

## **MEN'S BREAKFAST WITH STATE REPRESENTATIVE JAY BARROWS ON APRIL 1<sup>ST</sup>**

Join us for a delicious meal and some socialization at the next Men's Breakfast on Thursday, April 1<sup>st</sup> at 9:00 a.m. State Representative Jay Barrows will be our guest speaker. He will be taking a "look back with a comparison of what's happening today." 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 30<sup>th</sup>. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

### **Monday, March 22**

Sit & Be Fit 9:30 a.m.

Hearing Clinic 10:00 a.m.

Tai Chi 10:45

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

### **Tuesday, March 23**

Walking Club 8:30 a.m.

Bereavement Group 9:00 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.

### **Wednesday, March 24**

***Sign-up for "Swing into Spring" Social***

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, March 25**

Ceramics 9:00 a.m.

Computer Class 1:00 p.m.

Library Expansion Meeting 1:00 p.m.

### **Friday, March 26**

***\$139 Payment Due for Hudson Valley Trip***

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](http://www.foxboroughma.gov)

**REGULARLY SCHEDULED**  
**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, April 1<sup>st</sup> at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

**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.

**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 24 Wal-Mart

March 31 Luncheon Outing @ Applebee's

April 7 Dollar Tree Store

April 14 Target

**SPECIAL EVENTS AND PROGRAMS**

**FOXBOROUGH READS**

Come and join us at the senior center on Wednesday, March 31<sup>st</sup> at 2:00 p.m. to participate in the "Foxborough Reads" program. We will be reading and discussing "Memoirs of a Geisha," a novel by Arthur Golden. Chris Cormier Hayes from Simmons College will lead our book discussion. Call the senior center @ 508-543-1252 to sign-up for this special event.

**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.

**MEDICAL INFORMATION AND SERVICES**

**BE SAFE, SMART AND STRONG**

VNA Care Network & Hospice will offer bone density, foot and balance screenings at the senior center on Thursday, April 15<sup>th</sup> from 9:00 a.m. to 12:00 p.m. These screenings are FREE and will take approximately 20 minutes. Call 508-543-1252 to make an appointment for yourself. Get checked, prevent falls and stay upright!

## **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**

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

We had so 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.)

### **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.)

## **INFORMATION AND SERVICES**

### **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. Please call 508-543-1252 to let us know that you will be coming.

## **MASSPIRG CONSUMER ACTION CENTER**

The MASSPIRG Consumer Action Center provides consumer information, mediation and referrals to consumers and merchants in Foxboro and other towns in our region. Topics mediated by the office include advertising, automobile sales and repair, contracts, credit reporting problems, debt collection, health spa concerns, home improvement transactions, landlord/tenant disputes, mail and phone orders, mortgage issues, retail sales, scams, sweepstakes, telemarketing, timeshare, and travel. Mediation is done by telephone and/or written correspondence. All complaints and requests for information are kept in strict confidence and are regulated under the Freedom of Information Act. MASSPIRG Consumer Action Center works in cooperation with the Office of the Massachusetts Attorney General. Call 781-335-0280 for more information.

## **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.

## **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!

## **TRANSPORTATION RESOURCES**

### **VAN-GO/CAR-GO**

The Foxborough Council on Aging provides transportation to Foxborough residents on the **Van-Go**, our 14 passenger van or the **Car-Go**, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. To schedule a ride please call the senior center at 508-543-1252. Please provide 24 hour advance notice; however, we will always try to accommodate your needs.

The schedule is as follows:

**Monday – Mornings** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw's in Sharon. \*On Monday holidays this shopping trip is moved to Tuesday afternoon.

**Tuesday – ALL DAY** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

**Wednesday – Mornings** – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

**Thursday - ALL DAY** – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

**Friday - Mornings** – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 p.m. on Fridays.

## **HUMAN SERVICES**

Our Human Services staff may be available to assist with special transportation needs. To find out more, call 508-543-1252 and ask to speak with our Human Services Department.

**F.I.S.H.** is a non-profit organization with volunteer drivers who will bring Foxborough seniors to medical appointments within an 11 mile radius. To request transportation call (508) 698-3729 and leave your name, address, phone number, appointment date and time. Please provide 2 days advance notice. You will be called the evening before your appointment to confirm your ride.

**GATRA 'Dial-A-Ride'** transportation is available in Foxboro. This is a shared ride that provides transportation to several surrounding towns for various appointments, errands or social visits. A 24 hour notice is required for transportation and can be scheduled by calling them at 1-800-698-7676. The recommended donation is between \$1.25 -5.00 depending on distance.

**GATRA 'Miles for Health'** program is strictly for medical transportation. They will bring clients to Boston hospitals Monday through Friday. On *Wednesdays* they provide "all other trips" to Burlington, Framingham, Worcester, Wellesley, etc. The recommended donation is \$10.00. A 48 hour advanced notice is required for this program. Rides can be scheduled by calling 1-800-585-8294. Visit GATRA on their website at [www.gatra.org](http://www.gatra.org)

#### **MEDICAL APPOINTMENT TRANSPORTATION THROUGH FOXFIELD TAXI (HESSCO GRANT)**

Thanks to a grant from HESSCO, Foxfield Taxi is available for transportation to Boston for medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Mondays and Wednesdays. The suggested donation is \$25 for the Boston trips. They are also available to travel to Foxboro, Attleboro and Mansfield medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Tuesdays and Thursdays. The suggested donation is \$10 for these trips. This shared ride program is available to you if you are 60 years of age or older and live in Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole Westwood or Wrentham. For more information or to reserve a ride, call Foxfield Transportation at 1-800-585-8294 or 508-543-2828 or 508-553-3000.

#### **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 22**

CHICKEN CACCIATORE  
BUTTERED NOODLES  
ITALIAN BLEND VEGGIES  
VIENNA BREAD  
MANDARIN ORANGES

#### **Tuesday, March 23**

MUSHROOM BEEF RIB  
MASHED POTATOES  
MIXED VEGGETABLES  
WHOLE WHEAT BREAD  
PEACHES

#### **Wednesday, March 24**

CHICKEN L'ORANGE  
HAWAIIAN RICE  
GENOA BLEND VEGGIES

MULTIGRAIN ROLL  
PUDDING

**Thursday, March 25**

POT ROAST W/GRAVY  
GARLIC MASHED POTATOES  
SLICED CARROTS  
FRUIT MUFFIN  
ALMOND COOKIE

**Friday, March 26**

CRUNCHY FISH  
TARTAR SAUCE  
VEGETARIAN BAKED BEANS  
PEAS & MUSHROOMS  
WHEAT BREAD  
FRESH ORANGE