

SIGN-UP ON MARCH 13TH FOR NEWPORT PLAYHOUSE

Join the Foxboro seniors as we travel to the Newport Playhouse on Thursday, May 9th for one of the “Best Buffets in Rhode Island” and a great performance of “Spreading It Around.” This light-hearted comedy about a wealthy widow in a retirement community who is tired of handing out money to her unappreciative children, starts the S.I.N. (Spending It Now) Foundation to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! A great buffet-a wonderful play-& a fun-filled cabaret! The cost for this day trip is \$87 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, April 12th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:30 a.m. on Thursday, May 9th and will return home at approximately 5:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, March 13th beginning at 8:00 a.m.

Monday, March 4

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Book Club 11:00 a.m.
Podiatrist 12:00 p.m.
Knitting 1:00 p.m.
Shaw’s 1:00 p.m.

Tuesday, March 5

AARP Tax Prep (by appointment) 8:30 a.m.
Stretch and Balance 8:30 a.m.
Manicures (rescheduled from 2/26) 9:00 a.m.
SHINE 10:00 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
BINGO 2:00 p.m.

Wednesday, March 6

No Chorus Today

Strength Training 8:30 a.m.
Video Lecture Series: History of the United States 11:30 a.m.
Target 1:00 p.m.
Zumba 2:30 p.m.

Thursday, March 7

Ceramics 9:00 a.m.
Pre-Diabetes Presentation & Screenings 1:00 p.m.

Friday, March 8

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Cribbage 11:00 a.m.
Card Making 11:00 a.m.
Conversational Italian 1:00 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

MANDATORY TRANSITION TO ELECTRONIC PAYMENTS FOR SOCIAL SECURITY CHECKS

All federal benefit check recipients are required by the U.S. Department of Treasury to switch to electronic payments by March 1, 2013. The switch is mandatory because electronic payments are safer, easier, and reliable and a more cost effective option than paper checks. With electronic payment, your check cannot get lost or stolen and you will always receive your benefits on time even if you are sick, out of town or unable to go to the bank. If you did not sign up for electronic payments when you first applied for benefits and you are currently receiving paper checks, you must switch to electronic payments before March 1, 2013. For the switch recipients will have two options: (1) set up direct deposit with a bank or credit union so the check is sent directly to the recipient's account; or (2) choose to have the benefit funds deposited in a prepaid Direct Express Debit Mastercard Card every payment day. If you do not switch, the U.S. Department of Treasury may send your benefits via the Direct Express Card program to avoid interruption. To learn more or to make the switch, federal benefit check recipients can go online to www.GoDirect.org, call (800) 333-1795 or visit the local social security office.

MEDICAL INFORMATION AND SERVICES

FREE 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, March 7th 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 will be held on March 7th at 1:00 PM** and is an in-depth group talk that highlights helpful strategies including healthy recipes to help you lower your identified risk. **The second part is an individual screening by appointment beginning at 1:30 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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, March 12th 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.

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, March 4th. 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.

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 Mary Kay Grzenda 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 Tuesday, March 5th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

ALZHEIMER'S DISEASE : RECENT SCIENTIFIC PROGRESS ON TREATMENT

On Saturday, March 2nd from 10:00 a.m. to 11:30 a.m., at the Newton Marriott Hotel, Grand Ballroom, the McCourt Foundation hosts Dr. Dennis Selkoe and Dr. Reisa Sperling as they present the latest word on the diagnosis and treatment of Alzheimer's Disease. This workshop is for patients, caregivers, family and friends. A continental breakfast will be served. Call The McCourt Foundation at 781-444-2544 to reserve your seats.

REGULARLY SCHEDULED

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come to an opportunity to have "Coffee and Conversation with Our Town Manager" at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, March 12th from 9:30 a.m. to 10:30 a.m. when Foxborough's Town Manager, Kevin Paicos will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either 'black or white', so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles and gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, March 5th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB

The Book Club will now be meeting at the Foxboro Senior Center on the **first Monday** of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors, who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, March 4th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

NUTRITION CLASS SPECIAL SPEAKER

On Tuesday, March 12th at 11:00 a.m. Bonnie Ryvicker of Community VNA will be doing a program entitled 'Trends in Nutrition' during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. This 7-week session runs from February 25th through April 14th and will cost \$35. Payment is due at sign-up. Call 508-543-1252 with any questions.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, March 5th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"-*please note time change on some dates*

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. 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! ** *March 13th, March 20th, March 27th, and April 3rd, this series will be shown at 12:30 p.m.*

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.

March 6 Target

March 13 Kohl's @ Mansfield Crossing

March 20 Dollar Tree/Ocean State Job Lot

TRAVEL AND ENTERTAINMENT **WRIGHT'S FARM & BINGO TRIP**

Come along and join the fun with the Foxboro seniors on Thursday, April 18th at Wright's Chicken Farm in Harrisville, Rhode Island. Enjoy a delicious meal of Wright's famous chicken, salad, and pasta shells with sauce. The mealtime will be followed by Bingo sponsored by the Friends of Foxboro Seniors. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Feel free to play along, watch the activities, or visit the gift shop if you prefer. We will leave Saint Mary's parking lot at 10:30 a.m., travel by school bus to the farm, and will return home by 4:00 p.m. The cost of this trip is \$18 per person and is due by Friday, March 29th. Sign-up for this trip by calling the senior center at 508-543-1252.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

It is said that we are all a 'wee bit' Irish on Saint Patty's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for a St. Patrick's Day celebration on Thursday, March 14th from 11:30 a.m. to 3:30 p.m. You will enjoy a wonderful sit down lunch which will include your choice of traditional Corned Beef & Cabbage or New England Baked Scrod. Enjoy an entertaining afternoon with "John Connors Irish Express." Forget your cares for a while, relax and enjoy yourselves, and sing-along to the familiar Irish tunes. You don't have to be Irish to enjoy this delicious luncheon and party! The cost for this fun and festive day is \$46 per person. Transportation will be on your own. The Van-Go will be available for regular van riders upon request. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, March 1st. Sign-up for this opportunity by calling the senior center at 508-543-1252.

SPECIAL EVENTS AND PROGRAMS

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power!

Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: March 13th, 20th, 27th, and April 3rd. Please call the senior center at 508-543-1252 to sign-up.

AARP 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 benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays through April 9th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

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, March 4

Chicken Stew W/Vegetables
Whipped Potatoes
Whole Wheat Roll
Peaches

Tuesday, March 5

Italian Style Pasta W/Meat Sauce
Cut Green Beans
Wheat Bread
Brownie

Wednesday, March 6

Minestrone Soup
Chicken L'Orange
Whipped Potatoes
Multigrain Roll
Fresh Fruit

Thursday, March 7

Beef Burgundy
Buttered Noodles
Carrot Coins
Whole Wheat Bread
Mandarin Oranges

Friday, March 8

Crunchy Lite Fish
Tartar Sauce
Country Blend Vegetables
Wheat Bread
Pineapple Chunks

