

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 the following Tuesdays at 1:00 p.m.: John Gray will be joining us on April 9th; Lynda Walsh on April 16th; and Jim DeVellis on April 23rd. These meetings will be held during the time of our regularly scheduled Discussion Group. Take advantage of these opportunities to be informed about the candidates and their views on important issues. 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.

Monday, April 8

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 9

AARP Tax Prep (by appointment) 8:30 a.m.

Stretch and Balance 8:30 a.m.

Coffee & Conversation with the Town Manager 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group/”Meet the Candidates” John Gray 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, April 10

Sign-up for Isabella Stewart Gardner Museum Trip

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

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

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

Thursday, April 11

Ceramics 9:00 a.m.

Pastel Painting Workshop 11:00 a.m.

“Enjoy Traveling” Program 1:00 p.m.

Friday, April 12

\$87 Payment Due for Newport Playhouse

No Italian 2 Class Today

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 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

SENIOR CENTER PROGRAMS ON CABLE

“Jack Craig Presents Jerome Kern” will be this week’s senior center programming shown on April 10th & 11th. 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

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.

“ENJOY TRAVELING!”

Traveling can be a wonderful experience yet, for those with chronic illnesses, it can be both mentally and physically stressful. With adequate preparation, one can have a safe and enjoyable experience. Join Steve Niland, MBA, of Advantage Home Medical along with Kristina Dunlea, PT of Brigham and Women’s/Mass General Health Care Center on Thursday, April 11th at 1:00 p.m. at the Foxborough Senior Center to learn about helpful hints and tips as well as online links to more information. Find out about mobility equipment that allows people with respiratory conditions to enjoy traveling again, and how you can research the medical options that exist at your travel destination. This program is presented by the Neponset Valley Chamber of Commerce Eldercare Alliance, HESSCO Elder Services, and Brigham and Women’s/Mass General Health Care Center. Please RSVP to Jessica Tancrell by calling 508-718-4311 or email JLTancrell@Partners.org.

COMMISSION FOR THE BLIND PROGRAM

Andrea Schein from the Commission for the Blind will be coming to the senior center on Thursday, April 18th at 1:00 p.m. during the Low Vision Support Group. Specialized services, including some fairly simple devices and techniques, can often vastly improve a person's quality of life. Come and hear about assistive devices and programs which can improve daily living and independence when dealing with a visual impairment. The ongoing Low Vision Support Group meets at the senior center on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. 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. The Commission for the Blind program is open to all who would like to attend and is free of charge. Please call 508-543-1252 to sign-up for this special program and to arrange for your transportation needs.

“MONET’S MIRROR”: IMPRESSIONIST-STYLE PASTEL WORKSHOP WITH PASTELIST GREGORY JOHN MAICHACK

The Foxborough Council on Aging located at 75 Central Street in Foxborough, is fortunate to host award-winning pastel artist Gregory John Maichack again at the senior center with an all-new workshop: Monet’s Mirror: How to pastel paint Monet’s “Water Lilies,” on Thursday, April 11th from 11:00 a.m. to 1:00 pm. This pastel painting workshop for all skill levels is FREE and open to the public. Imagine using the actual imagery that inspired Monet to paint his “Water Lily” paintings. Come and produce your own unique pastel painting as Maichack shares his water garden photos taken on site at Monet’s home studio in Giverny, France. Quickly learn how easy pastel painting is from Maichack’s long experience teaching pastel techniques. All strokes and techniques to produce an Impressionist pastel painting are shared: scumbling, blending, slurring, feathering, layering, fracturing and broken color, and master an effect Monet prized the most, Impressionist Shimmer. As

always, all will keep their pastel paintings and use hundreds of Maichack's professional-grade pastels, paper, and materials. Mr. Maichack, nominated twice for a Massachusetts Gold Star Program Award, will display his original pastel artwork to illustrate his talk. Mr. Maichack's workshops have been so well liked many libraries and senior centers have booked and rebooked him. Artist Gregory John Maichack is a portraitist and painter working primarily in pastels and winner of numerous awards and hundreds of Massachusetts Cultural Council grants. Visit his new web site at www.GregoryMaichack.com. Seats may fill quickly, so please call 508-543-1252 to pre-register 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.



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 on Wednesday, April 10th beginning at 8:00 a.m.

"NOAH'S ARK" TRIP

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.

NEWPORT PLAYHOUSE

Join the Foxboro seniors as we travel to the Newport Playhouse on Thursday, May 9th for one of the “Best Buffets in Rhode Island” and a great performance of “Spreading It Around.” This light-hearted comedy about a wealthy widow in a retirement community who is tired of handing out money to her unappreciative children, starts the S.I.N. (Spending It Now) Foundation to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! A great buffet-a wonderful play-& a fun-filled cabaret! The cost for this day trip is \$87 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, April 12th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:30 a.m. on Thursday, May 9th and will return home at approximately 5:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, April 9th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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.

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 Thursday, April 18th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come to an opportunity to have “Coffee and Conversation with Our Town Manager” at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, April 9th from 9:30 a.m. to 10:30 a.m. when Foxborough’s Town Manager, Kevin Paicos will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either ‘black or white’, so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles and gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, April 16th at 12:30 p.m. when our feature presentation will be “Moneyball.” Based on a true story, Moneyball is a movie for anybody who has ever dreamed of taking on the system. Brad Pitt stars as Billy Beane, the general manager of the Oakland A’s and the guy who assembles the team, who has an epiphany: all of baseball’s conventional wisdom is wrong. Forced to reinvent his team on a tight budget, Beane will have to outsmart the richer clubs. The onetime jock teams with Ivy League grad Peter Brand (Jonah Hill) in an unlikely partnership, recruiting bargain players that the scouts call flawed, but all of whom have an ability to get on base, score runs, and win games. It’s more than baseball, it’s a revolution - one that challenges old school traditions and puts Beane in the crosshairs of those who say he’s tearing out the heart and soul of the game. Please call 508-543-1252 to sign-up.

PAINT IN A DAY

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, April 17th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

TRIAD

What is 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 services. 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, a senior citizen run and directed group, 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 at 1:00 p.m. Our next meeting will be on April 17th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, April 17th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Minestrone Soup and Chicken Salad on a Croissant to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

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 10 Wal-Mart

April 17 Target

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

COMMUNITY PROGRAMS

WHEN ELDER PARENTS HAVE TO KEEP PARENTING

When you arrive at 50, 60, or older, you might assume your days of active parenting are behind you. However if you are the parent of a child with a disability or illness, that break may never come. Please join others who might share similar concerns at this initial meeting of a new group designed for parents of adult children with mental health issues, medical illnesses, or physical disabilities. This group will be led by Betsy Closs, Social Worker from Jewish Family and Children's Services. The initial meeting will be on Wednesday, April 24th from 10:30 a.m. to noon at the Sharon Adult Center & Council on Aging, 219 Massapoag Avenue, Sharon. Future meeting dates and times to be determined. Call Susan at the Sharon Adult Center for more information at 781-784-8000.

RECLAIM BLADDER CONTROL

Do you experience bladder control issues? Come to the Pelvic Floor Muscle Rehabilitation (PFMR) informational session on Tuesday, April 23rd from 6:30 p.m. to 7:30 p.m. at the Foxboro YMCA, 67 Mechanic Street, Foxboro. You can reclaim bladder control with PFMR which treats a wide range of bladder disorders in a noninvasive, painless way. Barbara Baxter, board certified physician assistant from the Center for Bladder & Pelvic Health at OB/GYN Associates of Attleboro, will present this FREE program. A question and answer session will follow the presentation. Light refreshments will be provided. Please call 508-236-8020 to register.

BLUE PLATE SPECIAL

Sturdy Memorial Hospital offers a Senior Meal "Blue Plate Special" on Mondays, Wednesdays, and Fridays from 4:00 p.m. to 5:00 p.m. for \$4.50. For more information on this reasonable alternative for a hot meal, please call 508-236-8077.

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 8

Low Salt
Hot Dog W/Roll
Mustard Packet
Baked Beans
Hot German Slaw
Fresh Orange

Tuesday, April 9

Honey Mustard Chicken Breast
O'Brien Potatoes
Cut Green Beans
Whole Wheat Bread
Chocolate Pudding

Wednesday, April 10

Stuffed Shells W/Sauce
Italian Blend Veggies
Whole Wheat Roll
Peaches

Thursday, April 11

Roast Turkey W/ Gravy
Cranberry Sauce
Whipped Potatoes
Winter Squash
Wheat Bread
Brownie

Friday, April 12

Beef Chili
White Fluffy Rice
Ranch Style Veggies
Multigrain Roll
Mixed Fruit