

FAREWELL PARTY FOR BILL DRISCOLL

Come and join us on Tuesday, April 30th from 1:30 p.m. to 3:00 p.m. for an opportunity to wish a “Happy Retirement” to Bill Driscoll, our beloved long-time, dedicated van driver. Take advantage of this chance to visit with Bill as we thank him for all of his years of service to our seniors and our community. Light refreshments will be served. Please call 508-543-1252 to RSVP.

Monday, April 15

Patriot's Day

Senior Center Closed

Tuesday, April 16

Stretch and Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day-“Money Ball” 12:30 p.m.

Discussion Group/“Meet the Candidates” Lynda Walsh 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 17

Strength Training 8:30 a.m.

Painting with Bob MacLeod 10:00 a.m.

Chorus 10:00 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

TRIAD 1:00 p.m.

Target 1:00 p.m.

Zumba 2:30 p.m.

Senior Supper Club 4:30 p.m.

Thursday, April 18

Wright's Farm/BINGO Trip-departs from St. Mary's at 10:30 a.m.

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Low Vision Group/Commission for the Blind 1:00 p.m.

COA/HS Advisory Group 5:00 p.m.

Friday, April 19

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Italian 2 Class 1:00 p.m.

Saturday, April 20

Friends of Foxboro Seniors Meeting 9:30 a.m.

Ralph Guimond's African Violets will be on sale! Proceeds to benefit “The Friends”

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE

“Jack Craig Presents Jerome Kern” will be this week's senior center programming shown on April 17th & 18th. 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.

SPECIAL EVENTS AND PROGRAMS

COMMISSION FOR THE BLIND PROGRAM

Andrea Schein from the Commission for the Blind will be coming to the senior center on Thursday, April 18th at 1:00 p.m. during the Low Vision Support Group. Specialized services, including some fairly simple devices and techniques, can often vastly improve a person's quality of life. Come and hear about assistive devices and programs which can improve daily living and independence when dealing with a visual impairment. The ongoing Low Vision Support Group meets at the senior center on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. 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. The Commission for the Blind program is open to all who would like to attend and is free of charge. Please call 508-543-1252 to sign-up for this special program and to arrange for your transportation needs.

EDIBLE PERENNIAL GARDENING AND LANDSCAPING

Come to hear Naturalist and Landscaper John Root on Monday, April 22nd at 6:30 p.m. at the Foxborough Recreation hall, 68 Mill Street, Foxborough. Learn how to establish and maintain a variety of perennials, including trees, shrubs, vines, canes and herbaceous plants that yield abundant crops of delicious and nutritious food throughout the growing season with minimal maintenance. Plants will be offered for sale. Free admission; all ages welcome. This program is supported in part by a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

MEET THE CANDIDATES FOR SELECTMEN

In preparation for the elections that will be held in 2013, we will have several opportunities for you to "Meet the Candidates" here at the senior center on the following Tuesdays at 1:00 p.m.: Lynda Walsh on April 16th; and Jim DeVellis on April 23rd. These meetings will be held during the time of our regularly scheduled Discussion Group. Take advantage of these opportunities to be informed about the candidates and their views on important issues. Our Annual Town Election will be held on Tuesday, April 30, 2013 in conjunction with the Special State Primary Election. Foxborough's polls will be open at the Ahern Middle School from 7:00 a.m. until 8:00 p.m. Absentee ballots will be available up until 12:00 noon on April 29th through the Town Clerk's office. If you need transportation to the polls, please call the senior center at 508-543-1252 and we will help you make arrangements.

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all you gardeners! As the weather gets nicer and the perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs, or shrubs. You can place items in a pot, plastic container or even a plastic bag. Donate your extra plastic or clay pots too. 100% of the proceeds from the sale will go to the Friends of Foxboro Seniors for their support of programs at the senior center. The sale will be on Saturday, May 11th from 9:00 a.m. to 12:00 noon on the Foxborough Common and will be featuring Ralph Guimond's famous and beautiful African Violets. Ralph's violets will also be available at the senior center during the Friends of Foxboro Seniors Meeting on Saturday, April 20th beginning at 9:30 a.m. Get your plants in time for Mother's Day! Please note that this is a Plant Sale only. There will *not* be a bake sale this year. Raindate for the Plant Sale will be the following Saturday, May 18th, same time, same location. Please call Joanne Pratt at 508-543-6964 to make arrangements for your donations or for further information.

TRAVEL AND ENTERTAINMENT

ISABELLA STEWART GARDNER MUSEUM TRIP

Join the Foxboro seniors on Thursday, June 13th for a great day in Boston! We will start with a guided tour of the Isabella Stewart Gardner Museum. Isabella Stewart Gardner first welcomed visitors to her museum on New Year's Day, 1903. On that evening, guests listened to the music of Bach, Mozart, and Schumann, gazed in wonder at the courtyard full of flowers, and viewed one of the nation's finest collections of art. To this day,

visitors experience much the same thing. The Gardner Museum has remained essentially unchanged since its founder's death in 1924, unchanged but certainly not stagnant. Three floors of galleries surround a garden courtyard blooming with life in all seasons. The Museum is filled with paintings, sculpture, tapestries, furniture and decorative arts from cultures spanning 30 centuries. Then in the afternoon we are off to an amazing lunch at Maggiano's, Little Italy. Here you will enjoy authentic, home-made Italian American cuisine at its best. Enjoy your Italian favorites served family style. This day is a feast for the senses not to be missed! The cost for this day trip is \$91 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, May 10th. Your motorcoach bus will depart from St. Mary's Church parking lot at 10:00 a.m. on Thursday, June 13th and will return home at approximately 4:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

"NOAH'S ARK" TRIP-spaces still available

Come along with the Foxboro seniors on a 3-day trip to Pennsylvania from July 1-3, 2013. On Monday, you will head to Reading, PA, on a comfortable motorcoach bus to the beautiful Crowne Plaza Hotel. You will have an opportunity to enjoy the hotel's amenities or take the free shuttle buses to the famous Reading Outlets for shopping. In the evening, enjoy a Wine & Cheese reception followed by a sit down dinner topped off with a live musical comedy show. On Tuesday, enjoy a full hot breakfast buffet before traveling into neighboring Lancaster County. You will be led on a guided sightseeing tour of Amish Country where you will learn about and see the customs and lifestyle of the Amish people. In the afternoon, you will take your seat in the spectacular Millennium Theater for the big show, "NOAH." Watch the animals march two by two into the immense lifesaving Ark. Sail through the great flood on one of the most amazing experiences of all time. This is a powerful show, and one of the most famous stories ever told. Dinner will be included at the Shady Maple Smorgasbord in Amish Country before returning to the Crowne Plaza for the evening. On Wednesday after your hot breakfast buffet, you will head to Kutztown for the 64th annual Kutztown Folk Festival, a celebration of Pennsylvania Dutch culture. There are crafts, quilt sales, music and traditional dancing, antiques, folk life demonstrations, animals and Pennsylvania Dutch foods. Featured in National Geographic, the Kutztown Festival is one of the nation's most colorful celebrations. Tips for the bus driver, tour escort, Amish Country Guide and hotel bellman are included. Your cost for this incredible trip is \$419 for Double Occupancy, \$499 for Single Occupancy, and \$399 for Triple Occupancy. All payments should be made directly to Tours of Distinction. The 1st deposit of \$210 will be due along with your registration form and optional travel insurance (\$28 for Double or Single; and \$21 for a Triple). The final payment will be due by Friday, May 3, 2013. Reservation forms will be available only through the Foxborough COA. You may sign-up for this wonderful opportunity by calling 508-543-1252.

NEWPORT PLAYHOUSE

Join the Foxboro seniors as we travel to the Newport Playhouse on Thursday, May 9th for one of the "Best Buffets in Rhode Island" and a great performance of "Spreading It Around." This light-hearted comedy about a wealthy widow in a retirement community who is tired of handing out money to her unappreciative children, starts the S.I.N. (Spending It Now) Foundation to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! A great buffet-a wonderful play-& a fun-filled cabaret! The cost for this day trip is \$87 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, April 12th. Your motorcoach bus will depart from St. Mary's Church parking lot at 9:30 a.m. on Thursday, May 9th and will return home at approximately 5:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL/HEALTH PROMOTION CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, April 25th 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 this day. Please call the senior center at 508-543-1252 to make an appointment.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Mary Kay Grzenda of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Thursday, April 18th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

MEN'S BREAKFAST WITH DIRECTOR OF LIBRARY SERVICES

Join us for a delicious breakfast and some socialization on Thursday, April 25th at our next Men's Breakfast when Jerry Cirillo, Library Director, will be here to give an update on the new library project and services. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Monday, April 22nd. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 8-weeks and runs from April 22nd through June 16th. The payment will be \$40 and is due at sign-up. Call 508-543-1252 with any questions.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on April 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, April 25th at 11:00 a.m. and see "Singin' in the Rain." Hollywood, 1927: the silent-film romantic team of Don Lockwood (Gene Kelly) and Lina Lamont (Jean Hagen) is the toast of Tinseltown. While Lockwood and Lamont personify smoldering passions onscreen, in real life the down-to-earth Lockwood can't stand the egotistical, brainless Lina. He prefers the company of aspiring actress Kathy Selden (Debbie Reynolds), whom he met while escaping his screaming fans. Watching these intrigues from the sidelines is Cosmo Brown (Donald O'Connor), Don's best pal and on-set pianist. Cosmo is promoted to musical director of Monumental Pictures by studio head R.F. Simpson (Millard Mitchell) when the talking-picture revolution commences. That's all right for Cosmo, but how will talkies affect the upcoming Lockwood-Lamont vehicle "The Dueling Cavalier"? Don, an accomplished song-and-dance man, should have no trouble adapting to the microphone. Lina, however, is another matter; put as charitably as possible, she has a voice that sounds like fingernails on a blackboard. The disastrous preview of the team's first talkie has the audience howling with derisive laughter. With songs like "You Were Meant for Me," "You Are My Lucky Star," "The Broadway Melody," and of course the title song -- the film becomes one of the greatest Hollywood musicals ever made. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, April 30th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. 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. Our next movie day will be Tuesday, April 16th at 12:30 p.m. when our feature presentation will be "Moneyball." Based on a true story, Moneyball is a movie for anybody who has ever dreamed of taking on the system. Brad Pitt stars as Billy Beane, the general manager of the Oakland A's and the guy who assembles the team, who has an epiphany: all of baseball's conventional wisdom is wrong. Forced to reinvent his team on a tight budget, Beane will have to outsmart the richer clubs. The onetime jock teams with Ivy League grad Peter Brand (Jonah Hill) in an unlikely partnership, recruiting bargain players that the scouts call flawed, but all of whom have an ability to get on base, score runs, and win games. It's more than baseball, it's a revolution - one that challenges old school traditions and puts Beane in the crosshairs of those who say he's tearing out the heart and soul of the game. Please call 508-543-1252 to sign-up.

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, April 17th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

TRIAD

What is 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, a senior citizen run and directed group, 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 at 1:00 p.m. Our next meeting will be on April 17th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, April 17th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Minestrone Soup and Chicken Salad on a Croissant to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"

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" on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the

story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

April 10 Wal-Mart

April 17 Target

April 24 Luncheon Outing @ Horse N' Carriage at **1:30 p.m. (please note later time)**

ALZHEIMER'S DISEASE INFORMATION AND RESOURCES

ALZHEIMER'S DISEASE FACTS AND FIGURES

An annual report released by the Alzheimer's Association, details the burden of Alzheimer's and dementia on individuals, caregivers, government, and the nation's healthcare system:

- Every 69 seconds someone develops Alzheimer's disease
- Alzheimer's is the 6th leading cause of death
- 5.4 million people have Alzheimer's in the U.S.
- Alzheimer's and other dementias cost our country more than \$183 billion annually
- About 70% of people with Alzheimer's are cared for at home
- We expect 10 million Baby Boomers to develop Alzheimer's
- There is no cure, yet

ALZHEIMER'S ASSOCIATION RESOURCES

The Alzheimer's Association provides support and information on Alzheimer's disease with a 24/7 Helpline available at 800-272-3900. For information about the Alzheimer's Association of Massachusetts contact 617-868-6718 or visit their website at www.alz.org/MANH/.

NEPONSET VALLEY ALZHEIMER'S PARTNERSHIP

The Neponset Valley Alzheimer's Partnership (NVAP) works in conjunction with the Alzheimer's Association Massachusetts/New Hampshire Chapter. They are an alliance of family members and professionals dedicated to helping people with Alzheimer's disease. They offer care partner education, advocacy, and patient/family support. The NVAP takes part in fundraising each year to provide scholarships which are given to provide financial assistance for someone in the community that has been diagnosed with dementia. Applications to obtain Alzheimer's Partnership Help Funds are available at the senior center or by calling Vicki Lowe, Executive Director, Foxborough Council on Aging and Human Services at 508-543-1252.

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. Suggested donation is \$2.50. 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 15

Patriot's Day

No Meal Served

Tuesday, April 16

Chicken Pot Pie W/Vegetables

Whipped Potatoes

Biscuit

Peaches

Wednesday, April 17

Corn Chowder

BBQ Chicken

Winter Blend Vegetables

Muffin

Mixed Fruit

Thursday, April 18

Meat Loaf W/Gravy

Whipped Potatoes

Carrot Coins

Wheat Bread

Butterscotch Pudding

Friday, April 19

Crunchy Lite Fish

Tartar Sauce

Scalloped Potatoes

Peas

Multigrain Roll

Fresh Orange