

## **UNDERSTANDING SENIOR LIVING**

Join us on Friday, Mar. 22 at 10:30 a.m. for a program on “Understanding Senior Living.” Everyday 10,000 US citizens turn 65 and many will need some kind of care as they age... most have not yet planned for it. Come learn the best way to be prepared and understand your senior living options and associated costs of each. This presentation will be given by 2Sisters Senior Living Advisors, a free advisory service. Call to sign up.

### **Monday, Mar. 18**

Chair Yoga 9:15 a.m.; Veterans’ Breakfast Club 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

### **Tuesday, Mar. 19**

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. 20**

Strength Training Class 8:30 a.m.; Professional Foot Care by appt. 9 a.m.; Diabetes Prevention Info Session 9:30 a.m.; Chorus 10 a.m.; Luncheon Outing – Olive Garden 1 p.m.; TRIAD 1 p.m.; Colorist Club 2 p.m.

### **Thursday, Mar. 21**

Art with Ally 9 a.m.; SHINE by appt. 9 a.m.; Mah Jongg Lessons 10:45 a.m.; Soup, Sandwich and a Movie – “Mary Poppins Returns” 12:30 p.m.; Computer Class with Charter School students 2 p.m.

### **Friday, Mar. 22**

Shaws 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Understanding Senior Living Options & Costs 10:30 a.m.

## **UKULELE LESSONS**

It’s time to try something new and unusual, so join us for 6 weeks of beginner’s ukulele lessons! Classes will start at 12:30 p.m. on Tuesday, April 2 and will continue on the following Tuesdays: April 9 & 23, May 7, 14 & 21. During this 6-week program, participants will learn the parts of the ukulele, how to tune the ukulele, basic chords, 4 or 5 strum patterns and 8 to 10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. The cost is \$75 and is due at the time you sign up. If you have to purchase a ukulele, email [LJCohen@comcast.net](mailto:LJCohen@comcast.net) Don’t miss out on the fun!

## **REVERSE THE AGING PROCESS**

Join us at the senior center for the 6-week program “Reverse the Aging Process” beginning on Thursday, Apr. 4 from 9 to 10 a.m. and continuing every Thursday through May 9. This 6-week program is designed to help individuals regain their balance. Participants will work on their balance, their *sense* of balance, and proprioception. Space is limited. The cost for the program is \$36 and is payable at the time you sign up.

## **DIABETES PREVENTION PROGRAM INFO SESSION**

If you’re at risk for Type 2 diabetes you can make small measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough, but we can help. Join us on Wednesday, Mar. 20 at 9:30 a.m. to learn about the upcoming session of our popular Diabetes Prevention Program which is designed to support adults with pre-diabetes who may be at high risk of developing type 2 diabetes, heart disease and stroke. This program is coordinated with the assistance of Donna Higgins and the Hockomock YMCA. Sign up if you’d like to join us.

## **CHOLESTEROL CLINIC**

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, April 4 from 9 a.m. to 11 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call us to schedule an appointment.

### **VETERANS' BREAKFAST CLUB**

Veterans of all ages are invited to join us on Monday, March 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.

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

On Tuesday, Mar. 19 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 at the senior center.

### **PROFESSIONAL FOOT CARE**

On Wednesday, Mar. 20, and continuing every 3<sup>rd</sup> Wednesday each month, a Professional Foot Care program will be offered at the senior center. This program is run by a registered nurse, and the services will include assessment, nail clipping/filing, corn and callus reduction, and foot massage. The cost for each 30 minute appointment is \$30. Call us to schedule an appointment.

### **SOUP/SANDWICH AND A MOVIE**

Join us at 12:30 p.m. on Thursday, Mar 21 for a light lunch, followed by a showing of the movie "Mary Poppins Returns." Prior to the film, we will serve soup and a sandwich for lunch, for a suggested donation of \$3. Call us to sign up. Transportation is available.

### **SENIOR SUPPER CLUB**

Senior Supper Club will be held at the senior center on Wednesday, Mar. 27 at 4:30 p.m. Our menu will include beef stew with veggies, whipped potato, leprechaun cake, roll and milk. 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, Mar. 28 at 9 a.m. Our guest speaker will be Human Services Director Marc Craig. The cost for breakfast is \$3 per person. Sign up with your payment no later than noon on Mar. 22. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **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 15<sup>th</sup>.

### **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 2<sup>nd</sup> 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.

### **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Mar. 20 - Luncheon Outing at Olive Garden, Mar 27 – Job Lot/Dollar Store. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](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.