

MOTHER'S DAY SOCIAL

Come and celebrate Mother's Day with us here at the senior center on Thursday, May 2nd at our Mother's Day Social. All women are welcome and encouraged to treat themselves to a delicious, light brunch together and some socialization from 10:00 a.m. to 11:30 a.m. Enjoy spending time with each other, sharing remembrances of your mother or of being a mother in honor of Mother's Day. Space will be limited, so please call 508-543-1252 to reserve your spot.

Monday, April 22

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, April 23

Stretch and Balance 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group/"Meet the Candidates" Jim DeVellis 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 24

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

Luncheon Outing @ Horse N' Carriage 1:30 p.m.

Zumba 2:30 p.m.

Thursday, April 25

Cholesterol Clinic (by appointment) 9:00 a.m.

Ceramics 9:00 a.m.

Men's Breakfast 9:00 a.m.

Classic Movie "Singin' in the Rain" 11:00 a.m.

Friday, April 26

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Italian 2 Class 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

SENIOR CENTER PROGRAMS ON CABLE

"Understanding Arthritis" will be this week's senior center programming shown on April 24th & 25th. 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.

SPECIAL EVENTS AND PROGRAMS

FAREWELL PARTY FOR BILL DRISCOLL

Come and join us on Tuesday, April 30th from 1:30 p.m. to 3:00 p.m. for an opportunity to wish a "Happy Retirement" to Bill Driscoll, our beloved long-time, dedicated van driver. Take advantage of this chance to visit

with Bill as we thank him for all of his years of service to our seniors and our community. Light refreshments will be served. Please call 508-543-1252 to RSVP.

LIVING WITH DIABETES

Did you know that over 25 million people in the United States are living with diabetes? Come to the senior center on Thursday, May 2nd at 1:00 p.m. to hear Tom Keough, R.Ph., Pharmacy Manager at Stop & Shop in Mansfield and Diabetes Educator as he helps us understand how to best live with and manage diabetes. Tom will share his expertise with us, teaching practical skills for living a healthy life with this ongoing condition. Tom will be bringing some healthy refreshments and snacks for us to enjoy! Please call us at 508-543-1252 to let us know that you will be coming.

SEXUAL VIOLENCE: PREVENTION AT EVERY AGE & STAGE

Sexual assault victims run from children to senior citizens. Please join this FREE public educational program, on Wednesday, May 8th from 7:00 to 8:30 p.m. at the Ahern Middle School, 111 Mechanic Street, Foxborough, MA, which will help audience members understand and talk about each stage of life in which a person can be a victim of sexual violence. Moderated by Foxborough Chief of Police Edward O'Leary, we will be joined by a panel of experts from the District Attorney's office, New Hope, Foxborough Public Schools and HESSCO Elder Service. Attendees will learn about warning signs, education, and prevention techniques. Space is limited, so please RSVP to Jessica Tancrell at 508-718-4311 or email JLTancrell@Partners.org. This program is presented by HUGS (Help Us Get Safe) Foxboro, in collaboration with Foxborough Council on Aging and Human Services, Foxborough Police Department, Brigham and Womens'/Mass General Health Care Center and New Hope.

EDIBLE PERENNIAL GARDENING AND LANDSCAPING

Come to hear Naturalist and Landscaper John Root on Monday, April 22nd at 6:30 p.m. at the Foxborough Recreation hall, 68 Mill Street, Foxborough. Learn how to establish and maintain a variety of perennials, including trees, shrubs, vines, canes and herbaceous plants that yield abundant crops of delicious and nutritious food throughout the growing season with minimal maintenance. Plants will be offered for sale. Free admission; all ages welcome. This program is supported in part by a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

MEET THE CANDIDATES FOR SELECTMEN

In preparation for the elections that will be held in 2013, we will have several opportunities for you to "Meet the Candidates" here at the senior center. On Tuesday, April 23rd at 1:00 p.m., come and hear Jim DeVellis, candidate for Selectman, present his views during the time of our regularly scheduled Discussion Group. Our Annual Town Election will be held on Tuesday, April 30, 2013 in conjunction with the Special State Primary Election. Foxborough's polls will be open at the Ahern Middle School from 7:00 a.m. until 8:00 p.m. Absentee ballots will be available up until 12:00 noon on April 29th through the Town Clerk's office. If you need transportation to the polls, please call the senior center at 508-543-1252 and we will help you make arrangements.

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all you gardeners! As the weather gets nicer and the perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs, or shrubs. You can place items in a pot, plastic container or even a plastic bag. Donate your extra plastic or clay pots too. 100% of the proceeds from the sale will go to the Friends of Foxboro Seniors for their support of programs at the senior center. The sale will be on Saturday, May 11th from 9:00 a.m. to 12:00 noon on the Foxborough Common and will be featuring Ralph Guimond's famous and beautiful African Violets. Ralph's violets will also be available at the senior center during the Friends of Foxboro Seniors Meeting on Saturday, April 20th beginning at 9:30 a.m. Get your plants in time for Mother's Day! Please note that this is a Plant Sale only. There will *not* be a bake sale this year. Raindate for the Plant Sale will be the following

Saturday, May 18th, same time, same location. Please call Joanne Pratt at 508-543-6964 to make arrangements for your donations or for further information.

MEDICAL INFORMATION AND SERVICES

ELDER DENTAL PROGRAM

A free dental screening clinic for senior citizens will be held on Saturday, April 20th from 9:00 a.m. to 1:00 p.m. at the Plainville Council on Aging, 9 School Street, Plainville, MA. At the free clinic, people aged 60 and over will receive a full range of diagnostic and educational oral health services in a relaxed, friendly setting. Local dentists will examine patients for problems with their teeth, gums, and dentures. A specialized machine will be available to clean dentures. Specialty dentists will screen patients for oral cancer. During the screening clinic, eligible participants can also sign-up for a low-cost dental program. Call the Plainville COA at 508-699-7384 for an appointment.

CHOLESTEROL/HEALTH PROMOTION CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, April 25th from 9:00 a.m. until 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make 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, May 7th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

MEN'S BREAKFAST WITH DIRECTOR OF LIBRARY SERVICES

Join us for a delicious breakfast and some socialization on Thursday, April 25th at our next Men's Breakfast when Jerry Cirillo, Library Director, will be here to give an update on the new library project and services. 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, April 22nd. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 8-weeks and runs from April 22nd through June 16th. The payment will be \$40 and is due at sign-up. Call 508-543-1252 with any questions.

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 April 22nd. 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.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, April 25th at 11:00 a.m. and see "Singin' in the Rain." Hollywood, 1927: the silent-film romantic team of Don Lockwood (Gene Kelly) and Lina Lamont (Jean Hagen) is the toast of Tinseltown. While Lockwood and Lamont personify smoldering passions onscreen, in real life the down-to-earth Lockwood can't stand the egotistical, brainless Lina. He prefers the company of aspiring actress Kathy Selden (Debbie Reynolds), whom he met while escaping his screaming fans. Watching these intrigues from the sidelines is Cosmo Brown (Donald O'Connor), Don's best pal and on-set pianist. Cosmo is promoted to musical director of Monumental Pictures by studio head R.F. Simpson (Millard Mitchell) when the talking-picture revolution commences. That's all right for Cosmo, but how will talkies affect the upcoming Lockwood-Lamont vehicle "The Dueling Cavalier"? Don, an accomplished song-and-dance man, should have no trouble adapting to the microphone. Lina, however, is another matter; put as charitably as possible, she has a voice that sounds like fingernails on a blackboard. The disastrous preview of the team's first talkie has the audience howling with derisive laughter. With songs like "You Were Meant for Me," "You Are My Lucky Star," "The Broadway Melody," and of course the title song -- the film becomes one of the greatest Hollywood musicals ever made. 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.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, April 30th 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"

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!

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 17 Target

April 24 Luncheon Outing @ Horse N' Carriage at **1:30 p.m. (please note later time)**

May 1 Kohl's @ Mansfield Crossing

TRAVEL AND ENTERTAINMENT

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.

"NOAH'S ARK" TRIP-spaces still available

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 by calling 508-543-1252.

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 22

Mac & Cheese

Escalloped Tomato With Spinach

Muffin

Peaches

Tuesday, April 23

Chicken Marsala

Rice Pilaf

California Blend Vegetables

Whole Wheat Bread

Bread
Vanilla Pudding

Wednesday, April 24

Italian Spaghetti W/Meat Sauce
Genoa Blend Vegetables
Whole Wheat Roll
Birthday Cake

Thursday, April 25

Turkey Stew W/Vegetables
Whipped Potatoes
Dinner Roll
Mixed Fruit
Ambrosia

Friday, April 26

Sloppy Joe Sandwich
Hash Brown Potatoes
Hot 3 Bean Salad
Hamburger Roll
Fresh Fruit