

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

History professor Paolo DiGregorio will be joining us on Thursday, Mar. 29 at 1 p.m. for another one of his informative and entertaining history lectures. Paolo's topic on this date will be "Presidential Losers: Unsuccessful Candidates for the Land's Highest Office." Forty-five men have been President of the United States. Most of them have been elected to that office in hard fought, often rancorous, bitter campaigns. But what about those candidates who lost? Does anyone remember them? This program will focus on the lives of some of those who sought, and failed, to win the White House. This program is funded by donations to the Foxboro Council on Aging and the Friends of Foxboro Seniors. If you'd like to join us, call to sign up.

### **Monday, Mar. 19**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Options Counselor 12:30 p.m. by appointment; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.

### **Tuesday, Mar. 20**

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.; Memory Café 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, Mar. 21**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Colorist Club 12 noon; Luncheon Outing at Horse & Carriage 1 p.m.; TRIAD 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.

### **Thursday, Mar. 22**

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Art with Allie 9 a.m.; Club 90's Party 11:30 p.m.; Computer Class 1:40 p.m.; COA/HS Advisory Board Meeting 3 p.m.

### **Friday, Mar. 23**

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.

## **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: 4, 11, 18 and 25. The steps are uncomplicated and beginners are always welcome. Get some great exercise. Call to sign up.

## **TED ZALEWSKI'S PORTRAYAL OF "TEDDY ROOSEVELT"**

On Thursday, April 5 at 12:30 p.m., Ted Zalewski will be at the senior center for his one-man performance of "Teddy Roosevelt: Mind, Body and Spirit." In his time, Roosevelt was admired as a cowboy, soldier, naturalist, champion of conservation, statesman and father, and he is considered one of the most popular presidents in US history. Ted Zalewski has performed as Teddy Roosevelt to audiences in 35 states across America and he has appeared at the White House, the Smithsonian Institution and The National Theater. Join us as Ted Zalewski brings Teddy Roosevelt to life. Call to sign up.

## **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

On Tuesday, Mar. 20 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. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café 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 3<sup>rd</sup> 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.

### **TRIAD**

TRIAD will be meeting on Wednesday, Mar. 21 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. This partnership works together to reduce criminal victimization of seniors and works to increase senior participation in crime prevention and detection programs. Join us for these informational meetings.

### **THE AGING MASTERY PROGRAM IS BACK!**

The Aging Mastery Program (AMP) is a comprehensive and fun approach to living that celebrates the gift of longevity. Join us for this 10-week program from 11 a.m. to 12:30 p.m. on Thursdays, March 29 through May 31. Don't miss this opportunity to take part in a program that allows participants to chart their own course for aging well via actionable goals, sustainable behaviors, peer support and incentives. The program topics are different each week. Participants set their individual goals and there is a reward system that motivates and encourages ongoing behavior change. The topic on March 29 is “Navigating Longer Lives: The Basics of Aging Mastery.” This is an introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness and overall quality of life. Live well, do well, age well! Call us to sign up.

### **TRIP TO WASHINGTON DC IN THE SPRINGTIME**

Don't miss this opportunity to see the cherry blossoms and visit the sights in Washington DC! Join us as we travel by motorcoach and tour our nation's capital on a 4 day/3 night trip **from April 5 through April 8**. We'll be staying in the Embassy Suites Tysons Corner and our dinner on day one is included at Ruth's Chris Steakhouse. A native guide will show us some of Washington's famous sights including a view of the Capital, Supreme Court, the White House, Lincoln Memorial and the new MLK, FDR and WWII Memorials. We'll also visit the Smithsonian Museums on the National Mall, the Tomb of the Unknown Soldier, the Iwo Jima Memorial and the new USAF Memorial. The cost for this trip is \$611 per person for a double, \$601 per person triple, and \$771 for a single. All gratuities are included. Call us to sign up and join us as we tour our historic capital city.

### **CELEBRATE HEALTH ON CABLE**

Foxborough Cable Access (FCA) is celebrating Aging during the month of March. Government cable channels - Comcast 22 and Verizon 38 are broadcasting past programs held at the senior. Check out these programs that will be broadcast on Mondays, Tuesdays, Fridays and Saturdays at 10 a.m. and 4 p.m. Also, don't forget to watch our current programs that are broadcast on Wednesdays and Thursdays at 1 p.m. and 7 p.m.

### **MEN'S CLUB BREAKFAST**

Join us for our next Men's Club Breakfast on Thursday, Mar. 29 at 9 a.m. Our guest speaker will be Police Chief Baker. The cost for breakfast is \$3 per person. The deadline for sign up for our catered breakfast and payment is noon on Friday, Mar. 23. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **OPTIONS COUNSELING SERVICES**

On Monday, March 19 from 12:30 p.m. to 2:30 p.m., Options Counseling Services are available at the senior center. HESSCO Elder Services Options Counselor Maria Royer is here 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. This is a free service. 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, Mar. 21 at 1 p.m. at The Horse & Carriage restaurant. Sign up is required by Friday, Mar. 16. Van transportation arrangements must be made by Friday, the 16<sup>th</sup>.

### **SHOPPING**

Our upcoming Wednesday afternoon outings will be: Mar. 21 – Horse and Carriage Restaurant, Mar 28 – Job Lot/Dollar Store. 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.