

MEN'S BREAKFAST WITH RICK LEPRESTE FROM BAYSTATE PHYSICAL THERAPY

Join us for a delicious breakfast and some socialization on Thursday, May 30th at our next Men's Breakfast when Rick LePreste, MSPT, Clinical Manager at Bay State Physical Therapy, will be our speaker. Rick will give us keys and tips on staying active and healthy. He will talk about some common injuries, why they happen and how we can avoid them. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Friday, May 24th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

Monday, May 13

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, May 14

No Coffee & Conversation with the Town Manager Today

Stretch and Balance 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, May 15

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Wal-Mart 1:00 p.m.

TRIAD 1:00 p.m.

Zumba 2:30 p.m.

Thursday, May 16

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Low Vision Support Group 1:00 p.m.

COA & HS Advisory Board Meeting 5:00 p.m.

Friday, May 17

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Italian 2 Class 1:00 p.m.

Saturday, May 18

Friends of Foxboro Seniors Meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE

“Traveling with Chronic Conditions” will be this week’s senior center programming shown on May 15th & 16th. Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

REGULARLY SCHEDULED

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, May 29th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of hot dogs, beans, and cole slaw to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

LUNCHEON OUTING

Our next luncheon outing will be to Chickie Flynn’s on Wednesday, May 22nd at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, May 21st.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, May 21st at 12:30 p.m. when our feature presentation will be the Academy Award Winner for Best Picture, “Argo.” Based on true events, Argo chronicles the life-or-death covert operation to rescue six Americans, which unfolded behind the scenes of the Iran hostage crisis-the truth of which was unknown by the public for decades. On November 4, 1979, as the Iranian revolution reaches its boiling point, militants storm the U.S. embassy in Tehran, taking 52 Americans hostage. But, in the midst of the chaos, six Americans manage to slip away and find refuge in the home of the Canadian ambassador. Knowing it is only a matter of time before the six are found out and likely killed, a CIA "exfiltration" specialist named Tony Mendez (Ben Affleck) comes up with a risky plan to get them safely out of the country. A plan so incredible, it could only happen in the movies. Please call 508-543-1252 to sign-up.

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in Cranberry, Loden Green, Navy Blue (newly available), or Williamsburg Blue are \$34.95 each. There is a multi-colored version at a cost of \$39.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 16th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on May 15th. Everyone is

welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

VIDEO LECTURE SERIES: "OUR NIGHT SKY"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Our Night Sky" on Wednesdays at the senior center from May 22nd through June 26th from 11:30 a.m. to 1:00 p.m. Learn about the constellations, their stars, the planets, meteors and comets, and navigating the sky with binoculars and telescopes. Professor Edward Murphy, Associate Professor from the University of Virginia's Department of Astronomy, will share his knowledge from a career made out of introducing both students and the general public to the wonders of the night sky. He previously taught at The Johns Hopkins University, where he worked closely with NASA on its Far Ultraviolet Spectroscopic Explorer mission. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

May 15 Wal-Mart

May 22 Luncheon Outing @ Chickie Flynn's

May 29 Dollar Tree Store/Ocean State Job Lot

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center every other month on the first Monday at 12:00 noon. His next visit will be on Monday, May 6th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, May 14th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Thursday, May 16th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

SPECIAL EVENTS AND PROGRAMS

PRE-DIABETES PROGRAM

Paula Deen, T.V.'s popular Food Network star recently announced that she has Type 2 diabetes. Medical experts are wondering if her physicians ever told her that she had pre-diabetes. 79 million people in the United States have pre-diabetes, now called the "silent menace". Do you have it? Are you at risk? Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from

HESSCO Elder Services, is providing a **free two-part Pre-Diabetes Program** on Thursday, May 23rd at the Foxborough COA. Pre-Diabetes has become a major health concern particularly among seniors. Pre-Diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. This two-part program will evaluate your risk for pre-diabetes. **The first part is an in-depth group talk** that highlights helpful strategies including healthy recipes to help you lower your identified risk, and will be held on May 23rd at 1:00 PM. **The second part is an individual screening by appointment** beginning at 1:30 PM through 3:30 PM on May 23rd with additional appointments on the following Thursday, May 30th from 1:00 PM through 3:00 PM. A VNA Care Network Registered Nurse will meet with each participant to help identify personal risks and provide information to help minimize risks. Become pro-active and learn how to make these easy lifestyle changes. For more information or to sign-up for an appointment, please contact the Foxborough COA at 508-543-1252.

CRIBBAGE TOURNAMENT

Come and join the Cribbage Group at the senior center on Friday, May 10th at 11:00 a.m. for a tournament to benefit the Foxboro Food Pantry. \$5 donations to play as well as donations of food for the Food Pantry are requested. All are welcome. If you are not a regular attender of the cribbage group, please come at 10:45 a.m. to see Donna Gavin to have your name entered in the tournament.

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all you gardeners! As the weather gets nicer and the perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs, or shrubs. You can place items in a pot, plastic container or even a plastic bag. Donate your extra plastic or clay pots too. 100% of the proceeds from the sale will go to the Friends of Foxboro Seniors for their support of programs at the senior center. The sale will be on Saturday, May 11th from 9:00 a.m. to 12:00 noon on the Foxborough Common and will be featuring Ralph Guimond's famous and beautiful African Violets. Get your plants in time for Mother's Day! Please note that this is a Plant Sale only. There will *not* be a bake sale this year. ***There will be no raindate as was previously mentioned.*** Please call Joanne Pratt at 508-543-6964 to make arrangements for your donations or for further information.

VETERANS AND WIDOWS BENEFITS

Evan Makrinikolas from the State Department of Veterans' Services will provide a Veterans and Widows Benefits Information Session on Wednesday, May 22nd at 10:30 a.m. at the Sharon Adult Center & COA, 219 Massapoag Avenue, Sharon. Residents of any town or city in the Commonwealth are welcome to hear about the benefits, including facts about Aid and Attendance and burial benefits. Please RSVP by May 17th by calling 781-784-8000.

TRAVEL AND ENTERTAINMENT

ISABELLA STEWART GARDNER MUSEUM TRIP

Join the Foxboro seniors on Thursday, June 13th for a great day in Boston! We will start with a guided tour of the Isabella Stewart Gardner Museum. Isabella Stewart Gardner first welcomed visitors to her museum on New Year's Day, 1903. On that evening, guests listened to the music of Bach, Mozart, and Schumann, gazed in wonder at the courtyard full of flowers, and viewed one of the nation's finest collections of art. To this day, visitors experience much the same thing. The Gardner Museum has remained essentially unchanged since its founder's death in 1924, unchanged but certainly not stagnant. Three floors of galleries surround a garden courtyard blooming with life in all seasons. The Museum is filled with paintings, sculpture, tapestries, furniture and decorative arts from cultures spanning 30 centuries. Then in the afternoon we are off to an amazing lunch at Maggiano's, Little Italy. Here you will enjoy authentic, home-made Italian American cuisine at its best. Enjoy your Italian favorites served family style. This day is a feast for the senses not to be missed! The cost for this day trip is \$91 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, May 10th. Your motorcoach bus will depart from St. Mary's Church

parking lot at 10:00 a.m. on Thursday, June 13th and will return home at approximately 4:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

“NOAH’S ARK” TRIP-*spaces still available*

Come along with the Foxboro seniors on a 3-day trip to Pennsylvania from July 1-3, 2013. On Monday, you will head to Reading, PA, on a comfortable motorcoach bus to the beautiful Crowne Plaza Hotel. You will have an opportunity to enjoy the hotel’s amenities or take the free shuttle buses to the famous Reading Outlets for shopping. In the evening, enjoy a Wine & Cheese reception followed by a sit down dinner topped off with a live musical comedy show. On Tuesday, enjoy a full hot breakfast buffet before traveling into neighboring Lancaster County. You will be led on a guided sightseeing tour of Amish Country where you will learn about and see the customs and lifestyle of the Amish people. In the afternoon, you will take your seat in the spectacular Millennium Theater for the big show, “NOAH.” Watch the animals march two by two into the immense lifesaving Ark. Sail through the great flood on one of the most amazing experiences of all time. This is a powerful show, and one of the most famous stories ever told. Dinner will be included at the Shady Maple Smorgasbord in Amish Country before returning to the Crowne Plaza for the evening. On Wednesday after your hot breakfast buffet, you will head to Kutztown for the 64th annual Kutztown Folk Festival, a celebration of Pennsylvania Dutch culture. There are crafts, quilt sales, music and traditional dancing, antiques, folk life demonstrations, animals and Pennsylvania Dutch foods. Featured in National Geographic, the Kutztown Festival is one of the nation’s most colorful celebrations. Tips for the bus driver, tour escort, Amish Country Guide and hotel bellman are included. Your cost for this incredible trip is \$419 for Double Occupancy, \$499 for Single Occupancy, and \$399 for Triple Occupancy. All payments should be made directly to Tours of Distinction. The 1st deposit of \$210 will be due along with your registration form and optional travel insurance (\$28 for Double or Single; and \$21 for a Triple). The final payment will be due by Friday, May 3, 2013. Reservation forms will be available only through the Foxborough COA. You may sign-up for this wonderful opportunity by calling 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, May 13

Chicken Cacciatore
Italian Style Rotini
Roman Blend Veggies
Whole Wheat Bread
Peaches

Tuesday, May 14

Beef Burgundy
Lyonnais Potatoes
Beets
Wheat Bread
Fresh Orange

Wednesday, May 15

American Chop Suey
Wax & Green Beans
Multigrain Roll
Apple Turnover

Thursday, May 16

Roast Turkey W/Gravy

Cranberry Sauce

Whipped Potatoes

Winter Squash

Wheat Bread

Mixed Fruit

Friday, May 17

Potato Crunch Fish W/Tartar Sauce

Scalloped Potatoes

Peas & Carrots

Muffin

Mandarin Oranges