

## **SWING INTO SPRING**

Singer Donna Lee will be returning to the senior center along with entertainer Eric Weld and they will be helping us to “Swing into Spring” as they serenade us with songs from Connie Francis and Jim Reeves. This program is being sponsored by the Friends of Foxborough Seniors. Get your toes tapping, and come join us for an afternoon of fun and song on Wednesday, April 22<sup>nd</sup> starting at 1:30 p.m. If you’re interested in taking part in this special program, give us a call at 508-543-1252 to sign up.

### **Monday, April 6**

Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Book Club 11:00 a.m.  
Podiatrist 12:00 noon  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.

### **Tuesday, April 7**

Stretch & Balance 8:30 a.m.  
Zumba Gold 9:45 a.m.  
SHINE by appointment 10:00 a.m.  
Nutrition 11:00 a.m.  
Talespinners 2:00 p.m.  
Bingo 2:00 p.m.

### **Wednesday, April 8**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Line Dancing 11:15 a.m.  
Kohl’s 1:00 p.m.

### **Thursday, April 9**

Aging Mastery Program 11:00 a.m.  
Pastel Painting Workshop 1:00 p.m.

### **Friday, April 10**

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](http://www.foxboroughma.gov)

## **MEDICAL INFORMATION AND SERVICES**

### **PRE-DIABETES SCREENING CLINIC**

On Thursday, April 30<sup>th</sup> 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 an opportunity to earn bonus points.

## **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 6<sup>th</sup>. 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.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, April 14<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> 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.

## **SPECIAL PROGRAMS**

### **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 4<sup>th</sup> 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.

### **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 23<sup>rd</sup> 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 20<sup>th</sup> 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 9<sup>th</sup> from 1:00 p.m. to 3:00 p.m. for an O'Keeffe-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](http://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.

### **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 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>. Please call the senior center at 508-543-1252 to sign up.

### **AGING MASTERY PROGRAM – SLEEP WELL**

The fourth workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 9<sup>th</sup> at 11:00 a.m. at the senior center. This workshop will focus on "Sleep" with guest speaker Kathryn Henderson. The workshop will present an overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep. This program is available exclusively for participants in the Aging Mastery Program.

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

### **SENIOR SUPPER CLUB**

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. Our next Senior Supper will be held on Wednesday, April 29<sup>th</sup>. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 to make your reservation and to arrange for transportation, if needed.

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

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. On April 8<sup>th</sup> and 9<sup>th</sup> the featured program will be on "Eyes and Aging." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **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 12<sup>th</sup>. 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 3<sup>rd</sup>. 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**

### **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 22<sup>nd</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 27<sup>th</sup>. 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.

### **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.

### **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a “Stretch and Balance” class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

## **CLASSIC MOVIE DAY**

The featured movie classic for the month of April will be “Spencer’s Mountain” and is scheduled for Tuesday, April 14<sup>th</sup> 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.

## **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 7<sup>th</sup> 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.

## **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 April 16<sup>th</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.

## **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

## **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 7<sup>th</sup> and April 16<sup>th</sup>. 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 and 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, April 6**

Low Salt Hot Dog on a Roll  
Mustard Packet  
Baked Beans  
Carrot Medley  
Almond Cookie  
Calories 426  
Sodium 730

**Tuesday, April 7**

Minestrone Soup  
Herb Baked Chicken  
Lyonnaise Potato  
Multigrain Roll  
Fresh Orange  
Calories 430  
Sodium 522

**Wednesday, April 8**

Italian Style Penne Pasta with Meatballs  
Tuscany Blend Vegetables  
Scali Bread  
Pears  
Calories 431  
Sodium 302

**Thursday, April 9**

Roast Turkey with Gravy  
Cranberry Sauce  
Whipped Potato  
Squash  
Wheat Roll  
Fresh Apple  
Calories 388  
Sodium 505

**Friday, April 10**

Cheese Omelet with Broccoli  
Seasoned Wedges  
Muffin  
Pineapple  
Calories 450  
Sodium 413