

## **MINDS IN MOTION – EXERCISE FOR YOUR BRAIN HEALTH**

Do you feel like challenging your mind and stretching your imagination? Join us at the senior center for the “Minds in Motion” program led by Jerry Cianciolo. This program is a series of eight, hour-long “courses.” Each week we’ll be focusing on a different and challenging topic, and at every class there will be handouts and exercises that are designed to expand your thinking abilities. “Minds in Motion” is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. The classes will be held on the following days: Wednesdays at 12:30 p.m. on May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, June 1<sup>st</sup> and 15<sup>th</sup>, Thursday June 16<sup>th</sup> at 9:30 a.m. and ending on Wednesday, June 22<sup>nd</sup> at 12:30 p.m. Class size is limited, so please call the senior center to sign up in advance at 508-543-1252 if you plan on attending.

### **Monday, April 25**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
State Rep. Jay Barrows Office Hour 9:00 a.m.  
Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Scrabble 12:30 p.m.  
Meet the Candidate Jim Devellis (Selectmen) 12:30 p.m.  
Knitting 1:00 p.m.  
Meditation and Relaxation 1:00 p.m.  
Shaw’s 1:00 p.m.  
Video Rewind 2:30 a.m.

### **Tuesday, April 26**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Coffee with Chris 9:00 a.m.  
Zumba Gold Class 9:45 a.m.  
Meet the Candidate Rob Canfield (School Committee) 10:00 a.m.  
Nutrition 11:00 a.m.  
Movie Day – “St. Vincent” 12:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, April 27**

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.  
Luncheon Outing at Olive Garden 1:00 p.m.  
Colorist Club 2:00 p.m.  
Food for Life Program 4:00 p.m.

### **Thursday, April 28**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Men’s Breakfast 9:00 a.m.  
Chronic Pain Self- Management 12:00 noon

### **Friday, April 29**

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.

Scapbooking and Card Making Class 10:30 a.m.

### **SPECIAL PROGRAMS**

#### **MOTHERS' DAY LUNCHEON & NAME THAT TUNE WITH JERRY CIANCIOLO**

Come and celebrate Mothers' Day with us here at the senior center on Thursday, May 5<sup>th</sup> at 12:00 noon at our Mother's Day Luncheon. All women are welcome and encouraged to treat themselves to a delicious lunch and socialize with friends. Following lunch, we'll play "Name That Tune" with Jerry Cianciolo. How familiar are you with the singers of the 1930's, 1940's and 1950's and the great songs like *Love and Marriage*, *The Way You Look Tonight*, and *Someone to Watch Over Me*? In just a few notes, can you pick out songs like *Love and Marriage*, *Jeepers Creepers*, *Don't Fence Me In*, *The Way You Look Tonight*, and *Anything Goes*? Come listen to some great music, test your recall, and your ear, by joining us for this special entertainment as we're challenged with song snippets, tricky questions and maybe even a surprise or two. If you plan on joining us for this special Mothers' Day celebration, please call the senior center at 508-543-1252 to sign up and we'll save you a seat.

#### **MEET THE CANDIDATES**

The upcoming town election will be held on Monday, May 2<sup>nd</sup>. We have an opportunity to meet candidates Jim DeVellis, Selectmen, on Monday, April 25<sup>th</sup> from 12:30 to 1:30 p.m., and; Rob Canfield, School Committee, on Tuesday, April 26<sup>th</sup> from 10:00 to 11:00 a.m. Drop in at any of these times if you'd like to meet the candidates face-to-face and ask them any questions you may have before the election.

#### **COFFEE WITH CHRIS**

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, April 26<sup>th</sup>. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for 2016.

#### **MEN'S BREAKFAST**

The Men's Breakfast will be held on Thursday, April 28<sup>th</sup> at 9:00 a.m. Our guest speaker this month will be comedian David Shikes, a retired bookseller and resident of New Hampshire who travels all around the region telling comical stories about New England. Join us for some fun and laughs. The cost for the Men's Breakfast is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, April 22<sup>nd</sup> to reserve your seat. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

#### **PLANT SALE DONATIONS**

The Friends of Foxborough Seniors will be holding a Plant Sale on Saturday, May 7<sup>th</sup> from 8:00 a.m. to noon on the Foxboro Common. If you would like to donate plant pots or perennials for the sale, please leave your donations at the outdoor shed at the senior center. For further information, call Marsha Lewicke at 508-543-7081.

#### **SCRAPBOOKING & GREETING CARD-MAKING CLASS**

Starting Friday, April 29<sup>th</sup> at 10:30 a.m., the Greeting Card-Making Class will be expanding to include Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class, and other embellishments and supplies will be provided. Also, if you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends in the class as you work on your projects, come join us. Our volunteer instructor, Helen Rice, will be teaching both card-making and scrapbooking during class.

#### **HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO**

“Artifactual Scholar” Paolo DiGregorio will be at the senior center at 4:30 p.m. on Wednesday, May 4<sup>th</sup> to present another program in his series of history lectures. The topic on this date is “A Splendid Little War: Politics, the Press and the Spanish American War.” Please call the senior center at 508-543-1252 to sign up and reserve your seat.

### **GARY HYLANDER’S LECTURE ON “WATER FOR ELEPHANTS”**

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, May 11<sup>th</sup> at 4:30 p.m. for a literature lecture on the novel “Water for Elephants.” This novel is the story of the memories of ninety-something-year-old Jacob Jankowski. As a young man, fate brought Jacob onto a rickety train that was home to the Benzini Brothers Most Spectacular Show on Earth. To Jacob, the world of the circus was both salvation and a living hell. It was the early part of the Great Depression, and Jacob was thankful to have a job because his luck had run out, he was orphaned and he was penniless. It was there that Jacob meets Marlena, the star of the equestrian act. And there he also met Rosie the elephant, the “great gray hope” and the new act that was going to be the salvation of the circus; the only problem was, Rosie didn’t have an act and couldn’t follow instructions. The bond that grew among this unlikely trio was one of love and trust, and ultimately, their only hope for survival. If you’d like to join us for this program, please call the senior center at 508-543-1252 to sign up and we’ll save you a seat.

### **FALLS PREVENTION PROGRAM**

Did you know that 1 in every 3 Americans aged 65 and older falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Physical Therapist Stephanie Boudreau, from Brigham and Women’s, will be at the senior center on Thursday, May 12<sup>th</sup> at 1:00 p.m. to present a program on Falls Prevention. Join us as we learn practical strategies to reduce the risk of falling and the fear of falling. Please call the senior center at 508-543-1252 to sign up and we’ll save you a seat.

### **COMPUTER CLASSES AT THE SENIOR CENTER**

Students from the Foxborough Regional Charter School (FRCS) are providing computer training classes once again for Foxborough’s senior citizens. The program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes are held at the senior center and are tailored to meet the expressed needs of the seniors in the program. The FRCS students are teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 to 12:30 through May. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There are also a limited number of computers available for use in our computer lab. Please call the senior center at 508-543-1252 to let us know if you’ll be joining us.

### **REWIND**

Every Monday afternoon at 2:30 p.m. we’ll be showing videos from our own video library. On Monday, April 25<sup>th</sup> at 2:30 p.m., our video will be “I Now Pronounce You: Lucy Stone” with guest actress Judith Kalaora.

### **MOVIE DAY**

Movie Day for the month of April is scheduled for Tuesday, April 26<sup>th</sup> at 12:30 p.m. and our featured film will be “St. Vincent.” Maggie (Melissa McCarthy), a single mother, moves into a new home in Brooklyn with her 12 year old son Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their neighbor Vincent (Bill Murray), a retired curmudgeon with a desire for alcohol and gambling. An odd friendship soon blossoms between the improbable pair. Together with a pregnant stripper (Naomi Watts), Vincent brings Oliver along on all his stops that make up his daily routine – the race track, strip club and a local bar. Oliver begins to see in Vincent something that no one else is able to: a misunderstood man with a good heart. 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.

## **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 April 25<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.

## **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 May 4<sup>th</sup> & 5<sup>th</sup> the featured program will be the "Tax Relief." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **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 1<sup>st</sup> 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.

## **MEDICAL INFORMATION AND SERVICES**

### **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. The next appointments are being scheduled for May 3<sup>rd</sup> and 19<sup>th</sup>. 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**

### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Olive Garden Restaurant on Wednesday, April 27<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, April 25<sup>th</sup>. Van transportation is available.

## **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 27 – Luncheon at Olive Garden

May 4 - Target

## **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 25**

Beef Picadillo 251

Fluffy Rice 36

Winter Blend Vegetables 15

Multigrain Roll 190

Pears 4

Sodium 497

Calories 400

### **Tuesday, April 26**

Macaroni & Cheese 403

Stewed Tomato Florentine 121

Fruit Muffin 78

Fresh Orange 0

Sodium 602

Calories 627

### **Wednesday, April 27**

Pork Tetrazzini 223

Oriental Blend Vegetables 27

Whole Wheat Roll 160

Birthday Cake 209

Sodium 619

Calories 683

### **Thursday, April 28**

Grilled Chicken 320

Hawaiian Sauce 33

White Rice 36

Tahitian Blend Vegetables 38

Croissant 162

Tropical Fruit 10

Sodium 600

Calories 526

### **Friday, April 29**

Rainbow Trout 40

Lemon Dill Sauce 111  
Red Bliss Potato 4  
Spring Blend Vegetables 26  
Wheat Bread 115  
Oranges 6  
Sodium 363  
Calories 440