

“JOURNEY THROUGH GRIEF” BEREAVEMENT SUPPORT GROUP

Beacon Hospice will offer an 8-week grief support group, “Journey through Grief,” on Tuesday mornings from 9:00-10:30AM at the Foxborough Senior Center, 75 Central Street. This grief/support group will offer a safe and supportive place for you to share your experience of grief with others and move toward healing and hope in a confidential and supportive setting. Sessions will be held March 9 & 23; April 6 & 20; May 4 & 19 (in lieu of Tuesday, May 18); and June 1 & 15. These sessions are free of charge and are open to the community. Anyone who has lost a family member, spouse/partner, close friend or another loved one is invited to attend. Pre-registration is required by calling Scott A. Ciosek, M.Div., Bereavement Coordinator at Beacon Hospice, by March 5, 2010, at 508-747-7222. Space is limited.

Monday, March 1

No Sit & Be Fit Today

Tai Chi 10:45

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, March 2

Walking Club 8:30 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

Wednesday, March 3

Sign-up for Hudson Valley, New York Trip

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Music with Jack Craig 11:30 a.m.

Dollar Tree Store 1:00 p.m.

Zumba 2:30 p.m.

Thursday, March 4

Ceramics 9:00 a.m.

Men's Breakfast 9:00 a.m.

Book Club 1:00 p.m.

Computer Class 1:00 p.m.

Friday, March 5

\$17 Payment Due for Foxwoods

Stop & Shop 8:30 a.m.

Mat Exercises 9:00 a.m.

YMCA Exercise 9:30 a.m.

Massage, Reiki & Reflexology 10:00 a.m.

Wii Games 11:00 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Boomchuckers 1:00 p.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

REGULARLY SCHEDULED

MONDAY MANICURES

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be March 8th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

MEN'S BREAKFAST RESCHEDULED FOR MARCH 4TH

Our Men's Breakfast in February was cancelled due to bad weather conditions and has been rescheduled for Thursday, March 4th. Join us for a delicious meal and some socialization at the Men's Breakfast when Ann Callahan will be giving a presentation on the origins and health benefits of belly dancing. Ann's presentation will include dance demonstrations! The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$2. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, March 2nd. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card with a maximum of 2 cards per player. Our next Bingo afternoon will be on Tuesday, March 2nd from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, March 4th at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

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.

March 3 Dollar Tree Store (1:30 p.m.)

March 10 Target (1:30 p.m.)

March 17 Christmas Tree Shops (1:00 p.m.)

March 24 Wal-Mart (1:00 p.m.)

INFORMATION AND SERVICES

CENSUS 2010

The 2010 Census is EASY with just 10 questions to complete and return. The Census is SAFE since by law, the Census Bureau cannot share your answers with anyone. The 2010 Census is IMPORTANT because Census data determines U.S. Congressional apportionment as well as the distribution of federal funding. This information will be used to implement Social Security programs, plan programs for seniors living alone, apply for grants to help seniors caring for their grandchildren, and create facilities and services for people with disabilities. We want all of our seniors to be counted, so fill out and return your census form when it is delivered in Spring 2010!

IN-HOME CAREGIVER SERVICES

Are you having problems with your in-home caregiving services or do you know someone who does? If you are 60 years or older, let us know about your concerns by calling 1-800-243-4636 (1-800-AGE-INFO).

HOSPICE VOLUNTEER TRAINING

Community VNA Hospice Care is seeking volunteers to participate in a 20 hour training course. Hospice volunteers provide support and respite to terminally ill patients and their families. Volunteers find the work of Hospice gratifying and uniquely meaningful to assist those in need at critical points in their lives. Support to patients and their families includes: providing companionship, running errands, providing transportation or simply being a listening presence. Training sessions will take place on Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m. beginning April 6th and running through April 27th at Community VNA, 10 Emory Street, Attleboro, MA. Please call the VNA Hospice Care Volunteer Coordinator at 508-222-0118 or email her at volunteers@communityvna.com to pre-register for this program.

SAND FOR SENIORS

The Foxboro Jaycees will be delivering sand and salt to Foxboro seniors once again this year. If you are interested in taking advantage of this free service, please call Mohsen at 508-543-2621. Provide your name, address, telephone number, your preference for sand or salt, and if you will need a bucket.

SENIOR CENTER PROGRAMS ON CABLE

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Channel 22 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. Watch for "Your Scene, Your Center." "Your Scene" refers to information pertinent to seniors. "Your Center" refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage, or check out our DVD lending library to view our taped programs.

PROJECT LIFESAVER

Foxboro is part of the nationally recognized search and rescue program, Project Lifesaver. This program is for Foxboro residents of any age who tend to wander or may get lost due to conditions such as Alzheimer's, Autism, Downs Syndrome, and other special needs. Norfolk County Sheriff Michael Bellotti is the state coordinator for Project Lifesaver. Project Lifesaver has proven to be extremely effective at finding and returning to safety those people who have become disoriented or lost. If you are interested in signing up a loved one who requires 24 hour care, please call the community social worker, Noreen Sherys, at 508-543-1252. She will do an initial screening and then refer you to the Program Specialist for a complete assessment.

OPERATION REASSURANCE

The Operation Reassurance program is a free service for Foxboro residents. Participants check in each day Monday through Friday via telephone to ensure that they are O.K. This program is wonderful for people who live alone, those confined to their home due to illness, or anyone who wants the comfort of knowing someone will check on them once a day. Call the senior center at 508-543-1252 for more information.

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in Cranberry, Loden Green, or Williamsburg Blue are \$39.95 each, or there is a multi-colored version at a cost of \$44.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, March 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.

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, March 1st. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

S.H.I.N.E. – TUESDAY, MARCH 2, 2010

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 a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, March 2nd at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

SPECIAL EVENTS AND PROGRAMS

JACK CRAIG “MUSIC WITH CLASS”

Get ready to warm up your vocals on these cold wintry days with a music series offered by Jack Craig. Each presentation highlights either a great individual crafter of songs, or a song writing team. Participants sing along with a ‘best of’ selection of songs, and hear a bit about the writer’s life story as well. Mark your calendars for the remaining Wednesdays from 11:30 a.m. to 12:30 p.m.:

March 3rd - Broadway Blockbuster - Show Boat

March 10th - Great Songwriters - Lerner and Loewe

Please call 508-543-1252 to sign-up for this series.

Wii BOWLING TOURNAMENT

We will be participating in a virtual bowling tournament hosted by the Mansfield COA on Friday, February 26th from 10:00 a.m. to 1:00 p.m. The Mansfield COA (located at 255 Hope Street, Mansfield) will graciously provide a pizza party for you that day following the tournament. Prior to the big event, come and practice your skills with the Wii system at our senior center on Friday mornings at 11:00 a.m. to get ready for this friendly competition with our neighboring COA. Please call 508-543-1252 by Friday, February 19th to let us know that you will be coming. Come join the Wii generation and join the fun!

NEW COMPUTER CLASSES AND HELP SESSIONS

Beginning in February we will be offering computer classes on alternate Thursday afternoons. The remaining dates are March 4th & 18th; April 1st & 15th. The classes will be held from 1:00 p.m. to 2:30 p.m. and will showcase “computer how-to” and basic techniques. You must sign-up for each session individually. From 2:30 p.m. to 4:00 p.m., following the classes, you will have the opportunity to “ask the expert” your own personal computer questions. Find out the answers to “What’s wrong with my computer?” and/or “How do I...?” Call the senior center at 508-543-1252 to sign-up for this great opportunity to learn something new and expand your knowledge.

UNCOMMON PICNIC TALENT SHOW

Mark your calendars now for the Uncommon Picnic on Thursday, June 10th. The entertainment for the picnic this year will be a talent show. You will have the opportunity to show us your special talents in the form of music, comedy, skits or whatever! Talk to your friends and see if they would like to join you in an ‘act’. We

will have open auditions on March 31st at 11:30 a.m. Please call 508-543-1252 for more information or to sign-up for an audition.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 9th through April 6th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

TRAVEL AND ENTERTAINMENT

HUDSON VALLEY, NEW YORK TRIP

Come on an exciting overnight trip to New York's beautiful and interesting Hudson Valley on June 21st & 22nd. You will see the sights of the region named for Dutch explorer Henry Hudson. Visit the home of Franklin D. Roosevelt as well as the FDR Library and Museum in Hyde Park. You will enjoy a guided tour of West Point Military Academy. Learn all about the life of a cadet and the history behind this famous institution as you tour the well manicured grounds. In the afternoon, you will board 'The Commander' for a 2 hour cruise on Henry Hudson's "great river." Mansions and forts along the banks of the river will come alive as you listen to tales of the Revolutionary War and the steamboat eras. Your trip includes 1 night hotel accommodations, 1 breakfast, 1 dinner, all sightseeing and admissions per itinerary, taxes, service charges, baggage handling, tour director services, deluxe motor coach transportation and driver & tour director's tip. Your motor coach will depart from St. Mary's Church parking lot on Monday, June 21st at 7:00 a.m., and return on Tuesday, June 22nd. The cost of the trip is \$259 per person for a double and \$309 per person for a single. A deposit of \$139 will be due by Friday, March 26th, and final payments will be due by Friday, April 23rd. Checks should be made payable to Brush Hill Tours. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, March 3rd beginning at 8:00 a.m. (This is a "Foxtrotter" trip. "Foxtrotter" trips are limited to one gift certificate per person per year.)

"FRIENDS" ORGAN CONCERT

The Friends of Foxboro Seniors will be going to a theatre organ concert at the Shanklin Music Hall in Groton, MA on Sunday, April 18th. The cost is \$26, payable by March 3rd to "Friends of Foxboro Seniors." You will leave town hall via school bus at 12:45 p.m., and return around 6:30 p.m. Sign-up by calling Shirley at 508-543-8823. Call Jeanne Bonneau at 508-543-8940 with any questions.

FOXWOODS TRIP

Come with us on Thursday, April 1st to Foxwoods Resort Casino, a premier entertainment destination in New England, offering a wide variety of ways to spend an exciting day. With over 50 restaurants, many retail shops, six distinctive casinos, and over 7,000 slot machines, every amenity imaginable is available for your enjoyment. Their new Rainmaker slot area features all the hottest new games including Wheel of Fortune and Powerball. With over 400 table games, the largest poker room on the East Coast, and High Stakes Bingo, Foxwoods offers visitors the gaming experience of a lifetime. Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. The cost for the day including 1 Full Buffet Coupon or \$15 food voucher, \$15 Keno Coupon, and driver's tip is \$17 per person and will be due by Friday, March 5th. Sign-up for this trip by calling the senior center at 508-543-1252. (This is a "Foxtrotter" trip. "Foxtrotter" trips are limited to one gift certificate per person per year.)

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marge 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, March 1

PARMESAN CRUMB CHICKEN
LYONNAISSE POTATO
GREEN BEANS W/ TOMATO
WHEAT BREAD
MANDARIN ORANGES

Tuesday, March 2

BEEF CHILI
FLUFFY RICE
WHOLE WHEAT ROLL
PEACHES

Wednesday, March 3

ROAST PORK W/ APPLE GRAVY
GARLIC MASHED POTATOES
BROCCOLI
WHOLE WHEAT BREAD
CUTIE PIE

Thursday, March 4

CHICKEN TETRAZINNI W/SPAGHETTI
CALIFORNIA BLEND VEGGIES
DINNER ROLL
PEARS

Friday, March 5

CHEESE LASAGNA W/TOMATO SAUCE
MIXED VEGETABLES
FRUIT MUFFIN
FRESH FRUIT