

PRESCRIPTION ADVANTAGE PRESENTATION

On Thursday, May 3 at 12:30 p.m., Kathy Devine, Director of Prescription Advantage Operations and Outreach from the Executive Office of Elder Affairs, will be at the senior center to present a program on “Prescription Advantage.” What do you do when you reach the “donut hole” and can’t afford your prescriptions, or your Medicare drug plan isn’t working for you? This is where Prescription Advantage can help! Join us to learn more about this state-sponsored pharmacy assistance plan that can: 1) lower your prescription drug costs, and 2) allow you to change your Medicare plan when you need to. If your income is less than \$36,180 (single) or \$48,720 (married), Prescription Advantage is FREE!! Don’t miss this important presentation. Call to sign up.

Monday, April 16

Patriots Day Holiday – Office Closed

Tuesday, April 17

Coffee Connection 8:30 a.m. to 3:30 p.m.; 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.; Stop & Shop in lieu of Monday holiday 1 p.m.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

Wednesday, April 18

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Line Dancing 11:15 a.m.; Colorist Club noon; Luncheon Outing at Horse & Carriage 1 p.m.; TRIAD 1 p.m.; NO Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance (in the Gala Room at Town Hall) 2 p.m.; ArtMatters – Impressionists 4 p.m.

Thursday, April 19

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appointment 10 a.m.; Aging Mastery Program 11 a.m.; Paolo DiGregorio History Lecture 1 p.m.; NO Computer Class Today

Friday, April 20

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.

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.

PAOLO DIGREGORIO’S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center on Thursday, Apr. 19 at 1 p.m. In honor of America’s patriots, 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 Foxboro Seniors. 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 Wednesdays, Apr. 18 and 25. Call to sign up.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, Apr. 17 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. 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. It offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is “open” on the 3rd Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire.

ART CLASSES WITH ALLIE

The next 5-week series of Art Classes with Allie at the senior center will begin on Thursday, Apr. 19 and continue every Thursday, through May 17 from 9 to 11 a.m. You must bring your own acrylic paints in primary colors, assorted brushes (flat & round tip), canvas, table top easel, palette, pencil, eraser & ruler. The cost for the 8 sessions is \$25 per person and must be paid by Friday, Apr. 13. Call to sign up.

REP. JAY BARROWS’ OFFICE HOUR

State Representative Jay Barrows’ next visit to the senior center will be on Monday, April 23 at 9 a.m. 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 24 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. Call to make your appointment.

SENIOR SUPPER CLUB

Senior Supper Club will be held on Wednesday, Apr. 25 at 4:30 p.m. Our menu will include roasted turkey and gravy, whipped potatoes, cut green beans, cranberry sauce and strawberry shortcake. A voluntary donation of \$3 per person can be given that evening. Space is limited so call to reserve your seat.

MEN’S CLUB BREAKFAST

Join us for our next Men’s Club Breakfast on Thursday, April 26 at 9 a.m. Our guest speakers are the Foxborough Police Department Division Commanders. The cost for breakfast is \$3 per person. The deadline for sign up for our catered breakfast and payment is noon on Friday, Apr. 20. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

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 Thursday, Apr. 19, and Wednesday, May 9. 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.

TRIAD

TRIAD will be meeting on Wednesday, April 18 at 1 p.m. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the Council on Aging to reduce criminal

victimization of seniors and work to increase senior participation in crime prevention and detection programs. Join us for these informational meetings.

LUNCHEON OUTING

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

SHOPPING

Our upcoming Wednesday afternoon outings will be: April 18 – Horse and Carriage Restaurant, April 25 - Target. 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 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 or call at 508-543-1234.