

CUISINE AND CULTURE OF THE AZORES

Join us on Thursday, April 25 at 10:30 a.m. for a program on the Cuisine and Culture of the Azorean Island of Sao Miguel presented by author Milena Rodrigues. Experience the Azorean Island of Sao Miguel through an in depth presentation of the most popular and traditional Portuguese dishes. Attendees will be delighted to hear about the unique culture of this volcanic European island 850 miles off the coast of Portugal. Chef Milena Rodrigues will be coordinating this seminar based upon her travel experiences and her knowledge of the Portuguese culture and cuisine. This program is open to all and may especially be of interest to those that are traveling to the Azores with our group in September. Call to register.

Monday, April 8

Senator Feeney Coffee 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, April 9

Stretch and Balance Class 8:30 a.m.; No Zumba Gold today; Table Top Garden Club 9:45 a.m.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; Ukulele Lessons 12:30 p.m.; Talespinners 2 p.m.; Protecting Against Elder Financial Abuse 5 p.m.

Wednesday, April 10

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Line Dancing 11:15 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; Sorrento Trip Info Presentation 2:30 p.m.; Tech 101 – Computer Basics 4 p.m.

Thursday, April 11

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Newport Playhouse Trip 10 a.m.; Mah Jongg Lessons 10:45 a.m.; Computer Class with Charter School students 2 p.m.

Friday, April 12

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

PROTECTING AGAINST ELDER FINANCIAL ABUSE

On Tuesday, April 9 from 5 to 6 p.m. there will be a complementary seminar at the senior center on “Protecting Against Elder Financial Abuse.” Wells Fargo Financial Advisor David Ferris will be here to educate seniors on common issues and scams. Additionally, important resources will be available. Call us to sign up.

PRESENTATION FOR 2020 TRIP TO SORRENTO, ITALY

A representative from Conway Tours will be at the senior center on Wednesday, Apr. 10 at 2:30 p.m. to talk to us about our 2020 trip to Sorrento Italy. This 9 day/7 night trip is planned for April 23 through May 1, 2020 and we will be spending a memorable week in one of southern Italy’s top resort areas. Our travel itinerary will include a visit to Naples, Pompeii, the Isle of Capri and Amalfi Drive. The sign up for this trip will begin at 8 a.m. on Wednesday, Apr. 24 and you MUST call us to sign up. If you’re interested in learning more about our 2020 excursion to Italy, call the senior center to sign up in advance for the April 10 informational presentation.

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 4 p.m. on Wednesday, April 10. A different topic is offered each month, and April’s topic is “Creating a Facebook Account.” Space is limited, so call to sign up.

KINDNESS ROCK PAINTING

The Kindness Rock Project is a viral trend where people, commonly children, paint pebbles or cobbles and leave them for others to find and collect. Join us on Thursday, Apr. 18 from 10 a.m. to noon for this intergenerational program of Kindness Rock painting coordinated in collaboration with the Foxboro Recreation

Dept. This program will be a fun morning to be experienced with the young and young at heart. Seniors are STRONGLY encouraged to bring their grandchildren, as this event takes place during the April school vacation. Call to sign up.

SENIOR CENTER SERIES – THE WONDERFUL WIZARD OF OZ

Each month the Marilyn Rodman Performing Arts Center (Orpheum) will showcase their upcoming show with a selection of performances presented at the senior center. Join us on Wednesday, April 17 at 4 p.m. when the Inspiration Performing Arts Company and Sharing the Stage will present “The Wonderful Wizard of Oz.” Sign up in advance.

SAVVY SOCIAL SECURITY PLANNING

On Tuesday, Apr. 23 at 5:30 p.m., the senior center will be presenting a program on Social Security Planning. Social Security planning is an important part of retirement income. Over 57% of Americans take their SS benefits before normal retirement, resulting in benefits that are far lower than if they had waited. This seminar will discuss how much retirees can expect to receive, how to apply, and how to maximize benefits. A personalized report showing actual benefits for each participant at different ages and strategies is offered. Call us to register.

LINE DANCING CLASS

It’s time to get moving, so let’s do some dancing. Our line dancing instructors, Jeanne Bonneau and Fay Sullivan, will be at the senior center every Wednesday in April from 11:15 a.m. to 12:15 p.m. to lead us through some line dancing steps. The steps are uncomplicated, the classes are fun, and beginners are always welcome. Call to sign up and join us in April.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

On Tuesday, April 16 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 at the senior center.

PROFESSIONAL FOOT CARE

On Tuesday, April 16 and continuing every 3rd Tuesday 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 \$35. Call us to schedule an appointment.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, April 17 at 1 p.m. at Jake n Joe’s restaurant in Foxborough. Sign up is required by Friday, April 12. Van transportation arrangements must be made by Friday, the 12th.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, April 9 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.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: April 10 – Walmart, April 17 – Jake n Joe’s Restaurant. 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.