

## **FRIENDS OF FOXBORO SENIORS PLANT SALE**

Spring is here and it's time once again for the annual plant sale to support the Friends of Foxboro Seniors. 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! One hundred percent of the proceeds from this sale will go to the Friends of Foxboro Seniors for their support of programs at the senior center throughout the year. Also, 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. The Friends 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. Donations can be dropped off in a designated area at the senior center.

### **Monday, May 5**

Sit & Be Fit 9:30 a.m.  
Tai Chi 10:30 a.m.  
Book Club 11:00 p.m.  
Podiatrist 12:00 noon  
Video Lecture Series 12:00 noon  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.

### **Tuesday, May 6**

Stretch & Balance 8:30 a.m.  
Garden Club 9:45 a.m.  
SHINE 10:00 a.m.  
Nutrition 11:00 a.m.  
AMP Bonus Video Lecture 12:15 p.m.  
Discussion Group 1:00 p.m.  
Talespinners 2:00 p.m.  
Bingo 2:00 p.m.

### **Wednesday, May 7**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Job Lot 1:00 p.m.  
Bereavement Support Group 2:00 p.m.

### **Thursday, May 8**

Ceramics 9:00 a.m.  
Mothers' Day Social 11:30 a.m.  
AMP Workshop – "Communication with Your Doctor" with guest speaker Helen Higgins, LICSW 2:00 p.m.

### **Friday, May 9**

Stop & Shop 8:30 a.m.  
YMCA Exercises 9:30 a.m.  
Card Making 11:00 a.m.  
Cribbage 11:00 a.m.

### **Saturday, May 10**

Friends of Foxboro Seniors Plant Sale on The Common 9:00 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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **SENIOR SUMMIT**

On Thursday, May 8<sup>th</sup> from 8:45 a.m. to 12:00 noon, the Senior Summit, hosted by Norwood Hospital and the Sharon Adult Center in partnership with Norfolk District Attorney Michael W. Morrisey, will be held at the Sharon Community Center, 219 Massapoag Avenue in Sharon. The topics to be discussed will be: “Prescription Drugs in Your Community” and; “Chronic Illness: Wellness Tips & Help Finding the Right Doctor.” Space is limited, so if you are interested in attending please call the Foxborough Senior Center at 508-543-1252 to sign up.

### **AMP – PREVENTION BENEFITS**

The eighth workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 8<sup>th</sup> at 2:00 p.m. at the senior center. This workshop will focus on “Communicating with Your Doctor” with guest speaker Helen Higgins, LICSW, from Brigham and Women’s. You and your doctor should work in partnership to make sure that you receive better care and your doctor practices good medicine. A good partnership with your doctor should be based on a common goal, shared effort and good communication. This means asking questions if you don’t understand your doctor’s instructions or explanations, bringing up problems even if the doctor doesn’t ask, and sharing concerns you may have about changes or treatments with your doctor. This program is the eighth of eight AMP workshops and is available exclusively for participants in the Aging Mastery Program.

### **AMP – BONUS VIDEO LECTURE SERIES**

On Tuesday, May 6<sup>th</sup> at 12:15 p.m. we will have the 3<sup>rd</sup> 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 May 6<sup>th</sup> session will include lectures on “The Role of Vitamins” and “The Role of Supplements.”

### **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 14<sup>th</sup> 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 13<sup>th</sup>, 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 16<sup>th</sup>. 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.

#### **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 20<sup>th</sup>. 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 30<sup>th</sup>, with the balance due on July 11<sup>th</sup>. Sign up for this trip will begin on Wednesday, April 30<sup>th</sup>. So come join us as we enjoy the experience of castles, sunsets and the Erie Canal!

## **REGULARLY SCHEDULED**

### **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 5<sup>th</sup> 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 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 6<sup>th</sup> 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.

### **MOVIE DAY**

May's Movie Day is scheduled for Tuesday, May 13<sup>th</sup> at 12:30 p.m. and our featured movie will be "Philomena." This film is based on a true story, and the title character is played by actress Judi Dench. Philomena is an elderly Irish woman who, as a teenager, gave birth while she was working at a convent. The Catholic Church had the child adopted. Decades later, Philomena is introduced to Martin Sixsmith (Steve Coogan), a onetime government spokesperson who is now working as a freelance journalist. Martin agrees to help Philomena search for her son that was given up for adoption, and the trail takes them to the United States where they come face-to-face with some long-buried secrets. All the while, Martin and the ceaselessly charming Philomena learn to trust each other. 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.

### **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 5<sup>th</sup> 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:

May 7 – Job Lot

May 14 - Target

## **WEEKLY SCHEDULED PROGRAMS**

### **TALESPINNERS**

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

### **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**

### **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.

## **MEDICAL INFORMATION AND SERVICES**

### **PODIATRIST**

Dr. Willinsky, Board certified by the American Board of Podiatric Othopedics, 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 5<sup>th</sup>. 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 13<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center, on the 2<sup>nd</sup> 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. Appointments are being scheduled for May 6<sup>th</sup> and May 15<sup>th</sup>. 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, May 5**

Macaroni & Cheese

Tomato Florentine

Muffin

Pears

Calories 443

Sodium 542

**Tuesday, May 6**

BBQ Chicken Fillet

Scalloped Potato

California Blend Vegetables

Whole Wheat Bread

Fresh Fruit

Calories 306

Sodium 706

**Wednesday, May 7**

Sweet & Sour Meatballs

White Rice

Peas

Multigrain Roll

Pineapple Chunks

Calories 371

Sodium 643

**Thursday, May 8**

Roast Turkey with Gravy

Cranberry Sauce

Whipped Potato

Winter Squash

Dinner Roll

Strawberry Shortcake

Calories 352

Sodium 500

**Friday, May 9**

Low Sodium Hot Dog

Mustard Packet

Baked Beans

Hot German Slaw

Hot Dog Roll

Mixed Fruit

Calories 425

Sodium 707