, please call the senior center in advance at 508-543-1252 and we will help you to make arrangements.

Monday, April 14

Sit and Be Fit 9:30 a.m.

Tai Chi 10:30 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 15

Senior Visiting Day at FHS 7:45 to 9:45 a.m.

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

AMP Bonus Lecture Video Series 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 16

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

TRIAD 1:00 p.m.

Kohl's 1:00 p.m.

Bereavement Support Group 2:00 p.m.

Thursday, April 17

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Club 90's Party 11:00 a.m.

Low Vision Support Group 1:00 p.m.

AMP Workshop–Use of Medicare Prevention Benefits, Guest Speaker Peg McDonough of HESSCO 2 p.m.

COA/HS Advisory Board Meeting 5:00 p.m.

Friday, April 18

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Saturday, April 19

Friends of Foxborough 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

SPECIAL PROGRAMS

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 17th. 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.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday evening each month through October. Come on over for a nice evening meal at the senior center and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, April 23rd we'll be enjoying a meal of Salmon with Dill Sauce, Rice Pilaf, Vegetable Medley, Roll, Dessert and Milk. The event starts at 4:30 p.m. with supper to be served at 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 to make your reservation and to arrange for transportation, if needed. For participants in the Aging Mastery Program, attending the Senior Supper is an opportunity to earn some bonus points.

MEN'S BREAKFAST – SOCIETY, DRINK & REVOLUTION IN COLONIAL NEW ENGLAND

Our next Men's Breakfast will be held on Thursday, April 24th 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 men's breakfast is \$3, and if you would like to attend, please call the senior center at 508-543-1252 by Monday, April 21st 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.

AMP – PREVENTION BENEFITS

The fifth workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 17th at 2:00 p.m. at the senior center. This workshop will focus on Preventative Benefits and the Importance of Prevention, and our guest speaker will be Peg McDonough of HESSCO Elder Services. Many health problems are preventable. Eating healthy, exercising and not smoking will help avoid medical problems. Medicare can also help by paying for services to prevent disease and keep you healthy. Medicare's preventative benefits include exams, shots and screenings that can detect problems early and help you to stay healthy. This program is the fifth of eight AMP workshops and is available exclusively for participants in the Aging Mastery Program.

AMP – BONUS VIDEO LECTURE SERIES

On Tuesday, April 15th at 12:30 p.m. we will have the 2nd bonus video lecture 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 15th session will include lectures on “Choices for a Healthy Life” and “Physiology of Nutrition.”

GARDEN CLUB MEETING

Attention gardeners...spring is here, finally! Our Senior Center Garden Club, under the direction of Marsha Lewicke, is ready to start meeting again at the senior center beginning on Tuesday, April 22nd 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!

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 14th 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.

TRAVEL AND ENTERTAINMENT

COME JOIN US IN NASHVILLE & THE SMOKY MOUNTAINS THIS FALL

On October 9th, we will be flying to Nashville, Tennessee where 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. 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 4th day, we'll be traveling to Pigeon Forge, Tennessee for 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 14th, 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. All payment checks should be made payable to "Tours of Distinction."

REGULARLY SCHEDULED

MOVIE DAY

April's Movie Day is scheduled for Tuesday, April 22nd at 12:30 p.m. and our featured movie will be "About Time." The night after another unsatisfactory New Year Party, Tim's (Domhnall Gleeson) father (Bill Nighy) tells his son that the men in his family have always had the ability to travel through time. Tim can't change history, but he can change what happens and has happened in his own life, so he decides to make his world a better place by getting a girlfriend (Rachel McAdams). But as his unusual life progresses, Tim finds out that his unique gift can't save him from the sorrows and ups and downs that affect all families everywhere. About Time is a comedy about love and time travel where Tim learns that, in the end, making the most of life may not need time travel at all. 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. Line Dancing classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 16th, 23rd and 30th. 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. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, April 16th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, April 28th. 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 29th 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.

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 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 16 – Kohl's in Mansfield

April 23 - Walmart

SCAM ALERT – IMPORTANT INFORMATION

Neither the federal government nor any of its federal branches will send you an email. If you have a concern, contact the federal agency via a secure website (typically a ".gov" or, occasionally a "usa.gov"). If in doubt about a web-link, go through the COA or the local police, or call a congressional office (check the web) for an appropriate contact number with respect to federal concerns. Also, Social Security does NOT publish the telephone numbers of their local offices. However, you can reach them toll-free at 1-800-772-1213 (TTY 1-800-325-0778 for deaf or hard-of-hearing) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday.

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

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. Call Pam or Ken at the senior center at 508-543-1252 to find out more, or to apply.

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, April 14

Italian Pasta with Meat Sauce

Italian Blend Vegetables

Whole Wheat Bread

Applesauce

Calories 420

Sodium 220

Tuesday, April 15

Beef Stir-Fry with Oriental Vegetables

Asian Rice

Multigrain Roll

Pineapple Chunks

Calories 264

Sodium 517

Wednesday, April 16

Tomato Florentine Soup

Honey Glazed Chicken

Red Bliss Potato

Dinner Roll

Strawberry Cup

Calories 354

Sodium 640

Thursday, April 17

Meatloaf with Onion Gravy

Mashed Potato

California Blend Vegetables

Wheat Bread

Brownie

Calories 473

Sodium 404

Friday, April 18

Seafood Salad

Pasta Salad

Cole Slaw

Pita Bread

Fresh Fruit

Calories 388

Sodium 639