

## **MASSCHUSETTS EQUIPMENT DISTRIBUTION/LOW VISION GROUP**

The Massachusetts State 911 Department would like to make the public aware of an exciting program that could benefit residents of Massachusetts. The program is called the Massachusetts Equipment Distribution Program, commonly referred to as MassEDP. MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing or vision loss. This equipment enables users to enjoy clear, independent phone communications and the ability contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability such as deafness/hearing loss, blindness/low vision, motion, cognitive and speech, for little or no cost, depending on income level. The three eligibility requirements are: 1) residency in Massachusetts; 2) the disability must be permanent and can be verified by a Massachusetts physician, and; 3) residential phone service. There are several different types of equipment, each offering special benefits based on disability. MassEDP Field Advisors will be at the Foxborough Senior Center for a presentation of the Equipment distribution Program on Thursday, April 21<sup>st</sup> at 1:00 p.m. at a meeting of the Low Vision Support Group. This program is open to all. Please call the senior center at 508-543-1252 to sign up in advance. For more information and a complete list of equipment, please visit the website at [www.massEDP.com](http://www.massEDP.com) or call 1-800-300-5658.

### **Monday, April 18**

Patriots' Day Holiday  
Senior Center Closed

### **Tuesday, April 19**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Table Top Garden Club 9:45 a.m.  
Manicures 9:00 a.m.  
No Zumba Gold Today  
Nutrition 11:00 a.m.  
Shaw's in lieu of Monday holiday 1:00 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, April 20**

Coffee Connection 8:30 a.m. to 6:00 p.m.  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Line Dancing 11:15 a.m.  
Computer Class 11:30 a.m.  
Coffee with the Town Manager 12:30 p.m.  
Walmart 1:00 p.m.  
TRIAD 1:00 p.m.  
Colorist Club 2:00 p.m.  
Food for Life Program 4:00 p.m.

### **Thursday, April 21**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Trip to Newport Playhouse 9:00 a.m.  
Floral Arranging Art Class with Barbara 9:30 a.m.  
SHINE by appointment 10:00 a.m.  
Chronic Pain Self- Management 12:00 noon  
Low Vision Support Group 1:00 p.m.

### **Friday, April 22**

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

## **SPECIAL PROGRAMS**

### **SCRAPBOOKING & GREETING CARD-MAKING CLASS**

Starting Friday, April 29<sup>th</sup> at 10:30 a.m., the Greeting Card-Making Class will be expanding to include Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class, and other embellishments and supplies will be provided. Also, if you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends in the class as you work on your projects, come join us. Our volunteer instructor, Helen Rice, will be teaching both card-making and scrapbooking during class.

### **MOTHERS' DAY LUNCHEON & "NAME THAT TUNE"**

Come and celebrate Mothers' Day with us here at the senior center on Thursday, May 5<sup>th</sup> at 12:00 noon at our Mother's Day Luncheon. All women are welcome and encouraged to treat themselves to a delicious lunch and socialize with friends. Following lunch, we'll play "Name That Tune" with Jerry Cianciolo. How familiar are you with the singers of the 1930's, 1940's and 1950's and the great songs like *Love and Marriage*, *The Way You Look Tonight*, and *Someone to Watch Over Me*? In just a few notes, can you pick out songs like *Love and Marriage*, *Jeepers Creepers*, *Don't Fence Me In*, *The Way You Look Tonight*, and *Anything Goes*? Come listen to some great music, test your recall, and your ear, by joining us for this special entertainment as we're challenged with song snippets, tricky questions and maybe even a surprise or two. If you plan on joining us for this special Mothers' Day celebration, please call the senior center at 508-543-1252 to sign up and we'll save you a seat.

### **MINDS IN MOTION – EXERCISE FOR YOUR BRAIN HEALTH**

Do you feel like challenging your mind and stretching your imagination? Join us at the senior center for the "Minds in Motion" program led by Jerry Cianciolo. This program is a series of eight, hour-long "courses." Each week we'll be focusing on a different and challenging topic, and at every class there will be handouts and exercises that are designed to expand your thinking abilities. "Minds in Motion" is a highly interactive series that guarantees lots of laughter and camaraderie among the participants. The classes will be held on the following days: Wednesdays at 12:30 p.m. on May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, June 1<sup>st</sup> and 15<sup>th</sup>, Thursday June 16<sup>th</sup> at 9:30 a.m. and ending on Wednesday, June 22<sup>nd</sup> at 12:30 p.m. Class size is limited, so please call the senior center to sign up in advance at 508-543-1252 if you plan on attending.

### **FLORAL ARRANGING CLASS WITH BABARA MULFORD**

Barbara Gage-Mulford will be presenting a Floral Arranging Class at the senior center on Thursday, April 21<sup>st</sup> from 9:30 to 11:30 a.m. Floral arranging classes are designed for novices and beginners. Participants in this class will bring home a beautiful medium-sized fresh cut flower arrangement – great for brightening a day or for gift giving. Classes will be in a relaxed, fun atmosphere with instruction. Participants are not required to bring anything but enthusiasm. This class is being offered free of charge and we will provide fresh cut flowers, clean recycled vases and tools of the trade. Class size is limited, so please call the senior center at 508-543-1252 to sign up in advance.

### **FOOD FOR LIFE PROGRAM – THE LIFE SAVING EFFECTS OF HEALTHY EATING**

The Foxborough Council on Aging and Human Services is offering a series of classes in the Food for Life Program being held at the senior center on Wednesday afternoons, April 20<sup>th</sup> & 27<sup>th</sup>, from 4:00 to 6:00 p.m. The topic of the third class on April 20<sup>th</sup> is "Discovering Dairy and Meat Alternatives" where we will explore a variety of vegetarian sources of protein, all of which are low in fat, high in fiber, and loaded with cancer-fighting nutrients. Limited space is still available. Sign up is required by calling the senior center at 508-543-1252.

## **TABLE TOP GARDEN CLUB**

Spring is has arrived. Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior on Tuesday April 19<sup>th</sup> at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers. 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!

## **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 19<sup>th</sup> 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.

## **LINE DANCING CLASSES WITH JEANNE AND FAYE**

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 are being held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 20, 27. Class size is limited, so please call the senior center at 508-543-1252 to sign up.

## **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, April 20<sup>th</sup> 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.

## **MEET THE CANDIDATE**

Rob Canfield, candidate for School Committee, will be at the senior center on Tuesday, April 26 from 10:00 to 11:00 a.m. This is your chance to meet the candidate face-to-face and ask him any questions you may have before the town election which will be held on Monday, May 2<sup>nd</sup>.

## **MOVIE DAY**

Movie Day for the month of April is scheduled for Tuesday, April 26<sup>th</sup> at 12:30 p.m. and our featured film will be "St. Vincent." Maggie (Melissa McCarthy), a single mother, moves into a new home in Brooklyn with her 12 year old son Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their neighbor Vincent (Bill Murray), a retired curmudgeon with a desire for alcohol and gambling. An odd friendship soon blossoms between the improbable pair. Together with a pregnant stripper (Naomi Watts), Vincent brings Oliver along on all his stops that make up his daily routine – the race track, strip club and a local bar. Oliver begins to see in Vincent something that no one else is able to: a misunderstood man with a good heart. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

## **MEN'S BREAKFAST**

The Men's Breakfast will be held on Thursday, April 28<sup>th</sup> at 9:00 a.m. Our guest speaker this month will be comedian David Shikes, a retired bookseller and resident of New Hampshire who travels all around the region telling comical stories about New England. Join us for some fun and laughs. The cost for the Men's Breakfast

is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, April 22<sup>nd</sup> to reserve your seat. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

## **TRAVEL INFORMATION**

### **SIGN UP FOR A BOSTON DUCK BOAT TOUR**

Have you ever taken a tour of Boston on a Duck Boat, or has it been a while since your last ride on the “Boston Ducks?” Join us on Thursday, May 12<sup>th</sup> as we leave from the rear parking lot of St. Mary’s Church in Foxborough at 8:30 a.m. and travel by motorcoach to downtown Boston. When we arrive we’ll tour the Boston Common and head for a full-course luncheon at Boston’s famous “No Name Restaurant” located on the fish pier. There will be a choice of entrée from the menu including broiled swordfish, haddock, chicken, salmon and more. Then we’re off to take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U. S. Army. Our narrator will point out all the Boston sights and we’ll take a plunge into the Charles River for a brief cruise. We should be arriving back in Foxborough at approximately 5:30 p.m. The cost for this trip is \$91 per person and includes transportation, lunch, the Duck Tour and all gratuities. Sign up for this outing by calling the senior center at 508-543-1252. Payment for this trip will be due by Friday, April 29<sup>th</sup>.

### **SIGHT AND SOUND THEATER & LONGWOOD GARDENS VISIT**

The warmer weather is on the way and it’s time to start making travel plans for 2016. We still have some openings for our trip to Pennsylvania and a visit to Longwood Gardens. Come join us on Wednesday, June 8<sup>th</sup> when we’ll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater’s latest, greatest, and newest production; the biblical story of “Samson.” Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we’ll see a brand new musical show. On our second day, we’ll travel into neighboring Lancaster County, the home of Pennsylvania’s Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called “Chalk Talk,” a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for “Samson.” One of the most captivating stories in the Bible, Samson is the world’s first superhero. “Samson” is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We’ll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10<sup>th</sup>. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

## **MEDICAL INFORMATION AND SERVICES**

### **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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for April 21<sup>st</sup> and May 3<sup>rd</sup>. In addition to the SHINE program, Community 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 Cathy, call the senior center at 508-543-1252 to set up and appointment.

## **REGULARLY SCHEDULED**

### **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, April 20<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational services.

### **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, April 27<sup>th</sup> 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 25<sup>th</sup>. Van transportation is available.

### **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 a 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 20 – Walmart

April 27 – Luncheon at Olive Garden

### **AEROBICS**

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The 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 ability. There is a \$2 charge for each class.

### **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-certified instructor Michelle Laller, and there is a \$2 charge for each session.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$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, April 18**

Patriots' Day

No Meals Served

#### **Tuesday, April 19**

Minestrone Soup 239

Chicken Alfredo 436

Italian Rotini 1

Snowflake Roll 160  
Mandarin Orange 6  
Sodium 842  
Calories 600

**Wednesday, April 20**

Meatloaf 391  
with Mushroom Gravy 148  
Parsley Mashed Potato 63  
Peas & Carrots 40  
Honey Wheat Bread 135  
Oatmeal Cookie 263  
Sodium 821  
Calories 871

**Thursday, April 21**

Cheese Omelet 312  
Broccoli 12  
Hash Brown Potatoes 136  
Fruit Muffin 78  
Peaches 5  
Sodium 543  
Calories 517

**Friday, April 22**

Pork Sausage & Peppers & Onions 585  
Mashed Potato 62  
Chick Pea Blend 52  
Mini Sub Roll 162  
Mixed Fruit 10  
Sodium 825  
Calories 469