

PRE-DIABETES SCREENING CLINIC

On Thursday, April 30th 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.

Monday, April 27

Rep. Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Coffee with School Committee Candidate Larry Thomas 11:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, April 28

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold 9:45 a.m.

Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Coffee with School Committee Candidate Marilyn Weiss 11:45 a.m.

Movie Day – “The Theory of Everything” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, April 29

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Coffee and Conversation with the Town Manager 12:30 p.m.

Christmas Tree Shop 1:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, April 30

Pre-Diabetes Screening Clinic by appointment 8:30 a.m.

Coffee with the Selectmen’s Candidates – Chris Mitchell 9:30 a.m.

Aging Mastery Program 11:00 a.m.

History Lecture Series 1:00 p.m.

Friday, May 1

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

SPECIAL PROGRAMS

MOTHER'S DAY LUNCHEON

Come and celebrate Mother's Day with us here at the senior center on Wednesday, May 13th at our Mother's Day Luncheon. All women are welcome and encouraged to treat themselves to a delicious lunch and socialize with friends from 12:30 to 1:30 p.m. Enjoy spending time with each other in honor of Mother's Day, sharing remembrances of your mother or of being a mother yourself. This luncheon is for Foxborough residents only and space will be limited, so please call 508-543-1252 by Thursday, May 7th to reserve your spot!

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

With the help of partial program funding from the Friends of Foxborough Seniors, Paolo DiGregorio, the "Artifactual Scholar," will be back at the senior center to present his second series of historical lectures at 1:00 p.m. on the following Thursday afternoons: April 30, May 7th, 14th and 21st. The topic of the April 30th program is "The End of Old Europe: War, Revolution, and the Collapse of European Monarchy." In 1914, four emperors dominated Europe, and much of the globe. Within five years, two would be dead and one forced from his throne. This lecture will discuss why the ruling houses of Europe fell from power, and how the new era that emerged created the modern world. Come join us as we listen to Paolo bring history to life. If you're interested in attending, please call the senior center at 508-543-1252.

GARDEN CLUB

Spring is here – finally! Our Senior Center Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior every Tuesday in April at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. 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!

"BUS TO THE FUTURE"

Would you like to see technology being used in today's classrooms? It's very different from what we all remember! The Foxborough School Department has invited us to have a tour of our five Foxborough schools to see first-hand how some of our newest technologies are being used to help Foxborough's students learn! A bus will pick us up at the senior center on Friday, May 8th at 9:00 a.m. and our first stop will be the Foxborough High School to visit a Video Production Class and Language Lab/American Sign Language. From there we're off to the Taylor Elementary School to experience Virtual Field Trip – Grade 4 and Document Cameras in mathematics. At 11:30 a.m. we will visit the Music Technology Lab at the Ahern School where we have also been invited to stay for lunch. At 12:45 p.m. we'll be off to the Burrell Elementary School to see Interactive Whiteboard Technology, and our last stop will be the Igo Elementary School to witness Video Conferencing (Mystery Skype) and Using the iPad for special education. We will be returning to the senior center by 2:40 p.m. If you're interested in joining us for a tour of our schools, including lunch, please call the senior center at 508-543-1252 to sign up. Don't miss this opportunity to board the "Bus to the Future!"

COFFEE 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 4th town election. This is your chance to ask questions of those who are asking for your vote. Lorraine Brue will be here on Thursday April 23rd from 9:30 to 10:30 a.m. and Chris Mitchell will be here on Thursday, April 30th from 9:30 to 10:30 a.m. Candidate Ginny Coppola had been here on April 16. 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.

MEET THE CANDIDATES FOR SCHOOL COMMITTEE

The two candidates for School Committee, Larry Thomas and Marilyn Weiss, will be visiting the senior center to give us an opportunity to meet them and to ask questions. On Monday, April 27th, Larry Thomas will be here from 11:30 a.m. to 12:30 p.m. and on Tuesday, April 28th Marilyn Weiss will be here from 11:45 a.m. to 12:30

p.m. The two candidates are running for the one-year term that would complete the remaining year of Katie Adair's term on the School Committee. This is your chance to get to know the candidates and find out where they stand on the issues that concern you. If you're interested in joining us for some coffee and conversation with the candidates for School Committee, please call the senior center at 508-543-1252 to sign up.

AGING MASTERY PROGRAM – FALLS PREVENTION

The seventh workshop in the Aging Mastery Program (AMP) will be held on Thursday, April 30th at 11:00 a.m. at the senior center. This subject of this workshop is "Falls Prevention" with guest speaker Sylvia Bodie. The program is an overview of the importance of falls prevention among older adults, and strategies to prevent falling. This program is available exclusively for participants in the Aging Mastery Program.

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 29th 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.

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. On Wednesday, April 29th, we'll be enjoying a meal of Rigatoni with Meat Sauce, Tossed Green Salad, Scali Bread and Cake. 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 29th and 30th the featured program will be the Aging Master Program on "Living Longer Lives." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRIP INFORMATION

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. 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.

TRIP TO NEW YORK CITY

We'll be traveling to New York City on May 17th – 18th where we'll be visiting the 9/11 Memorial and Museum. On Sunday, May 17th we'll be leaving Foxborough at 7:00 a.m. from St. Mary's parking lot and return home on Monday, May 18th in the early evening. At this time there are no openings available, but we are taking names for the waiting list.

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING CLINIC FOR SENIORS

There will be a free Dental Screening Clinic open to anyone aged 60 years and over on Saturday, May 9th from 8:45 a.m. to 1:00 p.m. at the Attleboro Council on Aging office located at the Rev. Larsen Senior Center, 25

South Main Street in Attleboro. The dental professionals at the clinic will: diagnose dental problems; check for oral cancer; talk one-on-one about taking care of teeth, gums and dentures; discuss nutrition choices; clean dentures using a specialized machine; label dentures to prevent loss, and; sign up eligible low-income seniors for a low-cost dental program. To schedule your free appointment at the screening, please call the Attleboro Council on Aging at 774-203-1906.

REGULARLY SCHEDULED

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on April 27th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 28th 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.

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.

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.

MOVIE DAY

The movie for the month of April is scheduled for Tuesday, April 28th at 12:30 p.m. and our featured film will be "The Theory of Everything." This is the story of one of the world's greatest living minds, the renowned astrophysicist Stephen Hawking, who falls deeply in love with fellow Cambridge student Jane Wilde. Once a healthy, active young man, Hawking received an earth-shattering diagnosis at 21 years of age. With Jan fighting tirelessly by his side, Stephen embarks on his most ambitious scientific work, studying the very thing he now has precious little of – time. Together they defy impossible odds, breaking new ground in medicine and science, and achieving more than they could ever have dreamed. This film is based on the memoir "Traveling to Infinity: My Life with Stephen" by Jane Hawking. So come join us at the senior center to watch the movie 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 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, May 5th 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.

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 29 – The Christmas Tree Shop

May 6 - Target

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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for May 5th and May 21st. 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 an 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 27

Beef Patty with Gravy

Whipped Potato

Chuckwagon Veggies

Oatmeal Roll

Peaches

Calories 538

Sodium 391

Tuesday, April 28

Shaved Steak with Peppers & Onions

O'Brien Potatoes

Hot Dog roll

Pineapple Chunks

Calories 408

Sodium 448

Wednesday, April 29

Happy Birthday!

Rigatoni with Meat Sauce

Italian Blend Vegetables

Scali Bread

Birthday Cake

Calories 338

Sodium 149

Thursday, April 30

Kale & Bean Soup

Honey Mustard Chicken

Confetti Rice
Wheat Roll
Fresh Apple
Calories 347
Sodium 724

Friday, May 1

Salmon Teriyaki
Whipped Potato
Peas
Multigrain Bread
Vanilla Pudding
Calories 373
Sodium 290