

## **MOTHERS' DAY PARTY**

Ladies, please join us for light refreshments and music in honor of Mothers' Day. Jack Craig will present "Celebrating Women in Song" on Thursday, May 10 at 1 p.m. at the senior center. When the 19<sup>th</sup> amendment was passed in 1919 giving women the right to vote, songwriters responded with an array of shows and songs based on women's names. Enjoy some cupcakes and sing along with Jack. Our entertainment is sponsored by the Friends of Foxboro Seniors. Call to sign up.

### **Monday, April 30**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.

### **Tuesday, May 1**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Bingo 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, May 2**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Trader Joe's/Christmas Tree Shop 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; Colorist Club 2 p.m.; Paolo DiGregorio History Lecture 4:30 p.m.

### **Thursday, May 3**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; Aging Mastery Program 11 a.m.; Prescription Advantage Program 12:30 p.m.; Computer Class with FRCS 1:40 p.m.

### **Friday, May 4**

Coffee Connection 8:30 a.m. to noon; Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Crafters' Corner 10:30 a.m.

## **THE SAVVY CAREGIVER PROGRAM – Attention Caregivers!**

The Savvy Caregiver Program is a FREE, 6-session training series for caregivers of people with Alzheimer's or other forms of Dementia. Join us at the senior center on Wednesdays 2 p.m. to 4 p.m., beginning May 9 through June 13. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of Alzheimer's or Dementia. Call to sign up for this training series.

## **PAOLO DIGREGORIO'S HISTORY LECTURE**

History professor Paolo DiGregorio will be at the senior center Wednesday, May 2 at 4:30 p.m. and his topic will be "Art in the Age of Revolution, 1789-1914." The 19<sup>th</sup> century was a period of dramatic change in Europe. It was a period of industrialization, revolution and social upheaval, with the hopes of progress and the threat of repression always looming. The social upheaval was reflected in the art created during the period. Artists challenged established artistic norms, pushed the boundaries of perception and representation, and created a revolution in art. This program is being offered thanks to the Friends of Foxboro Seniors. Call to sign up.

## **PRESCRIPTION ADVANTAGE PRESENTATION**

On Thursday, May 3 at 12:30 p.m., Kathy Devine, Director of Prescription Advantage Operations and Outreach from the Executive Office of Elder Affairs, will be at the senior center to present a program on "Prescription Advantage." What do you do when you reach the "donut hole" and can't afford your prescriptions, or your Medicare drug plan isn't working for you? This is where Prescription Advantage can help! Join us to learn more about this state-sponsored pharmacy assistance plan that can: 1) lower your prescription drug costs, and 2) allow you to change your Medicare plan when you need to. If your income is less than \$36,180 (single) or \$48,720 (married), Prescription Advantage is FREE!! Don't miss this important presentation. Call to sign up.

### **GARY HYLANDER SERIES ON “AMERICA BY THE BOOK”**

History Professor Gary Hyland will be at the senior center for another “America by the Book” series of programs on Wednesdays, May 9 & 23 at 4:30 p.m. Gary’s lecture topic on May 9 will be “The Battle of Chancellorsville: May, 1863.” Dug in along the banks of the Rappahannock River in the area of Chancellorsville, General Lee hoped to rout yet another Federal army. Union commander General Hooker was confident, proud and boastful. But outnumbered two to one, General Lee scored a great victory. He also suffered a great loss when General Stonewall Jackson was shot and died within days. This series is sponsored by the Friends of Foxboro Seniors. Join us to learn more of this Civil War battle. Call to sign up.

### **FOSTER’S DOWNEAST CLAMBAKE & TRIP TO THE ISLES OF SHOALS**

On Thursday, June 14 at 8 a.m. we’ll be leaving by motorcoach from the side parking lot of St. Mary’s Church and traveling north to York, Maine. Our first stop is for lunch at Foster’s Downeast Clambake followed by a 3-hour narrated cruise of the Isles of Shoals aboard the 348 passenger Victorian Steamship. Lunch will include your choice of Maine lobster or BBQ chicken, and will also include Maine steamers and mussels, clam chowder, corn on the cob, potatoes, onions, rolls and blueberry crumb cake. While feasting we will enjoy some live entertainment with a dose of humor. After lunch we’re off to Portsmouth, NH for our Isles of Shoals cruise where we will learn why this chain of 9 islands is an important part of New Hampshire history. The cost for the trip is \$102 per person (includes gratuities) and payment is due before May 25. Call to sign up.

### **CLASSIC MOVIE DAY**

Join us for Movie Day at the senior center at 1 p.m. on Tuesday, May 8. The featured film will be “The Courtship of Eddie’s Father.” Realizing that he needs a mother and his widower father needs a wife, precocious Eddie Corbett (Ron Howard) is determined to get his dad, Tom, remarried. While Tom dates numerous women, nobody seems a good fit for Eddie or his father. Tom’s ideal match is closer than he thought as he begins to have feelings for his neighbor Elizabeth (Shirley Jones). We’ll supply the popcorn. Transportation is available. Call to sign up.

### **LOW VISION SUPPORT GROUP**

The next meeting of our Low Vision Support Group is on Tuesday, May 8 from 1 to 2 p.m. The Low Vision Support Group meets on the **2<sup>nd</sup> Tuesday** of each month. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. All seniors are welcome! Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, May 8 from 10 a.m. to noon. The Blood Pressure Clinic is held on the **2<sup>nd</sup> Tuesday** of each month at the senior center. Transportation is available. This is a free clinic, open to all Foxboro residents. Call for 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. SHINE counselors are available on Wed., May 9 and Thurs. May 17. This 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. Call for an appointment.

### **FRIENDS’ BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on Tuesday, May 1 from 1:30 to 3 p.m. and every **1<sup>st</sup> Tuesday** of the month. Win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend! Call to sign up. This program is hosted by the Friends of Foxboro Seniors.

### **SHOPPING**

Our upcoming Wednesday afternoon outings will be: May 2 – Trader Joe’s/Christmas Tree Shop, May 9 -

Walmart. The van travels to Stop & Shop on Mondays at 1 p.m. and on Fridays at 8:30 a.m. There is room on the van to accommodate 3 of your shopping bags on the trip home. If you would like to go on the van, please call the senior center to arrange for a ride by 11 a.m. of the preceding day.

### **WEEKLY EXERCISES**

Chair Yoga, Mondays at 9:15 a.m.; Gym Fitness at the Foxboro Charter School, Wednesdays at 1:45 p.m.; Senior Fitness, Fridays at 9 a.m.; Strength Training, Wednesdays at 8:30 a.m.; Stretch & Balance, Tuesdays at 8:30 a.m.; Tai Chi, Mondays at 10:30 a.m.; Zumba Gold, Tuesdays at 9:45 a.m. \$2 per class

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

To view the monthly mealsite menu, log on to the HESSCO website at [www.hessco.org](http://www.hessco.org) If you plan to dine at the mealsite, please give Marcia at least two days' notice by calling 508-698-0754. Suggested donation \$3. The Van-Go is available for transportation and to reserve a seat, you are required to call by 11 a.m. of the preceding day.