

TRIP TO THE JFK MUSEUM

On Friday, June 13th, we'll be traveling to South Boston for a visit to the John F. Kennedy Library. We will be traveling via round-trip motorcoach and will be picked up at 10:30 a.m. at St. Mary's parking lot. Our day begins with a fabulous sit down lunch at the Venezia Restaurant in Dorchester, with entrée choices of haddock, chicken parmesan, steak tips or eggplant parmesan. Then we're off to the JFK Library where we'll have the opportunity to experience the multimedia exhibits and the theater, or you can choose to walk the ocean front grounds, all at your own pace. The cost for this outing is \$71.00 per person and payment will be due by Friday, May 16th. Sign up by calling the senior center beginning on Wednesday, April 23rd.

Monday, April 21

Senior Center Closed – Patriot's Day

Tuesday, April 22

Stretch & Balance 8:30 a.m.

Garden Club 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – "About Time" 12:30 p.m.

Meet Selectman Candidate David Feldman at Discussion Group 1:00 p.m.

Shaw's (due to the Monday holiday) 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 23

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Walmart 1:00 p.m.

Bereavement Support Group 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, April 24

Ceramics 9:00 a.m.

Men's Breakfast with guest speaker Paolo DiGregoria 9:00 a.m.

AMP Workshop – "Planning Your Future" with Guest Speaker Pam McGuire of the COA

Friday, April 25

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 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

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all 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 10th from 9:00 a.m. to 12:00 noon, rain or shine, on the Foxborough Common. 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. Please call Joanne Pratt at 508-543-6964 to make arrangements for your donations or for further information.

MOTHER'S DAY SOCIAL

Come and celebrate Mother's Day with us here at the senior center on Thursday, May 8th at our Mother's Day Social. All women are welcome and encouraged to treat themselves to a delicious, light brunch together and some socialization from 11:30 a.m. to 1:00 p.m. Enjoy spending time with each other, sharing remembrances of your mother or of being a mother in honor of Mother's Day. Space will be limited, so please call 508-543-1252 to reserve your spot!

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 a 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 sixth workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 24th at 2:00 p.m. at the senior center. This workshop will focus on "Planning for Your Future" and our guest speaker will be Pam McGuire, MSW, from the Foxborough Council on Aging. Making decisions now about your health care plans for the future will help ensure that the treatment you receive is consistent with your preferences. Even if you are not sick now, advanced care planning can help you express how you want to be treated if you are unable to speak for yourself. Taking the time to do advanced care planning can help loved ones and medical staff act for you and treat you according to your values and wishes. This program is the sixth of eight AMP workshops and is available exclusively for participants in the Aging Mastery Program.

AMP – BONUS VIDEO LECTURE SERIES

On Tuesday, April 29th at 12:30 p.m. we will have the 3rd 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 29th session will include lectures on "Mental Health and Stress Reduction" and "Healthy Choices in Daily Life."

PAINTING WITH BOB MCLEOD

It's time once again to tap into artistic abilities that you may not have yet discovered in yourself. Come and enjoy a painting class with Bob McLeod and at the end of the class you'll be taking home a fantastic oil painting that you will have painted. This class is for everyone, regardless of your experience and ability. Bob's next visit to the senior center will be on Wednesday, May 14th at 10:00 a.m. The cost of this class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan to stay until

approximately 3:30 p.m. Please bring your own paper towels. Class size is limited, so call the senior center at 508-543-1252 if you'd like to sign up for the class.

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.

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. The featured program on April 23rd and 24th is "Mark Twain." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library

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

Line Dancing classes led by Jeanne Bonneau and Fay Sullivan will be held from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 23rd and 30th. Please call the senior center at 508-543-1252 to sign up.

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.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Morin's Restaurant on Wednesday, April 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, April 28th. Van transportation is available.

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, CD's 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, May 5th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

BINGO

Come and join us for Bingo at the senior center on the first Monday 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, May 6th 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.

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 May 15th. 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.

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 Part 2" on Mondays through May 5th from 12:00 noon to 1:00 p.m. at the senior center. If you'd like to join us for this informational opportunity, please call us at 508-543-1252.

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 23 – Walmart

April 30 – Morin's Restaurant

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

ENERGY ASSISTANCE

You may qualify for help with paying for heat for your home. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their home heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. Call Ken Levy at the senior center at 508-543-1252 if you are interested in learning more about this program. Energy assistance applications will be accepted through April 30th.

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

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. His next visit will be on Monday, May 5th. 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 arrange for a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, May 13th 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. Appointments are being scheduled for May 6th and May 15th. 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 and 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, April 21

Patriots' Day

No Meal Served

Tuesday, April 22

Chicken Parmesan
Penne Pasta
Tuscan Blend Vegetables
Multigrain Roll
Strawberry Cup
Calories 358
Sodium 477

Wednesday, April 23

Vegetarian Chili
Dirty Rice
Fruit Muffin
Mixed Fruit
Calories 347
Sodium 338

Thursday, April 24

Roast Turkey with Gravy
Cranberry Sauce
Winter Squash
Whipped Potato
Whole Wheat Roll
Chocolate Pudding
Calories 413
Sodium 402

Friday, April 25

Beef Steak Patty with
Peppers & Onions on a Sub Roll
Hash Brown Potato
Zucchini & Tomato
Fresh Fruit
Calories 309
Sodium 422