

## **'SWING INTO SPRING' SOCIAL**

We had sooo much fun at the “Jack Frost Social” that we are now planning a “Swing into Spring” Social for Thursday, May 20<sup>th</sup> from 12:00 p.m. – 4:00 p.m. at Lakeview Pavilion in Foxborough. Celebrate the arrival of Spring by getting together with friends to enjoy a delicious dinner and lively music in a beautiful setting. DJ Dave Valerio will play musical favorites for you. Sit back and enjoy the music, sing along, or kick up your heels with some line dancing...your choice. We will have line dancing classes on April 21<sup>st</sup> & 28<sup>th</sup> and May 5<sup>th</sup> & 12<sup>th</sup> at 11:30 a.m. There will be a refresher class on May 20<sup>th</sup> at 10:00 a.m. before the social. The menu will consist of our entrée, Chicken Veloute, a sautéed boneless tender breast of chicken served over cornbread stuffing with apples and cranberry raisins, topped with Veloute cream sauce; tossed salad with zinfandel vinaigrette dressing; medley of vegetables, mashed red bliss potato, and warm rolls and butter. For dessert we will be served ice cream topped with chocolate sauce along with freshly brewed coffee and a selection of flavored teas. A cash bar will be available. The cost for this event is \$23 and will be due by Friday, May 7<sup>th</sup>. There is plenty of room for all, so be sure to let your friends know that we would love for them to join us. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, March 24<sup>th</sup>. (This is a “Foxtrotter” trip. “Foxtrotter” trips are limited to one gift certificate per person per year.)

### **Monday, March 15**

Sit & Be Fit 9:30 a.m.  
Tai Chi 10:45  
Knitting 1:00 p.m.  
Shaw's 1:00 p.m.

### **Tuesday, March 16**

Walking Club 8:30 a.m.  
Movie Day-“Waking Ned Devine” 9:30 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.

### **Wednesday, March 17**

Strength Training 8:30 a.m.  
Painting with Bob MacLeod 10:00 a.m.  
Chorus 10:00 a.m.  
Music with Jack Craig 11:30 a.m.  
Christmas Tree Shops 1:00 p.m.  
TRIAD 1:00 p.m.  
Zumba 2:30 p.m.

### **Thursday, March 18**

*Four Celtic Voices @ Venus de Milo departing from St. Mary's parking lot @ 10:30 a.m.*  
Ceramics 9:00 a.m.  
Low Vision Support Group 1:00 p.m.

### **Friday, March 19**

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.

### **Saturday, March 20**

Friends of Foxboro Seniors Meeting 9:30 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](http://www.foxboroughma.gov)

## **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. The Census will be delivered to your home in March. April 1, 2010 is Census Day. From April through July 2010, Census workers will visit households that did not return a form by mail. We want all of our seniors to be counted, so fill out and return your census form promptly when it is delivered!

### **LIBRARY EXPANSION MEETING**

On March 25<sup>th</sup> at 1:00 p.m., we will have an informational meeting at the senior center regarding the library expansion program. Come to hear about the plans and have your questions answered.

## **MEDICAL INFORMATION AND SERVICES**

### **HEARING CLINIC**

Mass Audiology is holding free hearing clinics at the senior center on the 4<sup>th</sup> Monday of each month at 10:00 a.m. Our next clinic will be on March 22<sup>nd</sup>. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

## **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 21<sup>st</sup> & 22<sup>nd</sup>. 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 21<sup>st</sup> at 7:00 a.m., and return on Tuesday, June 22<sup>nd</sup>. 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 26<sup>th</sup>, and final payments will be due by Friday, April 23<sup>rd</sup>. Checks should be made payable to Brush Hill Tours. 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.)

## **REGULARLY SCHEDULED**

## **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 meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on March 17<sup>th</sup>. Judy Schultze from the Foxboro Food Pantry will be the guest speaker for the meeting. Judy will be talking about ways to encourage seniors to make use of the Food Pantry and Discretionary Fund to help meet their needs during these difficult economic times. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

## **MOVIE DAY**

Sign-up for our next movie day which will be Tuesday, March 16<sup>th</sup> at 9:30 a.m. Our feature presentation will be "Waking Ned Devine." After discovering that lucky local Ned Devine (Jimmy Keogh) croaked from the shock of hitting the jackpot in the national lottery, Jackie (Ian Bannen) and Michael (David Kelly) mastermind a scheme to impersonate the dead man and collect his prize money. But to pull it off, they'll need buy-in from the rest of Tulaigh Mohr's denizens -- and not everyone is willing to cooperate. Fionnula Flanagan co-stars in this quirky cinematic charmer. As always, plan on bringing your lunch to enjoy after the movie. We will provide popcorn during the movie showing and follow with dessert and coffee. Sign-up by calling 508-543-1252.

## **JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows will hold office hours at the senior center on the 4<sup>th</sup> Monday of every month at 2:00 p.m. His next visit will be on March 22<sup>nd</sup>. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

## **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on March 18<sup>th</sup>. 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 at 508-543-1252.

## **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, March 17<sup>th</sup> 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.

## **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 17 Christmas Tree Shops

March 24 Wal-Mart

March 31 Luncheon Outing @ Applebee's

April 7 Dollar Tree Store

## **ZUMBA**

We have Zumba classes on Wednesdays from 2:30 p.m. to 3:30 p.m. Zumba is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Have you seen “Dancing with the Stars?” You too can learn to move your hips to the Latin beat as our YMCA instructor, Lorraine Brue, leads you in this fun, fitness program. Our Zumba class participants danced, shaking their coin skirts, at the ‘Jack Frost’ Social and will plan to dance at the upcoming ‘Swing into Spring’ Social on May 20<sup>th</sup>. Classes are \$1 each.

## **BODY, MIND, SPIRIT**

We are offering Body, Mind, Spirit classes on Tuesdays from 12:30 p.m. to 1:30 p.m. One of our favorite YMCA instructors, Joyce Collins, leads this yoga-like combination of exercise and relaxation. Classes are \$1 each.

## **WALKING CLUB**

Come join us on Tuesday mornings from 8:30 a.m. to 9:30 a.m. as we walk together, led by our YMCA instructor, Joyce Collins. After our walk, we will finish with some stretching. Weather permitting, we will walk outside around the town of Foxboro on 45-50 minute walking loops. During weather extremes (high heat and humidity, precipitation or very cold weather) we will walk on the indoor track at our new and beautiful YMCA. The decision to walk inside will be made at the discretion of the Walking Club leader. When in doubt, call the senior center beginning at 8:00 a.m. to find out where the club will be walking. Wear your sneakers or walking shoes and comfortable clothing. This program is free for Foxboro seniors. Please call 508-543-1252 for more information and to sign-up.

## **MAT EXERCISES**

At 9:00 a.m. on Fridays, we have a half-hour self-run mat exercise group. Come in comfortable clothing and shoes and enjoy some early morning stretching. We have the mats available for your use here at the senior center. This class is free of charge.

## **AEROBICS**

This one hour class is held on Friday mornings from 9:30 a.m.-10:30 a.m., and includes stretching, aerobics, and hand-held weights. This 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 abilities. There is a \$1 charge for this class.

## **SPECIAL EVENTS AND PROGRAMS**

### **COMPUTER CLASSES AND HELP SESSIONS (*Please note date changes*)**

We are offering computer classes and help sessions on alternate Thursday afternoons at the senior center. The original schedule has been changed, so mark your calendars for these remaining dates: March 25<sup>th</sup>; April 1<sup>st</sup> & 15<sup>th</sup>. 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 10<sup>th</sup>. 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 31<sup>st</sup> 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 9<sup>th</sup> through April 6<sup>th</sup>. 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.

## **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 15**

GREEK LEMON CHICKEN  
O'BRIEN POTATOES  
HOT 3 BEAN SALAD  
WHOLE WHEAT BREAD  
PINEAPPLE

### **Tuesday, March 16**

STUFFED PEPPERS  
CONFETTI RICE  
DINNER ROLL  
PUDDING

### **Wednesday, March 17**

CORNED BEEF HASH  
CABBAGE & CARROTS  
RAISIN BREAD  
SHAMROCK COOKIE

### **Thursday, March 18**

ROAST TURKEY W/GRAVY  
CRANBERRY SAUCE  
PARMESAN WHIPPED POTATOES  
WINTER SQUASH  
MULTIGRAIN BREAD  
PEACHES

### **Friday, March 19**

SPINACH & CHEESE OMELET  
HASH BROWN POTATOES  
DICED CARROTS  
WHEAT BREAD  
FRESH ORANGE