

CLUB 90 BIRTHDAY PARTY

If you're a Foxborough senior aged 90 or older, or if you'll be turning 90 sometime in 2015, watch your mail for your invitation to our Club 90 Birthday Party on Wednesday, March 11th at the senior center. Be sure to let us know if you'll be joining us, and RSVP by Friday, March 6th. We'll be serving lunch and Gary Leanes will be here to provide the entertainment.

Monday, March 2

Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 11:00 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, March 3

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Talespinners 2:00 p.m.
Bingo 2:00 p.m.

Wednesday, March 4

Strength Training 8:30 a.m.
NO Chorus today
Zumba Gold 11:30 a.m.
Computer Class with Charter School Students 11:30 a.m.
Job Lot / Dollar Store 1:00 p.m.

Thursday, March 5

Eyes and Aging Program 10:00 a.m.
History Lecture Program with Paolo DiGregorio 1:00 p.m.
Intermediate Italian Class 1:30 p.m.

Friday, March 6

Stop & Shop 8:30 a.m.
Aerobic Exercises 9:30 a.m.
Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Advanced Italian Class 1:15 p.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

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA instructor Michelle Laller, and there is a \$2 charge for each session.

SPECIAL PROGRAMS

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, March 25th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

Paolo DiGregorio, the "Artifactual Scholar," will be back at the senior center once again to present a series of history lecture programs at 1:00 p.m. on upcoming Thursday afternoons. The first series of programs will focus on events in colonial history leading up to the Revolutionary War. On March 5th the program topic is "Indians and Englishmen: Conflict and Conquest in Colonial New England," and on March 12th the topic will be "The Collision of Empires: France and Britain in North America 1873-1763." Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, and an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at the senior center. Come join us as we listen to Paolo bring his stories of our American heritage to life. If you're interested in attending, please call the senior center at 508-543-1252.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

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. On March 4th and 5th the featured program will be Paolo DiGregorio's History Lecture Series on the duel between Alexander Hamilton and Aaron Burr. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

LOSS OF VISION ASSOCIATED WITH AGING

Join us at the senior center on Thursday, March 5th at 10:00 a.m. for an informative program on the issue of vision loss during the aging process. Our guest speaker will be Andrea Schein from the Massachusetts Commission for the Blind. Andrea's presentation will cover the following topics: normal changes in vision associated with aging; four major causes of vision loss for seniors including macular degeneration, glaucoma, cataracts and diabetic eye disease; what you can do to preserve your vision; legal blindness and services of the Massachusetts Commission for the Blind; Mass. Agencies that provide services to people who have vision loss but are not legally blind; interesting low vision aids, and; how to assist people with vision loss in your community. If you are interested in attending this program, please call the senior center at 508-543-1252 to sign up. Van transportation is available for Foxboro residents by calling the senior center at least 24 hours in advance

TAX ASSISTANCE

AARP INCOME TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment

TRIP INFORMATION

ST. PATRICK'S DAY PARTY

It's that time of year when everyone can claim to be Irish for a day! We have some openings available on this trip, so come join us as we travel to the Kirkbrae Country Club in Lincoln, RI on Thursday, March 12th for a St. Patrick's Day Celebration. We will be leaving from the St. Mary's church parking lot at 11:00 a.m. and travel

by motorcoach to the Kirkbrae Country Club where we'll be served a luncheon choice of either Baked Haddock or the traditional Corned Beef and Cabbage. Following lunch, our entertainment will be provided by "John Connors Irish Express" and the Irish Step Dancers. The cost for this fun and festive day is \$71 per person and the price includes transportation, lunch, entertainment and gratuity for the coach driver. The sign up for this celebration has begun, so please call the senior center at 508-543-1252 if you'd like to attend.

TRIP TO THE NEWPORT PLAYHOUSE

Save the date of Thursday, April 2nd and come join us for lunch and a show at the Newport Playhouse in Newport, RI. Our trip includes round-trip motorcoach transportation leaving from the parking lot at St. Mary's Church at 10:00 a.m. and we will be returning home around 6:00 p.m. We'll begin our day at the theater with a hearty buffet including a variety of hot and cold foods, main entrees, side dishes, beverages and desserts. Then we move into the intimate theater for the performance of the comedy "When the Cat's Away." After the show, we go back into the dining room for a special Cabaret show where the performers will continue to entertain us with laughter and song. The total cost for the transportation and gratuity, the luncheon, the show, and lots of laughs is \$81.00. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment is due by Friday, March 13th.

TRIP TO NEW YORK CITY

Come join us as we travel to New York City on May 17th - 18th where we'll be visiting the 9/11 Memorial and Museum. We'll be leaving Foxborough at 7:00 a.m. on Sunday, May 17th from St. Mary's parking lot and return home on Monday, May 18th in the early evening. On Sunday afternoon we'll be having lunch at the famous Chelsea Market of the Food Club Network and then spend the afternoon at the 9/11 Memorial. That evening, dinner will be served at the Chart House Restaurant on the Hudson River where we'll enjoy a view of the skyline of Midtown New York. Our overnight lodging will be at the Hampton Inn & Suites Riverwalk in Newark, NJ. On Monday, we'll continue to nearby Liberty Park to board the ferry for the Ellis Island National Monument and the Statue of Liberty. The ferry continues on to Battery Park and in the afternoon we'll be visiting the historic South Street Seaport and enjoy a guided sightseeing tour of Lower and midtown Manhattan, including many famous sights. The cost for this trip, including all gratuities, is \$371 per person for a double, \$351 per person/triple and \$451 per person/single. The sign up for this trip has begun and there are only a few openings remaining.

REGULARLY SCHEDULED

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, March 3rd from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 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. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

March 4 – Job Lot / Dollar Store

March 11 - Walmart

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

CLASSIC MOVIE DAY

The classic movie for the month of March is scheduled for Tuesday, March 10th at 12:30 p.m. and our featured film will be "The Night of the Hunter." This story involves the character of Harry Powell (Robert Mitchum) who, while in a prison cell, discovers the secret of a condemned man (Peter Graves) who has hidden \$10,000 somewhere around his house. After being released from prison, Powell seeks out the man's widow, Willa Harper (Shelley Winters), and his two children. The children know where the money is, but don't trust the "preacher." But their mother buys his con game and marries him, and soon she ends up dead. The children are finally taken in by a Bible-fearing old lady (Lillian Gish) who would seem to be helpless to defend them against the single-minded murderer, but is as unyielding as her faith. This is the only film ever to be directed by actor Charles Laughton and is considered by many to be a masterwork. So come join us at the senior center to watch the movie and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 5th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. Please call the senior center at 508-543-1252 to make an appointment.

GRANDPARENTS RAISING GRANDCHILDREN

Are you (or someone you know) a grandparent raising grandchildren? There will be a panel discussion including representatives from MetroWest Legal Services, Grandparents Raising Grandchildren of MA and the Department of Transitional Assistance on Thursday, March 19th from 11:00 a.m. to 1:00 p.m. at the Sharon Adult Center, in the Sharon Community Center, 219 Massapoag Ave in Sharon. Lunch is included, courtesy of Roche Brothers. This is a free program, but pre-registration is required by calling the Adult Center at 781-784-8000 by March 11th.

LAKESIDE CAFÉ FOR LGBT SENIORS AND FRIENDS

As part of the LGBT Aging Project through HESSCO Elder Services, there will be a lunch at the Lakeside Café at the Sharon Adult Center, 219 Massapoag Ave. in Sharon on Monday, March 16th from 11:00 a.m. to 1:00

p.m. The suggested meal donation is \$3 for seniors over 60 and \$5 for those under 60. For further information or to register, please call Jayne Davis at 781-784-4944 to RSVP by March 12th. Also, The Sharon Adult center is sponsoring a LGBT Spring Tea Dance on Saturday, April 25th from 1:00 to 5:00 p.m. Tickets are \$20 in advance and your reservation is made with your ticket payment. Payment checks should be made payable to "CJDalton" and you must RSVP by April 22nd. Send payment to Jayne Davis, HESSCO Elder Services, One Merchant Street, Sharon, MA 02067.

GRIEF EDUCATION SERIES FOR ADULTS EXPERIENCING LOSS

Community VNA Hospice and Palliative Care will offer a six week bereavement series beginning March 4 through April 8, 2015. This program is for any adult experiencing loss. Meetings are held Wednesdays from 6:30 to 8:00 p.m. at Community VNA, 10 Emory Street in Attleboro. It is free and open to the public; however, pre-registration is required. Please call 1-800-220-0110 or 505-222-0118. Community VNA Hospice and Palliative Care offers grief support to any person in the community who has had a loss through death, not just for those whose loved one was cared for by the agency. Grief professionals offer suggestions and support for adults and children. They are also a resource on how to help others who are grieving. To learn more about Community VNA, please go to www.communityvna.org.

KIDS' CLUB HELPS CHILDREN WHO HAVE EXPERIENCED LOSS

On Saturday, March 14th from 9:30 a.m. to 12:00 p.m., Community VNA Hospice and Palliative Care, 10 Emory Street in Attleboro, is hosting a children's grief program. Kids' Club is designed to help children ages 5 to 13 to deal with loss. In a supportive and understanding atmosphere, experienced grief specialists guide the children to explore and express their feelings through crafts and sharing. This program is free and open to children from all towns. Pre-registration is required by calling 508-222-0118 or 800-220-0110. For more information about this program and other grief support and services, visit www.communityvna.com. Kid's Club is funded under grant support for the TJX Foundation.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, March 10th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. 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

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE 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. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for March 3rd and 19th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

WINTER WEATHER PREPAREDNESS

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER IMCLEMENT WEATHER POLICY

Winter is here and so are colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the VanGo will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

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.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. 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, March 2

Swedish Meatballs

Egg Noodles

Carrot coins

Oatmeal Bread

Pineapple Chunks

Calories 455

Sodium 436

Tuesday, March 3

Vegetarian Chili

Dirty Rice

Corn Bread

Pears

Calories 343

Sodium 348

Wednesday, March 4

Cream of Broccoli Soup

Honey Lime Chicken

Whipped Potato

Wheat Roll

Fresh Fruit

Calories 412

Sodium 690

Thursday, March 5

Pork Lo Mein

Oriental Blend Vegetables

Multigrain Bread

Blonde Brownie

Calories 402

Sodium 277

Friday, March 6

Salmon with Lemon & Dill

O'Brien Potato

Green Beans

Snowflake roll

Mandarin Oranges

Calories 312

Sodium 298