

OVERVIEW OF THE WARRANT ARTICLES WITH OUR TOWN MANAGER

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Wednesday, April 26th at 12:30 p.m. Bill and our Finance Director Randy Scollins will be here to talk about the warrant articles for the upcoming Annual Town Meeting to be held on Monday, May 8 at 7:30 p.m. This program will include discussion on important enhancements to credits for seniors to help reduce property taxes. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss these articles. Please call us at 508-543-1234 to let us know if you’ll be coming.

SCHOOL BUDGET AND PRIORITIES EXPLAINED

Foxborough School System Superintendent Deb Spinelli and School Business Administrator Bill Yukna will be at the senior center on Monday, May 1st from 2:00 to 3:00 p.m. for a program explaining the school budget and priorities. If you would like to ask questions and get some answers, don’t miss this opportunity to speak directly to our school administrators! Call the senior center at 508-543-1234 so sign up in advance for this program.

Monday, April 17

Patriot’s Day Holiday

Senior Center Closed

Tuesday, April 18

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

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Stop & Shop (in lieu of holiday) 1:00 p.m.

Memory Café 2:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 19

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.

TRIAD 1:00 p.m.

Luncheon Outing 1:00 p.m.

Colorist Club 2:00 p.m.

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

Thursday, April 20

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

Art Class with Barbara 10:00 a.m.

Low Vision Support Group 1:00 p.m.

Diabetes Prevention Program 1:00 p.m.

Patricia Perry – “The Golden Age of Radio” 2:00 p.m.

Friday, April 21

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.

FALLS PREVENTION CLINIC

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 and her colleague Laura Mattes, from Brigham and Women's, will be at the senior center on Thursday, May 4th from 1:00 to 3:00 p.m. to present a program on "Falls Prevention: Strategies to help keep us safe in our home and community." Join us as we discuss goals toward understanding the strategies that may assist in preventing falls in the home and community environment. We will discuss statistics regarding number of falls in the US, factors contributing to falls and strategies to modify and prevent them. We'll learn strengthening and balance exercises to enhance muscle groups that help prevent falls, and we'll look at assistive devices that may help or hinder falls. Please call the senior center at 508-543-1234 to sign up in advance and we'll save you a seat.

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 Shurtlieff." 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.

DANA ZAISER'S TRAVELOGUE

G'day mates! Dana Zaiser will be returning to the senior center at 4:30 p.m. on Wednesday, May 10th with a one hour travelogue based on his trip to Australia. How can you go wrong with a beautiful country, amazing animals and friendly people? Visit the cities of Melbourne, Sydney, Adelaide and Cairns. Kangaroo Island off the coast of Adelaide has numerous nature preserves with Koala bears, colorful parrots, duck-billed platypus, kangaroos and more. Would you ever consider taking a hot air ride over the Outback? Or snorkel at the Great Barrier Reef? The famous Ghan Train? Come and find out what it is like to experience these wonders. Dana will also be at the senior center on Wednesday, May 17th at 4:30 p.m. to speak about his tour of Germany. Please call the senior center at 508-543-1234 to sign up and join us on these amazing travel adventures

JACK CRAIG'S MUSIC - WITH CLASS!

Jack Craig will be joining us at the senior center on Wednesday, April 19th at 4:00 p.m. to present the second part of his program on American Musical Theatre History. This program will focus on "Musicals During the Great Depression." Early 1930's songwriters and lyricists include names like George and Ira Gershwin, Cole Porter and Rodgers & Hart. Their work was crucial to the development of the Broadway musical as Hollywood began attracting popular songwriters, and the vaudeville era drew to a close. This program is 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!

"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.

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.

OPTIONS COUNSELING SERVICES

On Monday, April 24th from 12:30 p.m. to 2:30 p.m., Options Counseling Services will be available at the senior center. This program is being offered by the Executive Office of Elder Affairs through HESSCO Elder Services. Options Counselors are trained to provide information on resources, housing, long term care, referrals to advocacy groups, etc. Long term care services include medical care and support with activities of daily living, such as dressing, bathing or eating. Options Counseling is a free service, and eligible individuals include: individuals under age 60 with a disability; any individual age 60 and over; individuals in the hospital who are being discharged; individuals at home who are seeking resources to maintain their independence, and; friends or family who are exploring care options on behalf of another person. Options Counselors maintain up to date information about the array of publicly funded and privately paid options that are available. An Options Counselor will be available at the senior center on April 24th from 12:30 to 2:30 p.m. If you would like to schedule an appointment with our Options Counselor Maria Royer, please call the senior center at 508-543-1234.

MEN'S BREAKFAST

Our next Men's Breakfast will be held on Thursday, April 27th at 9:00 a.m. The guest speaker for this month will be Mark Ferencik of the Foxborough Historical Commission. This is a great opportunity to learn more about Memorial Hall and the Historical Commission's role in our community. The cost for breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, April 21. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

NOW'S THE TIME TO VISIT THE FALLS – SIGN UP FOR OUR TRIP TO NIAGARA!!

We still have a few seats 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 to 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. 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.** Flyers and Reservation Forms for the trip are available at the senior center. If you'd like more information or if you'd like to sign up for the trip, please call the senior center at 508-543-1234.

SENIOR SUPPER CLUB

Don't eat supper alone, come join us! 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, April 26th we'll be enjoying our menu of macaroni & cheese, escalloped tomatoes, specialty dessert, roll and milk. 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 508-543-1234 by Monday, April 24th to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on April 24th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 25th 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 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.

MEDICAL INFORMATION AND SERVICES

FLU SEASON IS STILL UPON US

Flu season is in full swing, and many of us have been affected. If you start feeling under the weather, please be considerate of your friends here at the senior center and take a few days off from your activities as you recover. If a class or program is cancelled due to an illness by the instructor or program presenter, a "robo" telephone call will be made to inform participants of the cancellation. The area code that will appear on your telephone screen from this robo call will be "617," even though the call will be originating from the senior center.

FREE DENTAL SCREENING CLINIC FOR SENIORS

The Elder Dental Program is offering a free Dental Screening Clinic on Saturday, May 6th from 8:45 a.m. to 1:00 p.m. at the Community VNA, 10 Emory Street in Attleboro. The clinic is open to anyone aged 60 years and older, living in Massachusetts. The dental professionals will: diagnose dental problems; check for oral cancer; talk, one-on-one about taking care of teeth, gums and dentures; discuss nutrition choices; provide specialized denture cleanings, and; offer sign-ups for a low-cost dental program for low income seniors. To schedule your free appointment, please call 774-203-1906.

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. A SHINE counselor will be available at the senior center to meet with you individually on Tuesday, April 18th and Wednesday, April May 3rd. If you would like to schedule an appointment with the SHINE counselor, call the senior center at 508-543-1234.

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 19 – Luncheon Outing at Jake 'n Joe's Restaurant

April 26 – Target

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 17

Patriots Day

No Meals Served

Tuesday, April 18

Cilantro Chicken 73

Spanish Rice 6

Mexicali Veggies 22

Multigrain Bread 196

Tropical Fruit 10

Sodium 307

Calories 500

Wednesday, April 19

Meatloaf with 172

Mushroom Gravy 148

Tarragon Carrots 77

Whole Wheat Bread 160
Mixed Fruit 10
Sodium 629
Calories 638

Thursday, April 20

Glazed Chicken Drumstick 290
Red Bliss Potato 4
Broccoli & Cauliflower 15
Oatmeal Bread 121
Blonde Brownie 132
Sodium 562
Calories 509

Friday, April 21

Breaded Alaskan Pollock 220
Tartar Sauce 261
Potato Wedges 27
Spring Veggies 57
Wheat Bread 115
Pineapple 4
Sodium 684
Calories 590