

## **MEN'S BREAKFAST WITH DIRECTOR OF VETERAN SERVICES**

Join us for a delicious breakfast and some socialization on Thursday, March 28<sup>th</sup> 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 25<sup>th</sup>. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

### **Monday, March 11**

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 12**

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

Stretch and Balance 8:30 a.m.

Coffee & Conversation with the Town Manager 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, March 13**

*Sign-up for Newport Playhouse*

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.

Kohl's @ Mansfield Crossing 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, March 14**

*St. Patrick's Day @ Lake Pearl 11:30 a.m.*

Ceramics 9:00 a.m.

### **Friday, March 15**

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.

### **Saturday, March 16**

Friends of Foxboro 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](http://www.foxboroughma.gov)

## **SPECIAL EVENTS AND PROGRAMS**

**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 22<sup>nd</sup> 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 following Wednesdays: March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, and April 3<sup>rd</sup>. Please call the senior center at 508-543-1252 to sign-up.

### **REGULARLY SCHEDULED**

#### **SENIOR CENTER PROGRAMS ON CABLE**

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Channel 22 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.

### **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 12<sup>th</sup> 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

### **NUTRITION CLASS SPECIAL SPEAKER**

On Tuesday, March 12<sup>th</sup> 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.

### **TRIAD**

What is 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 services. 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, a senior citizen run and directed group, 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 at 1:00 p.m. Our next meeting will be on March 20<sup>th</sup>. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

### **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 21<sup>st</sup>. 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.

### **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, March 19<sup>th</sup> at 12:30 p.m. when our feature presentation will be "Dolphin Tale." Starring Harry Connick, Jr., Ashley Judd, Kris Kristofferson and Morgan Freeman, this story is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life. Swimming free, a young dolphin is caught in a crab trap, severely damaging her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Without a tail, Winter's prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle—a miracle that might not only save Winter but could also help scores of people around the world. Please call 508-543-1252 to sign-up.

### **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 8<sup>th</sup> 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 13<sup>th</sup>, March 20<sup>th</sup>, March 27<sup>th</sup>, and April 3<sup>rd</sup>, 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 13 Kohl's @ Mansfield Crossing

March 20 Dollar Tree/Ocean State Job Lot

March 27 Luncheon Outing @ Applebee's

## **DVD LENDING LIBRARY**

The Foxborough Council on Aging has a DVD Lending Library of programs and events that have taken place at the senior center. In case you missed the live event or would simply like to watch it again at your leisure in the comfort of your own home, just stop by the senior center and borrow the program of your choice.

## **NOTARY PUBLIC SERVICES**

Do you need something notarized? The Council on Aging and Human Services offers Notary Public services. Both Vicki Lowe, Executive Director COA & HS and Noreen Sherys, Community Social Worker are notaries and have the ability to notarize your documents at the senior center or in your home if you are unable to get here. Please call ahead at 508-543-1252 to make your arrangements.

## **LIBRARY ACCESS SERVICES FOR FOXBOROUGH RESIDENTS**

The Foxborough Council on Aging and Human Services and the Boyden Library now have a program of delivering library books, CDs, DVDs and other library materials to Foxborough residents who cannot access the library without help. The Council on Aging and Human Services will deliver books and other materials from the library and will return materials when due. Pick-up and delivery is on Tuesdays. Additional dates can be arranged. To be considered, or for information on this program, call the Council on Aging and Human Services at 508-543-1252 and ask for Ken Levy.

## **AFGHANS AT REDUCED PRICES**

A great gift for any occasion, historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in 2 colors (cranberry & natural, hunter green & natural, and country blue & natural) previously \$39.95, are now just \$29.95. Afghans in 3 colors (country blue, mauve & natural) previously \$44.95, are now just \$34.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

## **TRAVEL AND ENTERTAINMENT**

### **NEWPORT PLAYHOUSE**

Join the Foxboro seniors as we travel to the Newport Playhouse on Thursday, May 9<sup>th</sup> 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 12<sup>th</sup>. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:30 a.m. on Thursday, May 9<sup>th</sup> 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 13<sup>th</sup> beginning at 8:00 a.m.

### **WRIGHT’S FARM & BINGO TRIP**

Come along and join the fun with the Foxboro seniors on Thursday, April 18<sup>th</sup> 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 29<sup>th</sup>. Sign-up for this trip by calling the senior center at 508-543-1252.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, March 12<sup>th</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next available appointments will be on Thursday, March 21<sup>st</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

### **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 11**

Veal Parmesan W/Sauce  
Italian Spaghetti  
Genoa Blend Veggies  
Whole Wheat Bread  
Vanilla Pudding

#### **Tuesday, March 12**

Lemon Chicken Breast  
Lyonnais Potatoes  
Winter Blend Vegetables  
Fruit Muffin  
Mixed Fruit

#### **Wednesday, March 13**

Roast Turkey & Gravy  
Cranberry Sauce  
Whipped Potatoes  
Winter Squash  
Wheat Bread  
Peaches

#### **Thursday, March 14**

Corned Beef Hash  
Ketchup Packet  
Boiled Potatoes  
Cabbage & Carrot Blend  
Raisin Bread  
Leprechaun Cake

#### **Friday, March 15**

Cheese Tortellini With Alfredo Sauce  
Peas W/Mushrooms

Whole Wheat Roll

Fresh Fruit