

DIABETES SELF MANAGEMENT

Are you living with diabetes, fatigue, hypoglycemia, hyperglycemia, hypertension, depression, cholesterol or other long-term conditions? Beginning on Thursday, May 19th there will be a series of 6 weekly workshops held at the senior center as part of the Diabetes Self-Management Program. These courses will be held from noon to 3:00 p.m. on the following Thursdays: May 19th and 26th, and June 2nd, 9th, 16th and 23rd. A free lunch will be included for all participants. During these six weeks, participants will learn: Techniques to deal with diabetes symptoms, fatigue, pain and hyper/hypoglycemia; Better nutrition and exercise choices; How to improve your patient/physician relationship; Medications & management, and; Skills to manage symptoms. There is a suggested voluntary donation of \$2 per class. If you're interested in participating in this program, you must commit to attending at least 4 of the 6 weeks of the classes. Incentives are built in to reward you for your attendance. Please call the senior center at 508-543-1252 to sign up in advance.

Monday, May 2

Coffee Connection 8:30 a.m. to 3:30 p.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 11:00 a.m.
Scrabble 12:30 p.m.
Knitting 1:00 p.m.
Meditation and Relaxation 1:00 p.m.
Shaw's 1:00 p.m.
Video Rewind 2:30 p.m.

Tuesday, May 3

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Table Top Gardeners 9:45 a.m.
Zumba Gold Class 9:45 a.m.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Bingo 1:30 p.m.
Talespinners 2:00 p.m.

Wednesday, May 4

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Computer Class 11:30 a.m.
Minds in Motion 12:30 p.m.
Target 1:00 p.m.
Colorist Club 2:00 p.m.
Paolo DiGregorio History Lecture 4:30 p.m.

Thursday, May 5

Mothers' Day Luncheon 12:00 noon

Friday, May 6

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.
Scapbooking and Card Making Class 10:30 a.m.

PARDON OUR APPEARANCE!

There will be construction going on in front of the senior center building in the month of May. Please use extra caution when driving in and out of the senior center driveway.

SPECIAL PROGRAMS

FALLS PREVENTION PROGRAM

Did you know that 1 in every 3 Americans aged 65 and older falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Physical Therapist Stephanie Boudreau, from Brigham and Women's, will be at the senior center on Thursday, **May 12th** at 1:00 p.m. to present a program on Falls Prevention. Join us as we learn practical strategies to reduce the risk of falling and the fear of falling. Please call the senior center at 508-543-1252 to sign up and we'll save you a seat.

GARY HYLANDER'S LECTURE ON "WATER FOR ELEPHANTS"

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, May 11th at 4:30 p.m. for a literature lecture on the novel "Water for Elephants." This novel is the story of the memories of ninety-something-year-old Jacob Jankowski. As a young man, fate brought Jacob onto a rickety train that was home to the Benzini Brothers Most Spectacular Show on Earth. To Jacob, the world of the circus was both salvation and a living hell. It was the early part of the Great Depression, and Jacob was thankful to have a job because his luck had run out, he was orphaned and he was penniless. It was there that Jacob meets Marlena, the star of the equestrian act. And there he also met Rosie the elephant, the "great gray hope" and the new act that was going to be the salvation of the circus; the only problem was, Rosie didn't have an act and couldn't follow instructions. The bond that grew among this unlikely trio was one of love and trust, and ultimately, their only hope for survival. If you'd like to join us for this program, please call the senior center at 508-543-1252 to sign up and we'll save you a seat. This program is made possible by support from the Friends of Foxboro Seniors.

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 4th, 11th, 18th, 25th, June 1st and 15th, Thursday June 16th at 9:30 a.m. and ending on Wednesday, June 22nd 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.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 4:30 p.m. on Wednesday, May 4th to present another program in his series of history lectures. The topic on this date is "A Splendid Little War: Politics, the Press and the Spanish American War." At the end of the 19th century, the United States experienced a tremendous transformation in our international standing. Having subdued the continent, the US soon began to emerge as an important player on the international stage. One of the central acts in the drama was a brief war with Spain, a war that would extinguish one empire, while giving birth to another. Please call the senior center at 508-543-1252 to sign up and reserve your seat. This program is sponsored by the Friends of Foxboro Seniors.

MOTHERS' DAY LUNCHEON & NAME THAT TUNE WITH JERRY CIANCIOLO

Come and celebrate Mothers' Day with us here at the senior center on Thursday, May 5th 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. Thank you to the Rotary Club of Foxboro for supporting this event once again. The Rotary is sponsoring the luncheon and entertainment as well as volunteering to set up, serve and clean up.

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, May 3rd 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!

PLANT SALE DONATIONS

The Friends of Foxborough Seniors will be holding a Plant Sale on Saturday, May 7th from 8:00 a.m. to noon on the Foxboro Common. If you would like to donate plant pots or perennials for the sale, please leave your donations outside of the senior center at the outdoor shed. For further information, call Marsha Lewicke at 508-543-7081.

CLASSIC MOVIE DAY

Classic Movie Day for the month of May is scheduled for Tuesday, May 10th at 12:30 p.m. and our featured film will be "To Catch a Thief." A jewel thief is at large on the Riviera, and all evidence points to retired cat burglar Cary Grant. But Grant pleads innocence, and vows to find out who's been copying his distinctive style of crime. Also starring in this movie is legendary actress Grace Kelly. Come join us at the senior center to watch this 40 year old classic film that is both enjoyable and engaging, and is also a visual treat of the Riviera and the Cote D'Azur. 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.

LOW VISION SUPPORT GROUP

The Low Vision Support Group meets at the senior center on the 3rd Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, May 19th. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

OLDER AMERICANS MONTH

A CELEBRATION OF OLDER AMERICANS IN THE MONTH OF MAY

In 1963, we began to acknowledge the contributions of Older Americans by designating the month of May as Older Americans' Month. This year's theme, "Blaze a Trail," emphasizes the ways older adults are re-inventing themselves through new work and new passions, blazing a trail of positive impact on the lives of people of all ages. Some interesting statistics of Older Americans' Month are:

- When Older Americans' Month was first established by President Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans ages 65+, and they account for approximately 14.5% of the U. S. population. In the next 25 years, 1 in 5 Americans will be an older adult.
- 10,000 Americans turn 65 each day, and this year marks the 1st time that members of the baby boomer generation will turn 70 years of age.

- Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.
- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

TRAVEL INFORMATION

SIGHT AND SOUND THEATER & LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th 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 10th. 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

BLOOD PRESSURE CLINIC

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

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 3rd and 19th. 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 Cathy, call the senior center at 508-543-1252 to set up and appointment.

REGULARLY SCHEDULED

BINGO – BRING A FRIEND – ALL ARE WELCOME

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. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, May 3rd from 1:30 p.m. to 3:00 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.

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.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving as we get ready for summer. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliانا "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

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. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

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. YMCA-certified instructor 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!

SCRAPBOOKING & GREETING CARD-MAKING CLASS

Starting Friday, April 29th 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.

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:

May 4 – Target

May 11 – Job Lot/Dollar Store

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, May 2

Salisbury Steak 290
Mushroom Gravy 148
Lyonnais Potato 112
Mixed Vegetable 22
Snowflake Roll 160
Tropical Fruit 10
Sodium 742
Calories 495

Tuesday, May 3

Vegetable Soup 116
Chicken Parm 426
Penne Pasta 1
Green Beans 3
Whole Wheat Bread 160
Mandarin Oranges 6
Sodium 712
Calories 521

Wednesday, May 4

Roast Pork with 111
Gravy
Mashed Potato 62
Tarragon Carrot 77
Oatmeal Roll 121
Fresh Apple 2
Sodium 373
Calories 589

Thursday, May 5

Mexicale Chicken 173
Mexican Rice 22
California Vegetables 27
Multigrain Roll 190
Strawberry Shortcake 176
Sodium 588
Calories 585

Friday, May 6

Meatloaf with 172
Gravy 124
Scallop Potato 185

Winter Vegetables 15
Honey Wheat Bread 135
Peaches 5
Sodium 636
Calories 588