

SIGN-UP ON APRIL 3RD TO SEE “NOAH” IN PENNSYLVANIA

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 starting on Wednesday, April 3rd by calling 508-543-1252 beginning at 8:00 a.m.

Monday, March 25

Jay Barrows' Office Hour 9:00 a.m.

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, March 26

AARP Tax Prep (by appointment) 8:30 a.m.

Stretch and Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, March 27

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Video Lecture Series: History of the United States 12:30 p.m.

Luncheon Outing @ Applebee's 1:00 p.m.

Zumba 2:30 p.m.

Senior Supper 4:30 p.m.

Thursday, March 28

Men's Breakfast 9:00 a.m.

Ceramics 9:00 a.m.

Classic Movie "A Fish Called Wanda" 1:00 p.m.

Friday, March 29

\$18 Payment Due for Wright's Farm Trip

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

**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. This week's program will be "Men's Breakfast with Senator Timilty."

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 EVENTS AND PROGRAMS

"MONET'S MIRROR": IMPRESSIONIST-STYLE PASTEL WORKSHOP WITH PASTELIST GREGORY JOHN MAICHACK-*please note time change*

The Foxborough Council on Aging located at 75 Central Street in Foxborough, is fortunate to host award-winning pastel artist Gregory John Maichack again at the senior center with an all-new workshop: Monet's Mirror: How to pastel paint Monet's "Water Lilies," on Thursday, April 11th from **11:00 a.m. to 1:00 pm**. This pastel painting workshop for all skill levels is FREE and open to the public. Imagine using the actual imagery that inspired Monet to paint his "Water Lily" paintings. Come and produce your own unique pastel painting as Maichack shares his water garden photos taken on site at Monet's home studio in Giverny, France. Quickly learn how easy pastel painting is from Maichack's long experience teaching pastel techniques. All strokes and techniques to produce an Impressionist pastel painting are shared: scumbling, blending, slurring, feathering, layering, fracturing and broken color, and master an effect Monet prized the most, Impressionist Shimmer. As always, all will keep their pastel paintings and use hundreds of Maichack's professional-grade pastels, paper, and materials. Mr. Maichack, nominated twice for a Massachusetts Gold Star Program Award, will display his original pastel artwork to illustrate his talk. Mr. Maichack's workshops have been so well liked many libraries and senior centers have booked and rebooked him. Artist Gregory John Maichack is a portraitist and painter working primarily in pastels and winner of numerous awards and hundreds of Massachusetts Cultural Council grants. Visit his new web site at www.GregoryMaichack.com. Seats may fill quickly, so please call 508-543-1252 to pre-register for this free, hands-on workshop with all supplies provided. This project is supported in part from a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



WHAT'S IN STORE FOR SENIORS?

What's in store for seniors in the next State Budget? The Executive Office of Elder Affairs Secretary Ann Harstein will be at the Norwood Senior Center, 275 Prospect Street, Norwood, on Thursday, March 28th at 12:00 noon to present the 2014 Budget. Come and hear this important information and how the budget will affect seniors. The Norwood COA will also host a complimentary lunch. Please RSVP to 781-762-1201 by Friday, March 22nd to reserve a lunch.

COMMISSION FOR THE BLIND PROGRAM

Andrea Schein from the Commission for the Blind will be coming to the senior center on Thursday, April 18th at 1:00 p.m. during the Low Vision Support Group. Specialized services, including some fairly simple devices and techniques, can often vastly improve a person's quality of life. Come and hear about assistive devices and programs which can improve daily living and independence when dealing with a visual impairment. The

ongoing Low Vision Support Group meets at the senior center on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. 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. The Commission for the Blind program is open to all who would like to attend and is free of charge. Please call 508-543-1252 to sign-up for this special program and to arrange for your transportation needs.

“ENJOY TRAVELING!”

‘Save the date’ on your calendars for Thursday, April 11th at 1:00 p.m. for a program at the senior center entitled “Enjoy Traveling!” Hear about tips to make traveling with a chronic illness manageable. More details to follow soon.

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, March 27th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of pizza, garden salad, cake and milk 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.

JOIN THE ITALIAN CLASS FOR AN ITALIAN FAMILY MOVIE

The Italian class, led by volunteer teacher Lucy Erhard, which meets at the senior center is inviting you to join them on Friday, March 22nd at 1:00 p.m. to watch an Italian family movie classic entitled “Uncle Nino.” A visit from a distant relative teaches a modern family about old-fashioned values in this family drama. Robert Micelli (Joe Mantegna) and his wife Marie (Anne Archer) are a couple living in Chicago with their two children, 15-year-old Bobby (Trevor Morgan) and 12-year-old Gina (Gina Mantegna). The Micelli Family is not as close as it once was; Robert is busy with work as he tries to earn a promotion, Marie has given up on cooking as a hobby, Bobby has started a rock & roll band with his friends and prefers to hang out with them, and Gina wants both a puppy and more attention from her dad. One day, Robert's elderly Uncle Nino (Pierrino Mascarino) arrives for a visit from Italy -- much to the surprise of the family, since Gina misplaced the letter Nino sent to announce his impending arrival. It doesn't take long for Nino to see that he's staying with an unhappy family, and he reaches out to them, reintroducing Marie to her love of good food, teaching Bobby about music, and teaching Gina about caring for pets and enjoying life; however, convincing Robert to spend more time with his family and less time worrying about work turns out to be a tough sell. This endearing film was the winner of the Crystal Heart Award at the Heartland Film Festival. Please call 508-543-1252 to let us know you will be coming.

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 remaining Wednesdays: March 27th and April 3rd. Please call the senior center at 508-543-1252 to sign-up.

MEDICAL INFORMATION AND SERVICES

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, April 2nd. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

TRAVEL AND ENTERTAINMENT

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.

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.

REGULARLY SCHEDULED

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, April 1st at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

MEN’S BREAKFAST WITH DIRECTOR OF VETERAN SERVICES

Join us for a delicious breakfast and some socialization on Thursday, March 28th at our next Men’s Breakfast when Mike Johns, Director of Foxborough Veteran Services will be here to talk about regionalization, new programs and suicide prevention for veterans. 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 Monday, March 25th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

SENIOR CENTER PROGRAMS ON CABLE

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Comcast Channel 22 and Verizon Channel 38 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. Watch for “Your Scene, Your Center.” “Your Scene” refers to information pertinent to seniors. “Your Center” refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage, or check out our DVD lending library to view our taped programs.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, March 28th at 1:00 p.m. and see “A Fish Called Wanda.” Jamie Lee Curtis plays an ambitious con artist who uses every ounce of her sexual wiles to obtain a fortune in jewels stolen by her gangster lover Tom Georgeson. First, she romances Georgeson's dimwitted but

deadly henchman Kevin Kline (who won an Academy Award for his performance). Then, to clear the path for her getaway with Kline, Jamie woos Georgeson's starched-shirt attorney, John Cleese -- and it's Cleese whom she genuinely falls in love with. Michael Palin, Cleese's former Monty Python cohort, plays a stuttering mob flunkey who continually messes up his one big assignment: killing a little old lady (it isn't that he has any qualms about knocking off the old dear; it's just that her pet dogs keep getting in the way). You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on March 25th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, March 26th 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 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 27 Luncheon Outing @ Applebee's

April 3 Christmas Tree Shops

April 10 Wal-Mart

ZUMBA

We have Zumba classes on Wednesdays from 2:30 p.m. to 3:30 p.m. Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Have you seen "Dancing with the Stars?" You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Classes are \$2 each.

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. At the end of the class, you will be given a 'thought for the day.' Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. Classes are \$2 each. Come and give this class a try!

AEROBICS

This one hour class is held on Friday mornings from 9:30 a.m.-10:30 a.m., and includes stretching, aerobics, and hand-held weights. This class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of abilities. There is a \$2 charge for this class.

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 25

Chicken Stir Fry W/Oriental Vegetable
White Rice
Whole Wheat Roll
Mandarin Oranges

Tuesday, March 26

Ziti W/ Meat Sauce
Italian Style Vegetables
Multigrain Roll
Peaches

Wednesday, March 27

Happy Birthday
Roast Pork W/Gravy
Parsley Whipped Potatoes
Peas & Carrots
Wheat Bread
Birthday Cake

Thursday, March 28

Chicken Salad
German Potato Salad
Three Bean Salad
Pita Bread
Fruited Jello

Friday, March 29

Macaroni & Cheese
Zucchini & Tomato
Fruit Muffin
Fresh Fruit