

MY LIFE, MY HEALTH WORKSHOP

Do you suffer from a chronic condition such as arthritis, heart disease, cancer, diabetes, asthma, high blood pressure, migranes etc., or are you the caregiver for a person with a chronic condition? Join us for the six weekly workshops of the **My Life, My Health** Chronic Disease Self-Management Program to be held at the senior center beginning on Wednesday, May 20th. This community workshop is designed to give people with chronic conditions and/or their caregivers the knowledge and skills needed to take a more active role in their health care and to better manage their symptoms and their daily lives. Workshops cover different topics each week such as: dealing with difficult emotions; physical activity and exercise; muscle relaxation and guided imagery; pain and fatigue management; healthy eating; communication skills; medication usage, and; making informed treatment decisions. This is an evidence-based program with proven positive results for program participants. The six workshops will be held on Wednesday afternoons from 1:00 p.m. to 3:30 p.m. beginning on Wednesday, May 20th through Wednesday, June 24th. Seating will be limited, so if you are interested in taking part in this program, please call the senior center at 508-543-1252 to sign up.

Monday, May 4

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

Tuesday, May 5

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, May 6

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Zumba Gold 11:30 a.m.
Target 1:00 p.m.

Thursday, May 7

Aging Mastery Program 11:00 a.m.
History Lecture Series 1:00 p.m.

Friday, May 8

Stop & Shop 8:30 a.m.
Bus to the Future tour of the schools 9:00 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

CARD MAKING

Learn the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different.

Come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

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: May 7th, 14th and 21st. The topic of the May 7th program is "The Failure of Peace: Versailles, the League, and the Road to War, 1919 – 1941." In 1919, a treaty was created to end "the war to end wars." Yet, in the two decades after the signing of the Versailles Treaty, the world marched steadily toward another global conflict. This lecture will examine why the various peace efforts of the 1920s and 30s ultimately failed and what forces led to another world war. 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.

"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!"

AGING MASTERY PROGRAM – FINANCIAL FITNESS

The eighth workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 7th at 11:00 a.m. at the senior center. This subject of this workshop is "Financial Fitness" with guest speaker Patrick Mullins. The program is an introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families." This program is available exclusively for participants in the Aging Mastery Program.

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, May 27th, we'll be enjoying a meal of Honey Lime Boneless Breast of Chicken, Red Bliss Potatoes, Tarragon Carrots, Wheat Bread and a Cookie. 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 May 6th and 7th the featured program will be the Men’s Breakfast with Jeff Peterson, Publisher of The Foxboro Reporter. 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

MULTIPLE SCLEROSIS CENTER OPEN HOUSE

Sturdy Memorial Hospital’s MS Center provides local access to treatments that minimize the progression and impact of MS and improve well-being. There will be an MS Center Open House on Thursday, May 21st from 5:30 to 6:30 p.m. The MS Center is located at Sturdy Memorial Hospital, 211 Park Street in Attleboro. If you’re interested in attending, please call 508-236-8020 to register.

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.

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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, May 12th 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.

REGULARLY SCHEDULED

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.

MOVIE DAY

The movie for the month of May is scheduled for Tuesday, May 12th at 12:30 p.m. and our featured film will be "Mud." Mud is an adventure story about two boys, Ellis and his best friend Neckbone, who find a mysterious man named Mud (Matthew McConaughey) hiding on a deserted island in the Mississippi. Mud tells the boys fantastic stories about his life, including how he killed a man in Texas and that vengeful bounty hunters are coming to get him. He says he is planning to meet and escape with the love of his life, Juniper (Reese Witherspoon) who is waiting for him in town. Skeptical but intrigued, Ellis and Neckbone agree to help him. But it isn't long until Mud's tales come to life and their small town is besieged by bounty hunters out for blood. 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. **Starting in June, Bingo will begin at 1:30 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:

May 6 - Target

May 13 - Job Lot

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, May 4

Low Salt Hot Dog
Potato Wedges
Mixed Vegetables
Mustard Packet
Hot Dog Roll
Fresh Orange
Calories 481
Sodium 750

Tuesday, May 5

Cinco De Mayo
Mexican Chicken
Black Beans & Rice
Chopped Broccoli
Whole Wheat Tortilla
Tropical Fruit
Calories 256
Sodium 543

Wednesday, May 6

Macaroni & cheese
Zucchini & tomatoes
Wheat Roll
Mandarin Oranges
Calories 425
Sodium 438

Thursday, May 7

Happy Mother's Day
Roast Turkey & Gravy
Cranberry Sauce
Whipped Potato
Winter Squash
Oatmeal Bread
Strawberry Shortcake
Calories 301
Sodium 520

Friday, May 8

Meatball Sub Sandwich
Hash Brown Potatoes
Tuscany Blend Vegetables
Sub Roll
Pineapple Chunks
Calories 338
Sodium 437