

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. Have fun while getting some great exercise. Call to sign up.

Monday, April 2

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.

Tuesday, April 3

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.; Bingo 1:30 p.m.; Talespinners 2 p.m.

Wednesday, April 4

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 12 noon; Kohl's 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.

Thursday, April 5

Trip to Washington DC 7 a.m.; 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.; Ted Zalewski as "Teddy Roosevelt 12:30 p.m.; Computer Class 1:40 p.m.

Friday, April 6

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.

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, 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. 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 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.

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.

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, 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 April 5 is "Exercise and You" with Donna Higgins from the YMCA. We'll talk about the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines. Live well, do well, age well! Call us 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 2nd 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.

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 2nd 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.

VETERANS' CHAT

The Coffee Connection at the senior center is always available for anyone to stop by and enjoy a cup of coffee and some conversation. On Wednesday mornings around 9:30, a group of Veterans have been gathering to enjoy the Coffee Connection together. It's a time to share some old times with fellow vets and friends old and new. If you are a Veteran and would like to join this informal group, feel free to stop by anytime, no reservation needed, and check it out. If you need transportation to the senior center, we can help with that too! Just call 508-543-1234 to book your ride.

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, April 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 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 Olive Garden restaurant. Sign up is required by Friday, April 13. Van transportation arrangements must be made by Friday, the 13th.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, Apr. 3 from 1:30 to 3 p.m. and every 1st Tuesday of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

SHOPPING

Our upcoming Wednesday afternoon outings will be: April 4 – Kohl's, April 11 - Walmart. 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.