

SIGN UP FOR A BOSTON DUCK BOAT TOUR

Have you ever taken a tour of Boston on a Duck Boat, or has it been a while since your last ride on the “Boston Ducks?” Join us on Thursday, May 12th as we leave from the rear parking lot of St. Mary’s Church in Foxborough at 8:30 a.m. and travel by motorcoach to downtown Boston. When we arrive we’ll tour the Boston Common and head for a full-course luncheon at Boston’s famous “No Name Restaurant” located on the fish pier. There will be a choice of entrée from the menu including broiled swordfish, haddock, chicken, salmon and more. Then we’re off to take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U. S. Army. Our narrator will point out all the Boston sights and we’ll take a plunge into the Charles River for a brief cruise. We should be arriving back in Foxborough at approximately 5:30 p.m. The cost for this trip is \$91 per person and includes transportation, lunch, the Duck Tour and all gratuities. Sign up for this outing beginning at 8:00 a.m. on Wednesday, April 13th by calling the senior center at 508-543-1252. Payment for this trip will be due by Friday, April 29th.

Monday, April 11

Coffee Connection 8:30 a.m. to 3:30 p.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Scrabble 12:30
Knitting 1:00 p.m.
Shaw’s 1:00 p.m.
Meditation & Relaxation 1:00 p.m.
Rewind Video Series 2:30 p.m.

Tuesday, April 12

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Table Top Garden Club 9:45 a.m.
Zumba Gold 9:45 a.m.
Blood Pressure 10:00 a.m.
Nutrition 11:00 a.m.
Classic Movie Day – “The Birds” 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, April 13

Sign up for Boston Duck Tours Trip 8:00 a.m.
Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Line Dancing 11:15 a.m.
Computer Class 11:30 a.m.
Job Lot / Dollar Store 1:00 p.m.
Colorist Club 2:00 p.m.
Food for Life Program 4:00 p.m.

Thursday, April 14

Coffee Connection 8:30 a.m. to 3:30 p.m.
Art Class with Barbara 9:30 a.m.
Chronic Pain Self- Management 12:00 noon

Friday, April 15

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.
Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

FOOD FOR LIFE PROGRAM – THE LIFE SAVING EFFECTS OF HEALTHY EATING

Come join us at the senior center for a series of classes on healthy eating, with educational cooking demonstrations and the opportunity to sample some of these healthy foods that will be prepared during class. The Foxborough Council on Aging and Human Services is pleased to offer a series of classes in the Food for Life Program to be held on Wednesday afternoons, April 13th, 20th & 27th, from 4:00 to 6:00 p.m. Food for Life is an award-winning Physicians Committee for Responsible Medicine (PCRM) program designed by physicians, nurses and dieticians that offer cancer, diabetes and weight management classes that focus on the life saving effects of healthy eating. Certified Nutrition and Cooking Instructor Rose Lee will provide information about foods that promote health, along with cooking demonstrations and simple recipes you can try at home. The topic of the second class on April 13th is “Fueling Up on Low-Fat, High-Fiber Foods” where we will learn how to prepare delicious, low-fat dishes made from whole grains, legumes, vegetables and fruits. These classes are free. If you’re interested in this program, please sign up for this series of 4 classes. Space is limited and reservations are required, so please call the senior center at 508-543-1252 to register in advance.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM AT THE LOW VISION GROUP

The Massachusetts State 911 Department would like to make the public aware of an exciting program that could benefit residents of Massachusetts. This program is the Massachusetts Equipment Distribution Program, or more commonly referred to as MassEDP. MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This equipment enables users to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability such as deafness/hearing loss, blindness/low vision, motion, cognitive and speech, for little or no cost, depending on income level. The three eligibility requirements are: 1) residency in Massachusetts, 2) the disability must be permanent and can be verified by a Massachusetts physician, and 3) residential phone service. There are several different types of equipment, each offering special benefits based on disability. MassEDP Field Advisors will be at the Foxborough Senior Center for a presentation on the Equipment Distribution Program on Thursday, April 21st at 1:00 p.m. at a meeting of the Low Vision Support Group. This program is open to all. Please call the senior center at 508-543-1252 to sign up in advance. For more information and a complete list of equipment, please visit the website at www.massEDP.com or call 1-800-300-

FLORAL ARRANGING CLASS WITH BARBARA MULFORD

Barbara Gage-Mulford will be presenting a Floral Arranging Class at the senior center on Thursday, April 21st from 9:30 to 11:30 a.m. Floral arranging classes are designed for novices and beginners. Participants in this class will bring home a beautiful medium-sized fresh cut flower arrangement – great for brightening a day or for gift giving. Classes will be in a relaxed, fun atmosphere with instruction. Participants are not required to bring anything but enthusiasm. This class is being offered free of charge and we will provide fresh cut flowers, clean recycled vases and tools of the trade. We have a limited amount of spaces available, so please call the senior center at 508-543-1252 to sign up in advance.

MINDS IN MOTION WITH JERRY CIANCIOLO

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. There is a limited amount of seating available, so please call the senior center to sign up in advance at 508-543-1252 if you're interested in attending.

LINE DANCING CLASSES WITH JEANNE AND FAYE

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 are being held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 13, 20, 27. Class size is limited, so please call the senior center at 508-543-1252 to sign up.

MEET THE CANDIDATE

Rob Canfield, candidate for School Committee, will be at the senior center on Tuesday, April 26 from 10:00 to 11:00 a.m. This is your chance to meet the candidate face-to-face and ask him any questions you may have before the town elections which will be held on Monday, May 2nd.

REWIND

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library. On Monday, April 11th at 2:30 p.m., our video will be "I Now Pronounce You: Lucy Stone" with guest actress Judith Kalaora.

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 Tuesdays - April 12th and 19th 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!

CLASSIC MOVIE DAY

Classic Movie Day for the month of April is scheduled for Tuesday, April 12th at 12:30 p.m. and our featured film will be Alfred Hitchcock's "The Birds," an unforgettable masterpiece that is considered one of his most terrifying films. When beautiful blonde Melanie Daniels (Tippi Hedren) travels to Bodega Bay in pursuit of eligible bachelor Mitch Brenner (Rod Taylor), she is inexplicably attacked by a seagull. Suddenly, thousands of birds begin to flock into town, preying on school children and residents in a terrifying series of attacks. Mitch and Melanie must fight for their lives against a deadly force that cannot be explained or stopped. Come join us at the senior center to watch this film, 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 you'd like to sign up.

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 13th & 14th the featured program will be the program on Social Security Benefits Review. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MEN'S BREAKFAST

The Men's Breakfast will be held on Thursday, April 28th at 9:00 a.m. Our guest speaker this month will be comedian David Shikes, a retired bookseller and resident of New Hampshire who travels all around the region telling comical stories about New England. Join us for some fun and laughs. The cost for the Men's Breakfast is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, April 22nd to

reserve your seat. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 19th 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.

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.

SCAM ALERT

TELEPHONE SCAMS

Be alert to two ongoing telephone scams. Firstly, if you get a phone call proposing to be from the Internal Revenue Service telling you that you owe money to the IRS, do not respond and hang up the phone. Secondly, if you get a phone call saying that a friend or family member is in trouble and is requesting that you wire them money right away, there is a good chance that this is also a scam. Check with your family or friends, but again, this is a common telephone scam to get you to send your money.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, April 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.

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 April 21st and May 3rd. 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

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:

April 13 – Job Lot / Dollar Store

April 20 - Walmart

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 Olive Garden Restaurant on Wednesday, April 27th 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 25th. 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-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.

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. YMCA-certified instructor Bobbie Rodman leads 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.

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, April 11

Chicken & Rotini 244

with Broccoli 12
Casserole
Multigrain Roll 160
Cinnamon Apple 4
Sodium 421
Calories 564

Tuesday, April 12

Beef Patty 200
Onion Gravy 110
Mashed Potato 82
Wax & Green Beans 3
Hamburg Roll 230
Brownie 132
Sodium 738
Calories 716

Wednesday, April 13

Chicken L'Orange 391
Confetti rice 43
Mixed Vegetables 22
Whole Wheat Bread 160
Orange 0
Sodium 616
Calories 492

Thursday, April 14

Italian Braised Beef 78
Mashed Potato 82
Carrots 77
Oatmeal Bread 121
Pears 4
Sodium 342
Calories 521

Friday, April 15

Krunchy Lite Baked Fish 240
Tartar Sauce 26
Potato Wedges 27
Peas 3
Multigrain Bread 190
Tropical Fruit 10
Sodium 731
Calories 677