

SIGN UP FOR OUR TRIP TO 1000 ISLANDS OF NEW YORK

Come along with us as we leave for a 3-day trip to the 1000 Islands of New York on Wednesday, August 20th. Located where the St. Lawrence River meets Lake Ontario, the 1000 Islands cover both sides of the border between the USA and Canada. Our destination is Alexandria Bay on the US side of the border where we'll stay for 2 nights at The Riveredge Resort, a 4-Diamond award winning hotel located on the St. Lawrence Seaway. On our second day, we'll explore the 1000 Islands by water, board the Uncle Sam Cruise Boat for a narrated tour of the St. Lawrence and visit two famous castles on 2 different islands – Singer Castle on Dark Island and the romantic Boldt Castle on Heart Island. Dinner will be at the Clipper Inn, in the historic river port of Clayton, NY. As we begin to head home on our third day, we'll pause in Herkimer in the scenic Mohawk River Valley and we'll board a canal boat for an excursion through the locks of the historic Erie Canal. Lunch will be included overlooking the canal before we continue on our way back to Foxborough. The cost for this trip, including all gratuities, is \$529 per person/double, \$509 per person/triple and \$659 per person for a single. The first payment of \$265 will be due by May 30th, with the balance due on July 11th. Sign up for this trip will begin on Wednesday, April 30th. So come join us as we enjoy the experience of castles, sunsets and the Erie Canal!

Monday, April 28

Rep. Jay Barrows Office Hour 9:30 a.m.
Sit & Be Fit 9:30 a.m.
Tai Chi 10:30 a.m.
Video Lecture Series 12:00 noon
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, April 29

Stretch & Balance 8:30 a.m.
Manicures 9:00 a.m.
Coffee with School Superintendent Deb Spinelli 10:00 a.m.
Nutrition 11:00 a.m.
AMP Bonus Video Lecture 12:30 p.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, April 30

Sign-up begins for 1000 Islands Trip 8:00 a.m.
Strength Training 8:30 a.m.
Trip to Newport Playhouse leaving 9:45 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Luncheon Outing – Morin's 1:00 p.m.
Bereavement Support Group 2:00 p.m.

Thursday, May 1

Ceramics 9:00 a.m.
Decorative Soap Making Class 11:00 a.m.
AMP Workshop – “Fall Prevention” with Guest Speaker Kristen Piscatelli B&W PT 2:00 p.m.

Friday, May 2

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

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Othropedis, 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 set up an appointment.

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.

ELDER DENTAL PROGRAM

The Elder Dental Program continues its mission of advocating for better access to quality healthcare for low income seniors living in our 18 town, southern Massachusetts community. This spring, the Elder Dental Program will hold a Free Dental Screening Clinic on Saturday, May 17 from 9 a.m. to 1 p.m. at the Attleboro Senior Center, 25 South Main Street in Attleboro. This Free Screening Clinic is open to adults, age 60 and older, from any of the 18 area towns served by the program and who do not have dental insurance. Free registration is available simply by calling the Attleboro Senior Center at 774-223-1906. For more information on line, please check the website at www.elderdental.communityvna.com.

SPECIAL PROGRAMS

DECORATIVE SOAP MAKING CLASS

On Thursday, May 1st at 11:00 a.m., we will be holding a decorative soap making class here at the senior center. Join us for a fun afternoon as Vicki shows us all how we can make our own fragrant and decorative soaps. The cost for this class is \$2. The supplies needed to make the soaps will be provided, but we ask all participants to bring 2 microwavable glass measuring cups to class. Please sign up for this class at the senior center or call us at 508-543-1252.

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 and socialize with friends from 11:30 a.m. to 1:00 p.m. Enjoy spending time with each other in honor of Mother's Day, sharing remembrances of your mother or of being a mother yourself. Space will be limited, so please call 508-543-1252 to reserve your spot!

COFFEE WITH THE SUPERINTENDENT OF SCHOOLS

On Tuesday, April 29th you will once again have the opportunity to have "Coffee and Conversation" with School Superintendent Debra Spinelli at the senior center from 10:00 a.m. to 11:00 a.m. Superintendent Spinelli will be here to answer any questions you may have and to hear your comments on the concerns you would like to address regarding the school department. Please call 508-543-1252 to let us know you will be coming.

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.

AMP – PREVENTION BENEFITS

The seventh workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 1st at 2:00 p.m. at the senior center. This workshop will focus on "Fall Prevention" with guest speaker Kristen Piscatelli, B&W PT. Did you know that one in three older Americans falls every year? Falls are the leading cause of both fatal and non-fatal injuries for people aged 65+. Fall-related injuries are often serious, but they are also preventable. Exercising, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall. This program is the seventh 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.

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. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library

TRAVEL AND ENTERTAINMENT

TRIP TO THE JFK MUSEUM

On Friday, June 13th, we'll be off 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. The sign up for this day trip has begun, so if you are interested in joining us, please call the senior center at 508-543-1252.

REGULARLY SCHEDULED

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.

BINGO

Come and join us for Bingo 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, 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.

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 30 – Morin's Restaurant

May 7 – Job Lot

WEEKLY SCHEDULED PROGRAMS

CERAMICS CLASS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

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.

FISH DRIVERS

FISH is a non-profit organization with volunteer drivers who bring Foxborough seniors and ailing residents in need of transportation to medical appointments within an 11 mile radius of Foxborough. Thanks to the efforts of Ms. Bea O'Hara and her dedicated drivers, many elderly and ailing residents have greatly benefited from this transportation service. FISH is currently in need of volunteer drivers to keep this program running at full capacity. If you are looking for a rewarding volunteer opportunity, rich in a history of goodwill and fellowship, please call Bea at 508-543-8549. To request transportation, please call 508-698-3729 and leave your name, address, phone number, and appointment date and time. Please provide 2 days advance notice of your transportation request and you will be called the evening before your appointment to confirm your ride.

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 28

Chicken Pot Pie with Vegetables
Parsley Whipped Potatoes
Biscuit
Mixed Fruit
Calories 436
Sodium 535

Tuesday, April 29

Cream of Carrot Soup
Breaded Chicken
O'Brien Potato
Multigrain Roll
Waffle Cookie
Calories 420
Sodium 816

Wednesday, April 30

Happy Birthday!
American Chop Suey
Wax Beans
Snowflake Roll
Birthday Cate
Calories 293
Sodium 210

Thursday, May 1

Beef Stew with Vegetables
Boiled Potato
Whole Wheat Roll
Peaches
Calories 448
Sodium 384

Friday, May 2

Potato Pollack Fish
Tartar Sauce
Hash Brown Potato
Tuscany Blend Vegetables
Whole Wheat Bread
Fresh Fruit
Calories 246
Sodium 461