

A REVOLUTION OF HER OWN

On Wednesday, May 3rd at 4:30 p.m., Judith Kalaora will be at the senior center once again to perform her one-woman show “A Revolution of Her Own,” the story of Deborah Samson Gannett (1760-1820), the first woman to enlist, fight in, and be honorably discharged from the American military. Deborah was an indentured servant by the age of 5, she worked for 10 years as a farm hand, and as a self-educated woman, she became the only schoolmarm in Middleborough, Massachusetts. She felt a higher calling when she heard news of the Rebellion while working in a local tavern. So on May 20, 1782, Deborah disguised herself as a man and walked to the town of Bellingham where she enlisted in the Fourth Massachusetts Regiment of the Continental Army, under the alias “Robert Shurtleiff.” Through Judith’s performance of Deborah’s life through interactive stories and authentic colonial attire, we’ll experience Mrs. Samson Gannett’s arduous upbringing, her 18 months of active combat service and her success as the first female professional soldier. In the final years of her life, Deborah lived in our neighboring town of Sharon. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up in advance if you’d like to join us as Judith takes us back in time in her portrayal of this female Revolutionary War hero.

Monday, April 10

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

Chair Yoga 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, April 11

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

Stretch & Balance 8:30 a.m.

AARP Tax Prep by appointment

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “A Beautiful Mind” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, April 12

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

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing Class 11:15 a.m.

Computer Class 11:30 a.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Jack Craig – “American Musical Theater History” 4:00 p.m.

Thursday, April 13

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

AARP Tax Prep by appointment

Paolo DiGregorio – History Lecture 9:00 a.m.

Art Class with Barbara 10:00 a.m.

Diabetes Prevention Program 1:00 p.m.

Holocaust Stamp Project 2:00 p.m.

Foxborough’s Master Plan Overview 7:00 p.m.

Friday, April 14

Coffee Connection 8:30 a.m. to 12:00 noon

Stop & Shop 8:30 a.m.

Senior Fitness 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

JACK CRAIG'S MUSIC - WITH CLASS!

Jack Craig will be joining us at the senior center on Wednesday, April 12th at 4:00 p.m. to present the first of his programs on American Musical Theatre History, the "Early Beginnings." Survey the start of musical theatre as an art form with songs from the minstrelsy, operetta, revues, follies and vaudeville. Victor Herbert, George Cohan, George Gershwin and other writers up to Jerome Kern's "Showboat" let us sing and hear how the "Broadway musical" took shape. Jack's second program in this series will focus on "Musicals During the Great Depression" and will be held on Wednesday, April 19th at 4:00 p.m. These 2 programs are being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up and we'll save you a seat!

HISTORY LECTURE WITH PAOLO DIGREGORIO

Paolo DiGregorio, historian, archeologist, and our favorite history teacher, will be at the senior center on Thursday, April 13th at 9:00 a.m. The topic for Paolo's program will be "Over There: The United States in the First World War." If you'd like to join us as Paolo brings us back to an important time in American history, please call the senior center at 508-543-1234 to sign up and reserve your seat. This program is being sponsored by the Friends of Foxborough Seniors.

HOLOCAUST STAMP PROJECT

Jamie Droste, Student Life Advisor for the Foxborough Regional Charter School, will be at the senior center on Thursday, April 13th from 2:00 to 3:00 p.m., for a presentation on the Holocaust Stamp Project, a program at the Charter School. The goal of the Project, now in its 8th year, is to amass 11 million cancelled stamps – old, new, domestic and foreign – as a way to remember and honor the memory of every single person killed during the Holocaust. As students and community volunteers trim, sort and count the stamps, they are also learning critical life lessons, based on world history, about why it is so important to prevent prejudice, discrimination, intolerance, disrespect, and bullying. Showcased at Jamie's presentation will be some of the incredible artwork created from donated stamps. The number of people honored so far is 9,095,644! Come join us on April 13th as we learn more about the Holocaust Stamp Project, the Foxborough Regional Charter School's amazing service learning project, and opportunities for you to become a part of it! Please call the senior center at 508-543-1234 to sign up in advance.

MASTER PLAN PRESENTATION

The award winning **Foxborough Master Plan** is complete and ready for adoption by the Planning Board. Please join the Foxborough Planning Board for an overview of the Master Plan at their upcoming meeting to be held on Thursday, April 13th from 7:00 p.m. to 7:30 p.m. at the Foxborough Senior Center, 75 Central Street. The Master Plan document can be found on the Planning Board website or at <https://tinyurl.com/Link-to-Master-Plan-Documents>.

"THE GOLDEN AGE OF RADIO" WITH PATRICIA PERRY

If you remember "Good night, Mrs. Calabash, wherever you are," and you know the answer to the question "Who knows what evil lurks in the hearts of men?" then you remember the Golden Age of Radio. Patricia Perry of Sneak Peek Productions will be back at the senior center on Thursday, April 20th at 2:00 p.m. to present her program on the Golden Age of Radio. Join us as we listen to the famous voices of yesteryear as they told bedtime stories, sold toothpaste, or announced a baseball game. This program is being offered thanks to the

Friends of Foxboro Seniors. The Golden Age of Radio is ready for your listening pleasure, so if you'd like to join us, please call the senior center at 508-543-1234 and we'll save you a seat.

LINE DANCING CLASS

It's time to get moving, so let's do some dancing. Our line dancing instructors, Jeanne Bonneau and Adele French, will be back once again at the senior center to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. You'll even be improving your brain power while getting some exercise because according to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on Wednesdays in April (the 12th, 19th and 26th). These classes are being offered free of charge. Please call the senior center at 508-543-1234 to sign up if you'd like to join us.

ART CLASSES WITH BARBARA GAGE-MULFORD

Join Barbara at the senior center for a fun, stress-free series of art workshops that will be held at 10:00 a.m. on the Thursday mornings in April, May & June. Students in these workshops may work on painting skills from their choice of a provided still-life or from a photo. These classes are being offered free of charge and all materials are provided by the instructor. You may bring your own materials if you prefer. Class size is limited, so please call the senior center at 508-543-1234 to sign up in advance. This class is funded through gifts made to the Foxborough Council on Aging and Human Services and by the Friends of Foxborough Seniors.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, April 18th from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is "open" at the senior center on the 3rd Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

CLASSIC MOVIE DAY

Classic Movie Day for the month of April is scheduled for Tuesday, April 11th at 12:30 p.m. and our featured film will be "A Beautiful Mind" starring Russell Crowe as brilliant mathematician, John Nash, on the brink of international acclaim when he becomes entangled in a mysterious conspiracy. Now only his devoted wife can help him in this powerful story of courage, passion and triumph. Join us at the senior center to watch this film 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 508-543-1234 if you'd like to sign up.

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 April 20th. 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 508-543-1234.

TRAVEL WITH US TO THE FINGER LAKES & NIAGARA FALLS – OPENINGS AVAILABLE

We have a few seats still remaining, so if you've never been to Niagara Falls, or if it's been a while since your last visit, don't miss this opportunity and sign up immediately before it's too late!! On May 15th through the 18th we'll be leaving Foxborough from the side parking lot of St. Mary's Church on Carpenter Street, for a 4 day/3

night trip by motorcoach to the scenic Finger Lakes of New York State and a visit to Niagara Falls. On day one, we'll travel to Geneva, New York, where we'll be staying at the Ramada on the Lake, on the shores of Lake Seneca. We'll then enjoy a visit to Belhurst Castle and we'll have dinner. On day 2, we'll continue on to Niagara Falls and the Canadian Horseshoe Falls where we will sail on into the mist on the Hornblower Boat right up to the falls. Our hotel for 2 nights will be the Country Inn & Suites located across the street from the Casino Niagara on the Canadian side of the falls. Our evening meal will be at Betty's Restaurant. On day 3, we will meet our local guide who will be with us for the day to show us the sights. We'll also be doing some shopping and browsing in the English community of Niagara on the Lake. Dinner will be at the revolving dining room atop the Skylon Tower. After breakfast, we'll be heading for home on day 4 with a stop at the Rainbow Bridge Duty Free Store. We'll arrive back in Foxborough at approximately 7:30 p.m. The cost for the trip is \$719 per person for a double, \$665 per person for a triple and \$909 for a single. **A valid passport is required for this trip.** If you'd like to join us, please call the senior center at 508-543-1234 to sign up.

BLOOD PRESSURE CLINIC

For the month of April the Blood Pressure Clinics will be held on the 2nd MONDAY of the month, April 10th from 10:00 a.m. to 12:00 noon, instead of the usual 2nd Tuesday. 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 508-543-1234 to set up and appointment.

REGULARLY SCHEDULED EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Senior Fitness classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, April 19th at 1:00 p.m. Everyone is welcome to attend these informational services.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at Jake 'N Joe's Restaurant on Wednesday, April 19th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Friday, April 14th. Van transportation is available, but transportation arrangements must be made by Friday the 14th.

SHOPPING

We will be going to Stop & Shop on Mondays at 1:00 and 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 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

April 12 – Walmart

April 19 – Luncheon Outing at Jake 'N Joe's Restaurant

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 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, April 10

Sloppy Joe 221
Hamburger Roll 230
Potato Wedges 27
Italian Style Vegetables 26
Tropical Fruit 10
Sodium 514
Calories 564

Tuesday, April 11

Roast Chicken 320
With Pesto Sauce 170
Mashed Potatoes 70
Green Beans 63
Whole Wheat Bread 160
Cinnamon Apples 4
Sodium 787
Calories 498

Wednesday, April 12

Chuck Wagon Beef Stew 306
White & Brown Rice 36
Dinner Roll 160
Fresh Orange 0
Sodium 502
Calories 522

Thursday, April 13

Roast Turkey 360
With Gravy 70
Cranberry Sauce 62
Mashed Potatoes 63
Winter Squash 13
Honey Wheat Bread 135
Chocolate Chip Cookie 171
Sodium 874
Calories 859

Friday, April 14

Macaroni & Cheese 403
Escalloped Tomatoes 143
Fruit Loaf 102
Mandarin Oranges 6
Sodium 654
Calories 650