

COFFEE AND CONVERSATION WITH THE CANDIDATES FOR SELECTMEN

Each of the three candidates running for a seat on the Board of Selectmen will be visiting the senior center in April. Two of the three candidates will be elected to a 3-year term at the May 4th town election. This is your chance to ask questions of those who are asking for your vote. The 3 candidates will be here on the following Thursdays from 9:30 to 10:30 a.m.: Ginny Coppola on April 16; Lorraine Brue on April 23, and; Chris Mitchell on April 30. Take advantage of this opportunity to get to know the candidates and to help you make an informed choice on election day. If you'd like to join us, please call the senior center at 508-543-1252 to sign up.

Monday, March 30

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, March 31

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Garden Club 9:45 p.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Digital Photos Class 2:30 p.m.

Wednesday, April 1

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Digital Photos Class 2:30 p.m.

Thursday, April 2

Trip to Newport Playhouse 10:00 a.m.

Aging Mastery Program 11:00 a.m.

History Lecture Series with Paolo DiGregorio 1:00 p.m.

Friday, April 3

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 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

MEN'S LUNCH AT FOXBORO CABLE ACCESS

Our Men's Lunch this month is going to be held at the Foxboro Cable Access Studio located at 28 Central Street. Join us from 12:30 p.m. to 2:00 p.m. on Thursday, April 23rd for lunch and a tour of the studio. This is your chance to see behind the scenes of our local cable access provider and to meet FCA Executive Director Mike Webber. Lunch will be served at the studio and is "on us" this month, so there is no charge. If you'd like to attend, please call the senior center by Monday, April 20th to sign up.

GARDEN CLUB

Spring is here – finally! Our Senior Center Garden Club, under the direction of Marsha Lewicke, is ready to start meeting again at the senior center beginning on Tuesday, March 31st at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

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 a class 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 Tuesday, March 31st from 2:15 to 3:30 p.m. where we will 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.

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.

PASTEL PAINTING WORKSHOP

The Foxborough Council on Aging is pleased to host pastel artist Gregory Maichack at the senior center once again on Thursday, April 9th from 1:00 p.m. to 3:00 p.m. for an O'Keefe-Style pastel workshop "Scarlet Poppies." Come join us at this pastel painting workshop and produce your own unique pastel painting. The workshop is for all skill levels and is FREE. Our instructor Greg Maichack is a portraitist and painter working primarily in pastels and he is the winner of numerous awards and hundreds of Massachusetts Cultural Council grants. For more information you can visit his website at www.GregoryMaichack.com. Extensively researched, Mr. Maichack teaches workshop participants by lecture, revealing anecdotes, historical context and demo of techniques applicable to many styles of pastel painting, covering all essential pastel techniques. Participants will be creating their own unique pastel painting. As always, all participants will use hundreds of Mr. Maichack's professional-grade pastels, paper and materials, and will take home their completed pastel painting. Seats may fill quickly, so please call the senior center at 508-543-1252 if you'd like to sign up 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.

AGING MASTERY PROGRAM – EXERCISE AND YOU

The third workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 2nd at 11:00 a.m. at the senior center. This workshop will focus on "Medication Management" with guest speaker Tom Keogh. The workshop will cover the best practices on how to take medications as directed, how to store medications safely and how to keep track of multiple medications. This program is available exclusively for participants in the Aging Mastery Program.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

Paolo DiGregorio, the “Artifactual Scholar,” is back at the senior center once again, with the help of partial program funding from the Friends of Foxborough Seniors, 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 April 2nd the topic will be “The Times that Try Men’s Souls: The Road to the Revolution 1763-1776.” 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.

TRIP INFORMATION

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

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.

CLASSIC MOVIE DAY

The featured movie classic for the month of April will be “Spencer’s Mountain” and is scheduled for Tuesday, April 14th at 12:30 p.m. This 1963 drama is based on an Earl Hamner, Jr. novel that later inspired the television series “The Waltons.” Henry Fonda plays Clay Spencer, a fiercely independent, hard-drinking, foul-mouthed

Wyoming laborer who believes in God but rejects (to his small community's dismay) organized religion. Scraping together enough money to build a new house for his wife (Maureen O'Hara) and nine children, Spencer runs into an obstacle to both his plans and family pride when his college-bound son (James MacArthur) romances the daughter of Spencer's boss. 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.

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 Chateau Restaurant on Wednesday, April 22nd 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, April 20th. 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.

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 April 27th. 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.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 28th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

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.

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:

April 1 – Job Lot/Dollar Store

April 8 – Kohl's

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, April 6th. Clients are seen on a first come first serve basis. The cost to see Dr.

Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

PRE-DIABETES SCREENING CLINIC

On Thursday, April 30th from 8:30 to 11:30 a.m., there will be a Pre-diabetes Screening Clinic at the senior center. This program is provided by the VNA Care Network, Inc. to persons aged 60 and older and it is funded by a grant through HESSCO Elder Services. The purpose of the program is to help prevent or delay the onset of type 2 diabetes. The screening is performed by a registered nurse for the 5 risk factors known to be predictors of Diabetes. The screening includes blood sugar and blood cholesterol testing followed by blood pressure, Body Mass Index (BMI) and waist measurements. A 20 minute appointment is required for this screening which includes instructions on how to lessen these known risk factors, help develop a realistic lifestyle change and set short term goals. If you are interested in taking part in this free Pre-diabetes Screening, please call the senior center at 508-543-1252. Also, if you are a participant in the AMP program, this is your opportunity to earn bonus points.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, April 14th 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.

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 April 7th and April 16th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum 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 30

Chicken Stew with Vegetables

Rice Medley
Snowflake Roll
Pineapple Chunks
Calories 348
Sodium 301

Tuesday, March 31

Sloppy Joe
Hash Brown Potato
Roman Blend Vegetables
Hamburger Roll
Hermit Cookie
Calories 316
Sodium 369

Wednesday, April 1

Chicken Marsala
Italian Style Spaghetti
Peas & Mushrooms
Wheat Roll
Fresh Orange
Calories 463
Sodium 505

Thursday, April 2

Roast Pork with Honey Dijon Sauce
Scalloped Potatoes
Green & Wax Beans
Multigrain Roll
Pineapple Chunks
Calories 391
Sodium 420

Friday, April 3

Cold Plate
Tuna Salad
Pasta Salad
Cole Slaw
Wheat Pita Bread
Tropical Fruit
Calories 389
Sodium 623