

WE DID IT FOR YOU!

On Wednesday, Mar. 13 at 4 p.m., the playwright and cast members from the Orpheum Theater's musical production of "We Did It For You!" will be at the senior center. This production is the story of how women got their rights in America, told by the women who were there, and performed by a dedicated troop of women and girls who are keeping alive the women's contributions of the past for future generations. At this program, the playwright will share some behind-the-scenes stories of this entertaining and educational show and there will be a sample of the performance from cast members of the show. Call to sign up.

Monday, Mar. 4

Chair Yoga 9:15 a.m.; Veterans' Breakfast Club 9:15 a.m.; Tai Chi 10:30 a.m.; Soup/Sandwich and a Movie – "Room" at 12 noon; SHINE by appt. 12:30; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, Mar. 5

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.; Ukulele Lessons 12:30 p.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.; Job Search/Career Planning by appt. 4 p.m.

Wednesday, Mar. 6

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Target 1 p.m.; Colorist Club 2 p.m.; Gary Hylander – "Benedict Arnold: The Quebec Campaign" 4 p.m.

Thursday, Mar. 7

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg Lessons 10:45 a.m.; Soup/Sandwich and a Movie – "Mary Poppins" 12:30 p.m.; Computer Class with Charter School students 2 p.m.

Friday, Mar. 8

Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

JOB SEARCH/CAREER PLANNING

In collaboration with MassHire Metro Southwest Career Center, the Foxborough Council on Aging/Human Services Dept. offers career assistance, by appointment only, on Tuesday afternoons from 4 to 6 p.m. starting in March. Clients will work with a MassHire specialist for an individualized job search, resume critiquing, mock job interviews and access to specialized job training. Call us for an appointment.

A NEW SHERIFF IN TOWN

Last December, Governor Charlie Baker appointed Jerry McDermott as the new Norfolk County Sheriff to serve out the remainder of former Sheriff Bellotti's term. Join us at the senior center on Tuesday, Mar. 12 at 12:30 p.m. to welcome the new sheriff to Foxborough. Sheriff McDermott brings with him 30 years of experience in the public and private sector including service as a Boston City Councilor, State Director for Senator Scott Brown and Executive Director of the South Shore Habitat for Humanity. Call us to sign up.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Mondays, March 4 & 18, at 9:15 a.m. for our Veterans' Breakfast Club. The mission of the breakfast club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten. Additionally, important veterans' issues will be discussed under the leadership of Foxborough's Veterans' Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

SOUP/SANDWICH MOVIE DAYS

Join us at 12 noon on Monday, Mar. 4 for a light lunch, followed by a showing of the movie "Room." Then on Thursday, Mar. 7 at 12:30 p.m., join us for a light lunch followed by a showing of the movie "Mary Poppins" starring Julie Andrews. Prior to each of these films, we will serve soup and a sandwich for lunch, for a suggested donation of \$3. Call us to sign up for one or both of these films.

TECH 101 – COMPUTER BASICS

A monthly class that explores the extreme basics of various computer programs is being offered at the senior center. The class is free and open to all, and the next meeting will be at 10 a.m. on Friday, March 1. A different topic is offered each month, and March's topic is "Microsoft Excel Basics." Space is limited, so call to sign up.

GARY HYLANDER LECTURE ON "BENEDICT ARNOLD: THE QUEBEC CAMPAIGN"

History Lecturer Gary Hylander will be at the senior center on Wednesday, Mar. 6 at 4 p.m. to present his program on "Benedict Arnold: The Quebec Campaign." Following the battle of Lexington and Concord, General Washington ordered Benedict Arnold to march into Canada to attack British forces in Quebec, and stir up anti-British sentiment. Arnold's mission failed, however, and his depleted troops failed to capture Quebec. Call us to sign up for the program, and if you're joining us on our trip to Quebec City in June, this is a chance to learn some history of the area we'll be visiting.

TABLE TOP GARDEN CLUB

Think Spring! Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, will begin meeting once again. It's too early to do any outside planting, but it's not too early to start planning. Join us at our meetings on Tuesdays, Mar. 5, 12 & 19 at 9:45 a.m. Everyone is welcome and new members are always encouraged to join, no previous gardening experience necessary. Call to sign up.

LIFE REVIEW

Do you have a great story or memory that you've always wanted to share? Telling life stories creates a sense of purpose, excitement and fun. Imagine the pleasure of knowing your life stories have been recorded, edited and preserved for future generations. This Life Review program will allow seniors a chance to tell an interesting story from their life, while being recorded. Seniors will be provided with a digital file that they can share with loved ones. Call us or stop by to set up an appointment to schedule your own Life Review!

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Mar. 20 at 1 p.m. at the Olive Garden restaurant in Foxborough. Sign up is required by Friday, Mar. 15. Van transportation arrangements must be made by Friday, the 15th.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, Mar. 12 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2nd Tuesday of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for an appointment.

FRIENDS' BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on Tuesday, March 5 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 at 1 p.m. are on the following: Mar. 6 - Target, Mar 13 - Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 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.; 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.