

CLASSES FOR SAVING AND SHARING YOUR DIGITAL PHOTOS

Your photos are priceless! Have you ever wanted to learn how to take digital photographs and send them out to your friends and family, and would you like to learn how to safely store your photos for the future? Join us at the senior center for classes led by Foxborough High School Senior and aspiring Eagle Scout Patrick Elias as we learn more about taking and saving photos in this digital age. Bring your laptop, iPad, smart phone or digital camera with you, or make use of one of our computers in the computer lab on Thursday, March 26th from 2:30 to 3:30 p.m. and we'll learn how to use these devices to take pictures and to store them safely. This first class will give you the opportunity to learn about your specific device(s). A second class will be held on Tuesday, March 31st from 2:15 to 3:30 p.m. in the computer lab at the senior center as we learn how to use a computer to store our photos for the future. All skill levels are invited and beginners are encouraged to attend. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

Monday, March 16

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, March 17

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, March 18

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Target 1:00 p.m.

TRIAD 1:00 p.m.

Thursday, March 19

Aging Mastery Program 11:00 a.m.

Audio Described Movie – “Saving Mr. Banks” 1:00 p.m.

Intermediate Italian Class 1:30 p.m.

Friday, March 20

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.

Saturday, March 21

Friends of Foxborough 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

SPECIAL PROGRAMS

DON'T MISS OUT ON THE AGING MASTERY PROGRAM

The goal of the Aging Mastery Program is to empower older adults to make and maintain small but impactful changes in health behavior. AMP was developed by the National Council on Aging (NCOA) with the help of a grant through the MetLife Foundation. This is a wonderful opportunity for you to participate in, and reap the

benefits of this cutting edge wellness program. We are currently recruiting 35 adults (ages 55+) to participate in the 12-week educational program. We are partnering with local health care professionals to bring you 10 weeks of structured class time to be followed by 2 optional programs. The topics that will be covered in the program include Appreciating Longevity, Physical Fitness, Nutrition, Sleeping Well, Fall Prevention, Medication Management, Financial Fitness, Advance Planning, Healthy Relationships and Civic Engagement. We will provide you with a light lunch, written materials, resources and special incentives to help keep you motivated and on track. We can only have 35 participants, and the sign-up has begun, so if you're interested in taking part in this free Aging Mastery Program, call the senior center at 508-543-1252. The first workshop will be held on Thursday, March 19th from 11:00 – 12:30 at the senior center and we'll be talking about making the most of your senior years in a healthy and productive way.

AUDIO-DESCRIBED MOVIE

Join us on Thursday, March 19th at 1:00 p.m. for an audio described showing of the movie "Saving Mr. Banks," a film which depicts the behind the scenes story of the making of "Mary Poppins." Described videos provide narration of a program's key visual elements, such as characters' actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialogue. The result is a finished soundtrack that enables visually impaired viewers to fully understand the film through listening. Come and enjoy this experience with the Low Vision Support group here at the senior center. Popcorn is included! Call us at 508-543-1252 to sign up.

LINE DANCING CLASSES IN APRIL

It's time to get moving again and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you'll be improving your brain power while getting some great exercise! Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 1st, 8th, 15th, 22nd and 29th. Please call the senior center at 508-543-1252 to sign up.

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 26th the topic will be "The Collision of Empires: France and Britain in North America, 1753-1763." 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 18th and 19th the featured program will be the 2nd Aging Mastery Program on "Financial Strategies." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, March 26th at 9:00 a.m. Our guest speaker this month will be Bill Grieder. Bill is a member of the Foxborough Planning Board and this is your chance to find out more about the Master Plan for the Town of Foxborough. The cost for the Men's Breakfast is \$3, and if you would like to attend please call the senior center at 508-543-1252 by Tuesday, March 24th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the breakfast has been served.

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 service. 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 is a senior citizen run and directed group, and 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, and the next TRIAD meeting will be on Wednesday, March 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

TRIP INFORMATION

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.

SIGN UP FOR OUR TRIP TO NOVA SCOTIA

We've had a great response to the sign up for our trip to Nova Scotia in July, but we still have a few openings if you'd like to join us. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Our plans are to leave Foxborough by motorcoach on July 6, 2015 and spend our first night on the new cruise ship called the "Nova Star" which will take us into picturesque Yarmouth in Canada. On day 2, we'll be enjoying the final evening performance of the 2015 Royal Nova Scotia International Tattoo which is the largest annual indoor show in the world with over 800 performers. There will be special sightseeing stops in Halifax and Peggy's Cove, and we'll be spending 2 nights at the Lord Nelson Hotel in Halifax. On day 4, we'll cross the Straits of Northumberland to Prince Edward Island where we'll spend two nights at the Hotel Charlottetown in the island's capital city. A local island guide will take us to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore on the Gulf of St. Lawrence. We'll be crossing the Confederation Bridge to New Brunswick, travel through Saint John and along the Fundy coast to Calais, Maine and then on to Boothbay Harbor, returning to Foxborough on July 12th. The cost for this trip is \$1,637 per person for a double room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. If you are interested in joining us, call the senior center now at 508-543-1252 for information or to sign up – there are a very limited number of spaces available. Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

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

REGULARLY SCHEDULED

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Olive Garden Restaurant on Wednesday, March 25th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, March 23rd. Van transportation is available.

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.

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.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on March 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

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.

MOVIE DAY

The featured movie for the month of March will be "Saving Mr. Banks" and is scheduled for Tuesday, March 24th at 12:30 p.m. "Saving Mr. Banks" tells the story of the "collaborative" process between Walt Disney (Tom Hanks), his creative team, and author P. L. Travers (Emma Thompson) engaged in bringing the character Mary Poppins to life on the big screen in the early 1960's. This touching, funny film is really two stories nicely tied up in one package. The first story is of P. L. Travers' childhood in Australia in the early 1900's. This story starts out idyllically, emphasizing her father's immense love for his children and his uncanny ability to make

everything fun and exciting, but it's one that has a darker side that ends up shaping the adult that Travers eventually becomes. The other story is of the adult Travers, a proper Englishwoman, completely set in her ways. She grudgingly embarks on a trip from England to Los Angeles to discuss the possibility of turning her highly successful book "Mary Poppins" into a Disney motion picture. Walt Disney has a vested personal interest in the project, but Travers and the Disney team clash on virtually every level and the interactions run the gamut from frustrating and infuriating to funny. After seeing this film, the next time you watch the original "Mary Poppins" movie, you'll see it with a whole new perspective. So, take in a good movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

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, April 7th 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.

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 March 19th. 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.

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 18 – Target

March 25 – Olive Garden Restaurant

MEDICAL INFORMATION AND SERVICES

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,618 for a one-person household, \$42,654 for two people, \$52,691 for three people, \$62,727 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

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 19th and April 7th. 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.

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 16

BBQ Beef Patty
Seasoned Potato Wedges
Green & Wax Beans
Wheat Bread
Fresh Fruit
Calories 439
Sodium 463

Tuesday, March 17

St. Patrick's Day
Corned Beef Hash
Catsup Packet
Carrots & Cabbage
Raisin Bread
Shamrock Cookie
Calories 397
Sodium 1324

Wednesday, March 18

Chicken l'Orange
Rice Florentine
Spring Blend Vegetables
Multigrain Bread
Peaches
Calories 310
Sodium 526

Thursday, March 19

Shepherd's Pie
Chopped Broccoli
Snowflake Roll
Tropical Fruit
Calories 457
Sodium 292

Friday, March 20

Sweet Potato Pollack
Tartar Sauce
Au Gratin Potatoes
Genoa Blend Vegetables
Muffin Pears
Calories 380
Sodium 331