

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all gardeners! As the weather gets nicer and 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, and they will also be happy to accept donations of any plastic or clay pots as well. You can place items in a pot, plastic container or even a plastic bag. One hundred percent of the proceeds from the sale will go to the Friends of Foxboro Seniors. The upcoming plant sale will be held on the Foxboro Common on Saturday, June 6th from 8:00 a.m. to noon, rain or shine. Please note that this is a plant sale only. To make arrangements for your donation or for further information, call Joanne Pratt at 508-543-6964.

Monday, May 18

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, May 19

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Garden Club 9:45 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, May 20

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

TRIAD 1:00 p.m.

My Life, My Health Workshop 1:00 p.m.

Horse & Carriage Luncheon Outing 1:00 p.m.

Thursday, May 21

SHINE by appointment 10:00 a.m.

Aging Mastery Program 11:00 a.m.

Low Vision Support Group 1:00 p.m.

History Lecture Series 1:00 p.m.

Friday, May 22

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Friday, May 23

Friends of Foxborough Seniors Meeting at the senior center

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 PROGRAM

NUTRITION AND CHRONIC CONDITIONS SEMINAR

Join us on Thursday, May 28th from 1:30 to 3:00 p.m. for a seminar on Nutrition and Chronic Conditions. This program will include perspectives/presentations from a registered nurse, a registered dietician and a social worker and will focus on chronic illness as related to nutritional resources and services. There will be panel

presentations followed by an opportunity for questions and answers. If you're interested in attending this program, please sign up by calling the senior center at 508-543-1252

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We're thinking of starting a new Scrabble group that will be meeting on Monday afternoons starting May 18th from 12:30 to 3:00 p.m. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

With the help of partial program funding from the Friends of Foxborough Seniors, Paolo DiGregorio, the "Artifactual Scholar," is back at the senior center to present his second series of historical lectures at 1:00 p.m. on Thursday afternoon May 21st. The topic of the May 21st program is "Indians and Englishmen: Conflict and Conquest in Colonial New England." The earliest English settlers in New England were befriended and aided by the native people. Yet within two decades, the relationship had turned to distrust and animosity. By the end of the seventeenth century, a series of armed conflicts would lead to the demise of native power and the establishment of English hegemony. This lecture will look at the causes and results of the conflicts that scarred early. Come join us as we listen to Paolo bring history to life. If you're interested in attending, please call the senior center at 508-543-1252.

MY LIFE, MY HEALTH WORKSHOP

Do you suffer from a chronic condition such as arthritis, heart disease, cancer, diabetes, asthma, high blood pressure, migranes etc., or are you the caregiver for a person with a chronic condition? Join us for the six weekly workshops of the **My Life, My Health** Chronic Disease Self-Management Program to be held at the senior center beginning on Wednesday, May 20th. This community workshop is designed to give people with chronic conditions and/or their caregivers the knowledge and skills needed to take a more active role in their health care and to better manage their symptoms and their daily lives. Workshops cover different topics such as: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends and health professionals, 5) nutrition, 6) decision making, and 7) how to evaluate new treatments. This is an evidence-based program with proven positive results for program participants. The six workshops will be held on Wednesday afternoons from 1:00 p.m. to 3:30 p.m. beginning on Wednesday, May 20th through Wednesday, June 24th. Seating will be limited so if you are interested in taking part in this program, please call the senior center at 508-543-1252 to sign up.

AGING MASTERY PROGRAM – HEALTHY RELATIONSHIPS

The tenth workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 21st at 11:00 a.m. at the senior center. The subject of this workshop is "Healthy Relationships" with guest speaker Pam McGuire. The program provides an exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age. This program is available exclusively for participants in the Aging Mastery Program.

FOXBOROUGH ADVISORY COMMITTEE

If you're interested in getting involved in town government and learning more about the Town of Foxborough, consider joining the Foxborough Advisory Committee. The Advisory Committee (also known as AdCom) is responsible for approving recommendations to town residents on town department budgets and town warrant articles as part of the Town Meeting process. In preparation for each Town Meeting, the Advisory Committee reviews each department's budget and researches all Warrant Articles. This is done by meeting with each department head, holding public meetings for discussion and question opportunities, and thoroughly researching each of the topics. Following this process, the committee then takes a vote and collectively puts forth a recommendation to the town residents prior to and at the end of Town Meeting. The AdCom is comprised of 10 to 15 town residents who are appointed by the Town Moderator. The committee meets on Wednesday nights at

7 p.m. from September through November and January through the beginning of May. All are welcome and encouraged to obtain and submit an application at the Town Hall or call the current Advisory Committee Chairman, Tracy Vasile at 508-838-6603 with any questions or for additional information.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, May 27th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SENIOR SUPPER CLUB

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 27th, we'll be enjoying a meal of Honey Lime Boneless Breast of Chicken, Red Bliss Potatoes, Tarragon Carrots, Wheat Bread and a Cookie. 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 at 508-543-1252 to make your reservation and to arrange for transportation, if needed.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, May 28th at 9:00 a.m. Our guest speaker this month will be Jerry Cirillo, Director of the Boyden Library. 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 Friday, May 22nd to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the breakfast has been served.

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 20th and 21st the featured program will be the fifth Aging Mastery Program "Exercise and You." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRIP INFORMATION

LUNCH AT THE VENEZIA AND TRIP TO THE OMNI IMAX THEATER

Join us on Thursday, July 16th for a day trip into Boston. We'll be leaving Foxborough at 10:30 a.m. and travel via motorcoach to the Venezia Restaurant in Dorchester for a luncheon by the water. The entrée choices for our sit down lunch are: Boston Baked Haddock, Chicken Parmigiana with Pasta, Steak Tips with Risotto, Chicken Piccata or Pasta Primavera. All meals are served with salad, dessert and coffee or tea. We will be able to enjoy the water views while we eat. After lunch, we'll head over to the Museum of Science where we'll see an informative and exciting show at the Omni Imax Theater. The cost for this trip is \$81.00 per person and includes all gratuities. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up beginning on Wednesday, May 13th.

TRIP TO NOVA SCOTIA

We've had a great response to the sign up for our trip to Nova Scotia in July. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. Call the senior center at 508-543-1252 for information. We have just started a waiting list.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 9th 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.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric orthopedics, will be at the senior center on Monday June 15th at 12:00 noon. Normally, Dr. Willinsky is available at the senior center on the first Monday of every other month, but there has been a scheduling change for the month of June. 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 for a ride.

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. The next appointments are being scheduled for May 21st and June 2nd. 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 Ken, call the senior center at 508-543-1252 to set up an appointment.

SCAM ALERT

If you receive a telephone call from someone asking to check your furnace and smoke detectors before your homeowners insurance is cancelled, DO NOT return the telephone call or give out any information. Your caller ID will list the company's name as "DJP" which stands for Daily Jack Pot. As of now, it has been reported that these phone calls have been targeting people in southeastern Massachusetts.

REGULARLY SCHEDULED

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 19th 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.

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, June 2nd from 1:30 p.m. to 3:00 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.

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 Horse and Carriage Restaurant on Wednesday, May 20th 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, May 18th. Van transportation is available.

MOVIE DAY

The movie for the month of May is scheduled for Tuesday, May 26th at 12:30 p.m. and our featured film will be "The Monuments Men." This is the true story of the seven art historians and museum curators who went behind enemy lines during World War II on a mission to recover some of the world's greatest works of art. With war

raging in Europe, the Nazis have managed to plunder some of the biggest art collections on the continent. As the Third Reich begins to topple, the German army receives explicit orders that in the event of Adolf Hitler's death, they are to destroy every work of art in their possession. Determined to prevent 1000 years of culture from going up in flames, American president Franklin D. Roosevelt approves a proposal by Frank Stokes (George Clooney) to form a task force comprised entirely of art experts to enter Germany, recover the works of art, and ensure they are returned to their rightful owners. So come join us at the senior center to watch the movie 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 to sign up.

CARD MAKING CLASS AKA "THE CUTUPS"

Lean the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different. Come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

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 13 – Job Lot

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 18

Broccoli and Cheese Omelet
Hash Brown Potatoes
Fruit Muffin
Tropical Fruit Cup
Calories 328
Sodium 522

Tuesday, May 19

Lemon Dill Boneless Chicken
Confetti Rice
Beets
Honey Wheat Bread
Fresh Orange
Calories 293
Sodium 636

Wednesday, May 20

Meatloaf with Rosemary Gravy
Whipped Potato
Mixed Vegetables
Oatmeal Bread
Chocolate Pudding
Calories 524

Sodium 374

Thursday, May 21

Roast Pork with Mint Gravy

Delmonico Potato

Spring Blend Veggies

Multigrain Roll

Applesauce

Calories 394

Sodium 242

Friday, May 22

Cheese Tortellini with Alfredo Sauce

Italian Blend Veggies

Snowflake Roll

Pears

Calories 338

Sodium 382