

## **DIABETES PREVENTION PROGRAM INFORMATIONAL SESSION**

### **Don't miss this life changing series!**

The Hockomock Area YMCA and the Foxborough Council on Aging and Human Services will be partnering to facilitate a Diabetes Prevention Program at the senior center. The program is designed to support adults with pre-diabetes. This life-changing series of classes are being offered to help prevent the onset of type 2 diabetes. People with pre-diabetes are at high risk of developing type 2 diabetes, heart disease and stroke. As of April 2018, Medicare covers the cost of this program to eligible recipients. As an extra incentive, the YMCA is offering participants a 12-week family membership to the "Y". These classroom-based sessions will be facilitated by a YMCA-USA Lifestyle Coach. To learn more about whether you qualify for this exciting program, join us at the informational session to be held at the senior center on Thursday, Apr. 12 at 1 p.m. Call to sign up

### **Monday, April 9**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Senator Paul Feeney Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Blood Pressure Clinic 10 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.

### **Tuesday, April 10**

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Classic Movie – "The Perfect Storm" 1 p.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.

### **Wednesday, April 11**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; SHINE by appointment; Chorus 10 a.m.; Line Dancing 11:15 a.m.; Colorist Club 12 noon; Walmart 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.

### **Thursday, April 12**

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Art with Allie 9 a.m.; Aging Mastery Program 11 a.m.; Diabetes Prevention Informational Program 1 p.m.; Computer Class 1:40 p.m.

### **Friday, April 13**

Coffee Connection 8:30 a.m. to noon; Stop & Shop 8:30 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Crafters' Corner 10:30 a.m.

## **FOXBOROUGH HISTORY AND ARTIFACTS EXCHANGE**

What's your favorite Foxborough memory? Do you have photographs, mementos or memories to share about life in Foxborough? On Thursday, April 26 at 1 p.m. we'll be collecting stories, objects and photographs from Foxborough to contribute to a community museum that will be permanently installed at The Marilyn Rodman Performing Arts Center (formerly the Orpheum Theater). Join us and bring your donation with you, whether it's from growing up or from recent years, and we will share our Foxborough memories as a group before donating our items to the museum. Call to sign up.

## **SENATOR PAUL FEENEY'S COFFEE HOUR**

State Senator Paul Feeney will be at the senior center on Monday, Apr. 9 and every 2<sup>nd</sup> Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

## **PUBLIC INFO SESSION ON PROPOSED RTE. 1 ZONING AMENDMENTS**

Foxborough's Planning Board and Economic Development Committee (EDC) have worked together over the past year to draft comprehensive revisions to the zoning bylaws pertaining to Route 1. There will be an informational session on the proposed amendments on Tuesday, Apr. 10 from 7 to 8:30 p.m. in the Gala Meeting Room at the Foxborough Town Hall, 40 South Street. These amendments are based on the Vision,

Goals and Recommendations identified in Foxborough's award winning Master Plan and will be voted on at the May 14 Annual Town Meeting. The proposed amendments and background information are available at the following website: <https://tinyurl.com/Draft-Route-1-Zoning> or the Planning Office in Town Hall.

### **ARTMATTERS PROGRAM ON IMPRESSIONISM**

ArtMatters is a program designed to encourage individuals to enjoy a loving relationship with the visual arts. On Wednesday, Apr. 18 at 4 p.m., participants in the ArtMatters program at the senior center will take part in a presentation on "Impressionism" at the senior center. The Impressionists were painters of light, nature and human nature. Artists such as Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. Their revolutionary style of painting influenced a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era. This program is sponsored by donations to the Foxboro Council on Aging & HS and the Friends of Foxboro Seniors. Call to sign up.

### **MOVIE DAY**

Join us for Movie Day at the senior center at 1 p.m. on Tuesday, April 10. The featured film will be "The Perfect Storm." Based on a true story, the film tells of the courageous men and women who risk their lives every working day, pitting their fishing boats and rescue vessels against the forces of nature. Their worst fears are realized at sea on Halloween of 1991, when they are confronted by 3 raging weather fronts which unexpectedly collide to produce the greatest, fiercest storm in modern history, "The Perfect Storm." We'll supply the popcorn. Transportation is available. Call to sign up.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, Apr. 10 from 1 to 2 p.m. The Low Vision Support Group meets on the **2<sup>nd</sup> Tuesday** of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

### **PAOLO DIGREGORIO'S HISTORY LECTURE**

History professor Paolo DiGregorio will be at the senior center on Patriots' Day, Thursday, Apr. 19 at 1 p.m. In honor of the holiday, he will be speaking on the American Revolution and the topic of his lecture will be "Forgotten Patriots: The Unknown Heroes of the Revolutionary War." This program is sponsored by the Friends of Foxborough Seniors. If you'd like to join us, call to sign up.

### **LINE DANCING WITH JEANNE AND FAYE**

Our line dancing instructors, Jeanne Bonneau and Faye Sullivan, will be at the senior center in April to get us moving and line dancing once again. Join us from 11:15 a.m. to 12:15 p.m. on the following Wednesdays in April: 11, 18 and 25. The steps are uncomplicated and beginners are always welcome. Have fun while getting some great exercise. Call to sign up.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Monday, Apr. 9 from 10 a.m. to noon. The Blood Pressure Clinic is held once a month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for 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. SHINE counselors are available on Wednesday, Apr. 11 and Thursday, Apr. 19. This 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. Call for an appointment.

## **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, April 18 at 1 p.m. at The Horse & Carriage Restaurant. Sign up is required by Friday, April 13. Van transportation arrangements must be made by Friday, the 13<sup>th</sup>.

## **SHOPPING**

Our upcoming Wednesday afternoon outings will be: April 11 – Walmart, April 18 – Horse and Carriage. The van travels to Stop & Shop on Mondays at 1 p.m. and on Fridays at 8:30 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

## **WEEKLY EXERCISES**

Chair Yoga, Mondays at 9:15 a.m.; Gym Fitness at the Foxboro Charter School, Wednesdays at 1:45 p.m.; Senior Fitness, Fridays at 9 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

To view the monthly mealsite menu, log on to the HESSCO website at [www.hessco.org](http://www.hessco.org) If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.

For more information on Council on Aging & Human Services programs and services, check our website at [www.foxboroughma.gov](http://www.foxboroughma.gov) or call at 508-543-1234.