

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

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes for Foxborough's senior citizens. This 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 will be held at the senior center and will be tailored to meet the expressed needs of the seniors in this program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were afraid to ask! Please join us on Thursday, May 15<sup>th</sup> at 11:00 a.m. at the senior center for our first meeting with the students. At this meeting, seniors are encouraged to talk about the computer skills that they are interested in learning and the students will then build a course curriculum based on those requests. If you plan on joining us, please give us a call at 508-543-1252 to sign up. These classes will meet weekly on Thursdays at 11:00 a.m.

### **Monday, May 12**

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, May 13**

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – "Philomena" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, May 14**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Target 1:00 p.m.

Bereavement Support Group 2:00 p.m.

### **Thursday, May 15**

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Low Vision Support Group 1:00 p.m.

AMP Workshop – "Prescription Drugs" with Guest Speaker Sheila Pransky of the DA's Office 2:00 p.m.

COA Advisory Board Meeting 5:00 p.m.

### **Friday, May 16**

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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **AMP – PREVENTION BENEFITS**

The ninth workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 15<sup>th</sup> at 2:00 p.m. at the senior center. This workshop will focus on "Prescription Drugs: What You Don't Know Can Hurt You"

with guest speaker Sheila Pransky of the Norfolk County District Attorney's Office. This program will involve a discussion on which medications can affect your behaviors, the environment, and the importance of safe handling of your medications for environmental safety and crime prevention. This program is the ninth program for AMP participants and is open to all who would like to attend.

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

On Tuesday, May 20<sup>th</sup> at 12:15 p.m. we will have the 5<sup>th</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 20<sup>th</sup> session will include lectures on "Optimizing Health – Tests and Procedures" and "Optimizing Health – Prevention."

### **MEDICAL INFORMATION AND SERVICES**

#### **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.

### **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.

### **JOIN US THIS FALL FOR SOME COUNTRY MUSIC & THE SMOKY MOUNTAINS**

On October 9<sup>th</sup>, we will be flying to Nashville, Tennessee where we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4<sup>th</sup> day, we'll be traveling to Pigeon Forge, Tennessee for dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Oktoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14<sup>th</sup>, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip has begun and will continue to be on-going, so please call the senior center at 508-543-1252 if you are interested in joining us. All payment checks should be made payable to "Tours of Distinction."

### **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>. All payment checks should be made out to "Tours of Distinction." Sign up for this trip has begun, so if you are interested in traveling with us, please call the senior center at 508-543-1252. Come join us as we enjoy the experience of castles, sunsets and the Erie Canal!

## **REGULARLY SCHEDULED**

### **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.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 20<sup>th</sup> 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.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 15<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center 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 14 – Target

May 21 - Walmart

## **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. There will be no Ceramics Class on May 22<sup>nd</sup>.

## **SIT & BE FIT**

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Linda Kuceris, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights and other movement activities that help promote balance, coordination, flexibility and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30 a.m. to 10:30 a.m. The cost is \$2 per class.

## **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.

## **INSURANCE INFORMATION**

### **ATTENTION FORMER AND CURRENT TUFTS HEALTH PLAN MEDICARE PREFERRED MEMBERS**

On April 14, 2014, Tufts Health Plan learned that the personal information of approximately 8,830 former and current Tufts Health Plan Medicare Preferred members had been stolen. This theft was not due to an electronic security breach, IT system vulnerability or hacking. The stolen information included names, birth dates and Medicare health Insurance Claim Numbers (HICN), which for most members is a Social Security number followed by a letter. It did not include an individual's medical or health information. Notices were sent to all individuals believed to have been directly affected. If you have questions about this incident, please contact Tufts Health Plan at 800-701-9000. Representatives are available from 8 a.m. to 8 p.m. Monday through Friday. If you have reason to believe that your personal information may have been used inappropriately as a result of this data breach, you may contact the Office of Attorney General Martha Coakley at 617-963-2841.

### **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 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 12**

Italian Pasta with Meat Sauce  
Italian Blend Vegetables  
Multigrain Roll  
Fruited Jello  
Calories 420  
Sodium 221

**Tuesday, May 13**

Sandwich Stuffer  
Spanish Rice  
Broccoli  
Fresh Fruit  
Calories 411  
Sodium 533

**Wednesday, May 14**

Spring Vegetable Soup  
Herb Baked Chicken  
Whipped Potato  
Whole Wheat Roll  
Oatmeal Cookie  
Calories 405  
Sodium 679

**Thursday, May 15**

Baked Ham with Raisin Sauce  
Delmonico Potato  
Carrot Coins  
Whole Wheat Bread  
Pineapple Chunks  
Calories 400  
Sodium 1335

**Friday, May 16**

Salmon Filet with Teriyaki Sauce  
Rice Pilaf  
Oriental Vegetables  
Wheat Bread  
Mandarin Oranges  
Calories 425  
Sodium 385