

FREE CLASSES IN MAY AT THE SENIOR CENTER FOR “OLDER AMERICANS MONTH”

In 1963, we began to acknowledge the contributions of Older Americans by designating the month of May as Older Americans' Month. This year's theme, “Blaze a Trail,” emphasizes the ways older adults are re-inventing themselves through new work and new passions, blazing a trail of positive impact on the lives of people of all ages. We'll be honoring Older Americans Month at the senior center by offering all classes and the monthly Men's Breakfast free of charge for all attendees during the month of May.

Monday, May 9

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Video Rewind Series 2:30 p.m.

Tuesday, May 10

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Table Top Gardeners 9:45 a.m.

Zumba Gold Class 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “To Catch a Thief” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, May 11

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Minds in Motion 12:30 p.m.

Job Lot 1:00 p.m.

Colorist Club 2:00 p.m.

Gary Hylander Literature Lecture “Water for Elephants” 4:30 p.m.

Thursday, May 12

Duck Tours Trip 8:30 a.m.

Art Class with Barbara 9:30 a.m.

Falls Prevention Program 1:00 p.m.

Friday, May 13

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

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 12th 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.

NEW SCRAPBOOKING CLASS

The Greeting Card-Making Class has now expanded 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, is teaching both card-making and scrapbooking during class.

ART CLASSES WITH BARBARA

Join us at the senior center for a new art class with Barbara Gage-Mulford. Barbara will be at the senior center on Thursdays, May 12th and 19th at 9:30 a.m. to lead us in two fun and instructional drawing classes. All materials will be provided. Just bring yourself and your enthusiasm! This stress-free class is great for beginners and also as a refresher course for those who are more experienced. Please give us a call at 508-543-1252 to sign up in advance and we'll save you a seat.

DANA ZAISER'S PROGRAM ON THE GALAPAGOS ISLANDS

World traveler, Dana Zaiser, will be at the senior center on Wednesday, May 18th at 4:30 p.m. to take us along on an armchair adventure to the Galapagos Islands. These islands are considered one of the world's foremost destinations for wildlife-viewing. In 1835, Charles Darwin visited the Galapagos Islands and his observations of the animal species at the islands later inspired his Theory of Evolution. Although taking wildlife pictures is difficult, Dana was able to take some incredible photographs and videos of his experiences at the Galapagos islands and his photos will highlight this very lively presentation. Please call the senior center at 508-543-1252 to sign up in advance and join us on this adventure. This program is sponsored by the Friends of Foxborough Seniors.

MEN'S BREAKFAST

The Men's Breakfast will be held on Thursday, May 19th at 9:00 a.m. Due to an illness last month, comedian David Shikes has been re-scheduled to be our guest speaker for May. David is 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. In honor of "Older Americans Month" in the month of May, there will be no charge for this breakfast. If you'd like to join us, please call the senior center at 508-543-1252 by Friday, May 13th 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.

PARDON OUR APPEARANCE!

There will be construction going on in front of the senior center building in the month of May. Please use extra caution when driving in and out of the senior center driveway.

DIABETES SELF MANAGEMENT

Are you living with diabetes, fatigue, hypoglycemia, hyperglycemia, hypertension, depression, cholesterol or other long-term conditions? Beginning on Thursday, May 19th there will be a series of 6 weekly workshops held at the senior center as part of the Diabetes Self-Management Program. These courses will be held from noon to 3:00 p.m. on the following Thursdays: May 19th and 26th, and June 2nd, 9th, 16th and 23rd. A free lunch will be included for all participants. During these six weeks, participants will learn: Techniques to deal with diabetes symptoms, fatigue, pain and hyper/hypoglycemia; Better nutrition and exercise choices; How to improve your patient/physician relationship; Medications & management, and; Skills to manage symptoms. There is a suggested voluntary donation of \$2 per class. If you're interested in participating in this program,

you must commit to attending at least 4 of the 6 weeks of the classes. Incentives are built in to reward you for your attendance. Please call the senior center at 508-543-1252 to sign up in advance.

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 11th 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. This program is made possible by support from the Friends of Foxboro Seniors.

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 11th, 18th, 25th, June 1st and 15th, Thursday June 16th at 9:30 a.m. and ending on Wednesday, June 22nd 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.

REWIND

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library. On Monday, May 9th at 2:30 p.m., our video will be the "History, Humor and Hospitality" program with guest speaker Alison O'Leary.

TABLE TOP GARDEN CLUB

Spring is has arrived. Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior on Tuesday, May 10th at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

CLASSIC MOVIE DAY

Classic Movie Day for the month of May is scheduled for Tuesday, May 10th at 12:30 p.m. and our featured film will be "To Catch a Thief." A jewel thief is at large on the Riviera, and all evidence points to retired cat burglar Cary Grant. But Grant pleads innocence, and vows to find out who's been copying his distinctive style of crime. Also starring in this movie is legendary actress Grace Kelly. Come join us at the senior center to watch this 40 year old classic film that is both enjoyable and engaging, and is also a visual treat of the Riviera and the Cote D'Azur. 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.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. 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 25th we'll be enjoying our menu of Chicken Salad on a Croissant, Minestrone Soup, Pasta Salad and Cake. The event starts at 4:30 p.m. with supper to be served by 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 by Monday, May 23rd to make your reservation and to arrange for transportation, if needed.

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 25th 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.

MEDICAL INFORMATION AND SERVICES

PRESCRIPTION DRUG COSTS TOO HIGH?

If you are on a Medicare Drug plan and experiencing high drug costs, you may qualify for help if you are below the following income guidelines: Individual - \$1505 monthly income/assets \$13,640 or couple - \$2023 monthly income/assets \$27,250. Contact your local SHINE Office at 781-784-4944 or call for a SHINE appointment at the senior center at 508-543-1252 to fill out a Low Income Subsidy Application.

FREE DENTAL SCREENING CLINIC

The Elder Dental Program is sponsoring a Free Dental Screening Clinic for Seniors on Saturday, May 7th from 8:45 a.m. to 1:00 p.m. at the Attleboro Council on Aging, the Rev. Larsen Senior Center, 25 South Main Street in Attleboro. The dental professionals at the clinic will: diagnose dental problems; check for oral cancer; talk one-on-one about taking care of teeth, gums and dentures; discuss nutrition choices; clean dentures using a specialized machine; label dentures to prevent loss, and; sign up eligible low-income seniors for a low-cost dental program. The clinic is open to anyone aged 60 years and over. To schedule your free appointment at the screening, call the Attleboro Council on Aging at 774-203-1906.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, May 10th 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. The next appointments are being scheduled for May 19th and June 7th. In addition to the SHINE program, Community 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.

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 1st 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.

REGULARLY SCHEDULED 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:

May 11 – Job Lot/Dollar Store

May 18 - Walmart

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 Longhorn Restaurant in Mansfield on Wednesday, May 25th 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 23rd. Van transportation is available.

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, May 9

Macaroni & Cheese 403

Spring Vegetables 26

Oatmeal Roll 121

Mixed Fruit 10

Sodium 560

Calories 594

Tuesday, May 10

Apple Cider Beef Stew 225

Garlic Mashed Potato 62

Multigrain Bread 190

Fresh Apple 2

Sodium 479

Calories 649

Wednesday, May 11

Cheeseburger 474

Ketchup

Potato Wedges 27

Hot Beet Salad 173

Hamburg Roll 230

Tropical Fruit 10

Sodium 914

Calories 649

Thursday, May 12

Honey Chicken Drumstick 290

Parsley Mashed Potato 63

Peas/Carrots 40

Multigrain Roll 190

Apple Cake 209

Sodium 792

Calories 636

Friday, May 13

Tuna Salad 408

Potato Salad 62

Tossed Salad with Dressing 124

Pita Bread 135

Mandarin Oranges 6

Sodium 735

Calories 410