

SIGN-UP APRIL 10TH FOR ISABELLA STEWART GARDNER MUSEUM TRIP

Join the Foxboro seniors on Thursday, June 13th for a great day in Boston! We will start with a guided tour of the Isabella Stewart Gardner Museum. Isabella Stewart Gardner first welcomed visitors to her museum on New Year's Day, 1903. On that evening, guests listened to the music of Bach, Mozart, and Schumann, gazed in wonder at the courtyard full of flowers, and viewed one of the nation's finest collections of art. To this day, visitors experience much the same thing. The Gardner Museum has remained essentially unchanged since its founder's death in 1924, unchanged but certainly not stagnant. Three floors of galleries surround a garden courtyard blooming with life in all seasons. The Museum is filled with paintings, sculpture, tapestries, furniture and decorative arts from cultures spanning 30 centuries. Then in the afternoon we are off to an amazing lunch at Maggiano's, Little Italy. Here you will enjoy authentic, home-made Italian American cuisine at its best. Enjoy your Italian favorites served family style. This day is a feast for the senses not to be missed! The cost for this day trip is \$91 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, May 10th. Your motorcoach bus will depart from St. Mary's Church parking lot at 10:00 a.m. on Thursday, June 13th and will return home at approximately 4:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, April 10th beginning at 8:00 a.m.

Monday, April 1

Ceramics (in lieu of 4/4) 9:00 a.m.
Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Book Club 11:00 a.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.

Tuesday, April 2

No BINGO Today

AARP Tax Prep (by appointment) 8:30 a.m.
Stretch and Balance 8:30 a.m.
SHINE 10:00 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, April 3

Sign-up for "Noah's Ark" Trip

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.
Christmas Tree Shops 1:00 p.m.
Zumba 2:30 p.m.

Thursday, April 4

90s Birthday Party (by invitation only) 11:00 a.m.

Friday, April 5

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Cribbage 11:00 a.m.
Card Making 11:00 a.m.
Italian Class 2 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

REGULARLY SCHEDULED

SENIOR CENTER PROGRAMS ON CABLE

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 Noreen Sherys and Ken Levy from Human Services."

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, April 17th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Minestrone Soup and Chicken Salad on a Croissant 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.

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.

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! **** On 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.

April 3 Christmas Tree Shops

April 10 Wal-Mart

April 17 Target

COMMUNITY PROGRAMS

WHEN ELDER PARENTS HAVE TO KEEP PARENTING

When you arrive at 50, 60, or older, you might assume your days of active parenting are behind you. However if you are the parent of a child with a disability or illness, that break may never come. Please join others who might share similar concerns at this initial meeting of a new group designed for parents of adult children with mental health issues, medical illnesses, or physical disabilities. This group will be led by Betsy Closs, Social

Worker from Jewish Family and Children's Services. The initial meeting will be on Wednesday, April 24th from 10:30 a.m. to noon at the Sharon Adult Center & Council on Aging, 219 Massapoag Avenue, Sharon. Future meeting dates and times to be determined. Call Susan at the Sharon Adult Center for more information at 781-784-8000.

RECLAIM BLADDER CONTROL

Do you experience bladder control issues? Come to the Pelvic Floor Muscle Rehabilitation (PFMR) informational session on Tuesday, April 23rd from 6:30 p.m. to 7:30 p.m. at the Foxboro YMCA, 67 Mechanic Street, Foxboro. You can reclaim bladder control with PFMR which treats a wide range of bladder disorders in a noninvasive, painless way. Barbara Baxter, board certified physician assistant from the Center for Bladder & Pelvic Health at OB/GYN Associates of Attleboro, will present this FREE program. A question and answer session will follow the presentation. Light refreshments will be provided. Please call 508-236-8020 to register.

BLUE PLATE SPECIAL

Sturdy Memorial Hospital offers a Senior Meal "Blue Plate Special" on Mondays, Wednesdays, and Fridays from 4:00 p.m. to 5:00 p.m. for \$4.50. For more information on this reasonable alternative for a hot meal, please call 508-236-8077.

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.



"ENJOY TRAVELING!"

Traveling can be a wonderful experience yet, for those with chronic illnesses, it can be both mentally and physically stressful. With adequate preparation, one can have a safe and enjoyable experience. Join Steve Niland, MBA, of Advantage Home Medical along with Kristina Dunlea, PT of Brigham and Women's/Mass General Health Care Center on Thursday, April 11th at 1:00 p.m. at the Foxborough Senior Center to learn about helpful hints and tips as well as online links to more information. Find out about mobility equipment that allows people with respiratory conditions to enjoy traveling again, and how you can research the medical options that

exist at your travel destination. This program is presented by the Neponset Valley Chamber of Commerce Eldercare Alliance, HESSCO Elder Services, and Brigham and Women's/Mass General health Care Center. Please RSVP to Jessica Tancrell by calling 508-718-4311 or email JLTancrell@Partners.org.

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.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, April 9th 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.

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

“NOAH’S ARK” TRIP

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.

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.

TRANSPORTATION RESOURCES

VAN-GO/CAR-GO

The Foxborough Council on Aging provides transportation to Foxborough residents on the **Van-Go**, our 14 passenger van or the **Car-Go**, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. To schedule a ride please call the senior center at 508-543-1252. Please provide 24 hour advance notice; however, we will always try to accommodate your needs.

The schedule is as follows:

Monday – Mornings – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw’s in Sharon. *On Monday holidays this shopping trip is moved to Tuesday afternoon.

Tuesday – ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Wednesday – Mornings – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

Thursday - ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Friday - Mornings – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 p.m. on Fridays.

HUMAN SERVICES

Our Human Services staff may be available to assist with special transportation needs. To find out more, call 508-543-1252 and ask to speak with our Human Services Department.

F.I.S.H. is a non-profit organization with volunteer drivers who will bring Foxborough seniors to medical appointments within an 11 mile radius. To request transportation call (508) 698-3729 and leave your name, address, phone number, appointment date and time. Please provide 2 days advance notice. You will be called the evening before your appointment to confirm your ride.

GATRA 'Dial-A-Ride' transportation is available in Foxboro. This is a shared ride that provides transportation to several surrounding towns for various appointments, errands or social visits. A 24 hour notice is required for transportation and can be scheduled by calling them at 1-800-698-7676. The recommended donation is between \$1.25 -5.00 depending on distance.

GATRA 'Miles for Health' program is strictly for medical transportation. They will bring clients to medical appointments in Boston on Mondays, Tuesdays, Thursdays, and Fridays. On *Wednesdays* they provide all other long distance medical trips to Burlington, Framingham, Worcester, Newton-Wellesley, etc. Appointments must be made between the hours of 9:00 a.m. and 1:00 p.m. The recommended donation is \$10.00. A 48 hour advanced notice is required for this program. Rides can be scheduled by calling 1-800-698-7676. Visit GATRA on their website at www.gatra.org

MEDICAL APPOINTMENT TRANSPORTATION THROUGH COMMUNITY CARE-A-VANS, INC. (HESSCO GRANT)

Thanks to a grant from HESSCO, Community Care-A-Vans, Inc. is available for transportation to Boston for medical appointments scheduled from 9:00 a.m. -11:00 a.m. on Mondays and Wednesdays. The suggested donation is \$25 for this trip. This shared ride program is available to you if you are 60 years of age or older and live in Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole, Westwood or Wrentham. For more information or to reserve a ride, call Community Care-A-Vans, Inc. at 508-223-1672.

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, April 1

Swedish Meatballs
Buttered Noodles
Harvard Beets
Whole Wheat Bread
Mandarin Oranges

Tuesday, April 2

Beef Stew W/Vegetables
Boiled Potatoes
Dinner Roll
Mixed Fruit

Wednesday, April 3

Cream Of Carrot Soup
Oven Baked Chicken
Au Gratin Potatoes
Whole Wheat Roll
Fresh Fruit

Thursday, April 4

American Chop Suey
Mixed Vegetables
Wheat Bread
Peaches

Friday, April 5

Seafood Salad

Pasta Salad

Cole Slaw

Pita Bread

Cookie