

FOSTER'S DOWNEAST CLAMBAKE & TRIP TO THE ISLES OF SHOALS

On Thursday, June 14 at 8 a.m. we'll be leaving by motorcoach from the side parking lot of St. Mary's Church and traveling north to York, Maine. Our first stop is for lunch at Foster's Downeast Clambake followed by a 3-hour narrated cruise of the Isles of Shoals aboard the 348 passenger Victorian Steamship. Lunch will include your choice of Maine lobster or BBQ chicken, and will also include Maine steamers and mussels, clam chowder, corn on the cob, potatoes, onions, rolls and blueberry crumb cake. While feasting we will enjoy some live entertainment with a dose of humor. After lunch we're off to Portsmouth, NH for our Isles of Shoals cruise. The cost for the trip is \$102 per person (includes gratuities) and payment is due before May 25. Call to sign up beginning at 8 a.m. on Wednesday, Apr. 25 by calling the senior center.

Monday, April 23

Coffee Connection 8:30 a.m. to 3:30 p.m.; Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.; Alzheimer's Caregiver Support Group 2:15 p.m.

Tuesday, April 24

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.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Movie Day – "A United Kingdom" 1 p.m.; Talespinners 2 p.m.

Wednesday, April 25

Sign up for Foster's Clambake & Isles of Shoals tour 8 a.m.; 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; Coffee with the Town Manager 12:30 p.m.; Target 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.; Senior Supper Club 4:30 p.m.

Thursday, April 26

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Men's Club Breakfast 9 a.m.; Aging Mastery Program 11 a.m.; Foxboro's History & Artifacts Exchange 1 p.m.; Computer Class with FRCS 1:40 p.m.; COA/HS Advisory Board Meeting 3 p.m.

Friday, April 27

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

PAOLO DIGREGORIO'S HISTORY LECTURE

History professor Paolo DiGregorio will be at the senior center Wednesday, May 2 at 4:30 p.m. and he will be speaking on "19th Century Art." This program is sponsored by the Friends of Foxboro Seniors. Call to sign up.

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.

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.

THE SAVVY CAREGIVER PROGRAM

The Savvy Caregiver Program is a FREE, 6-session training series for caregivers of people with Alzheimer's or other forms of Dementia. Join us at the senior center on Wednesdays 2 p.m. to 4 p.m., beginning May 9 through June 13. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of Alzheimer's or Dementia. Call to sign up for this training series.

GARY HYLANDER SERIES ON "AMERICA BY THE BOOK"

History Professor Gary Hyland will be at the senior center for another "America by the Book" series of programs on Wednesdays, May 9 & 23, and June 6 & 20 at 4:30 p.m., sponsored by the Friends of Foxboro Seniors. Gary's lecture topic on May 9 will be "The Battle of Chancellorsville: May, 1863." Near Chancellorsville, VA, General Lee hoped to rout yet another Federal army. Union commander General Hooker was confident, proud and boastful. But outnumbered two to one, General Lee scored a great victory. Join us to learn more of this important Civil War battle. 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 Rep. Barrows.

MOVIE DAY

Join us for Movie Day at the senior center at 1 p.m. on Tuesday, Apr. 24. The featured film will be "A United Kingdom." This movie tells the inspiring true story of Seretse Khama, the king of Bechuanland (modern Botswana) and Ruth Williams, the London office worker he married in 1948 in the face of fierce opposition from their families, the British government and the South African government. Seretse's loving but controversial marriage to Ruth, a British white woman, put his kingdom into political and diplomatic turmoil. We'll supply the popcorn, so call us to sign up. Transportation is available.

CAREGIVERS' SUPPORT GROUP

The next meeting of the support group for caregivers of someone with dementia will be on Monday, April 23 from 2:15 to 3:15 p.m. This group meets at the senior center on the fourth Monday of each month and is facilitated by Kristin Heuwold, trained by the Alzheimer's Association as a support group leader. Call to register.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, April 25 from 12:30 p.m. to 1:30 p.m. Call to sign up and let us know if you have a topic you'd like to discuss.

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.

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 Wed., May 9 and Thurs., May 17. 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.

SHOPPING

Our upcoming Wednesday afternoon outings will be: April 25 – Target, May 2- Trader Joe's/Christmas Tree Shop. 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.