

THE AGING MASTERY PROGRAM IS BACK!

The Aging Mastery Program (AMP) is a comprehensive and fun approach to living that celebrates the gift of longevity. Join us for this 10-week program from 11 a.m. to 12:30 p.m. on Thursdays, March 29 through May 31. Don't miss this opportunity to take part in a program that allows participants to chart their own course for aging well via actionable goals, sustainable behaviors, peer support and incentives. The program topics are different each week. Participants set their individual goals and there is a reward system that motivates and encourages ongoing behavior change. The topic on March 29 is "Navigating Longer Lives: The Basics of Aging Mastery." This is an introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness and overall quality of life. Live well, do well, age well! Call us to sign up.

Monday, Mar. 5

Coffee Connection 8:30 a.m. to 3:30 p.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Book Club 11 a.m.; Scrabble 12:30 p.m.; Stop & Shop 1 p.m.; Knitting 1 p.m.

Tuesday, Mar. 6

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; 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, Mar. 7

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Cholesterol Clinic 9 a.m.; Chorus 10 a.m.; Colorist Club 12 noon; Target 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.

Thursday, Mar 8

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Art with Allie 9 a.m.; Jack Craig's "Swing Era Songs" 11 a.m.; Computer Class 1:40 p.m.

Friday, Mar. 9

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

INTERNET SAFETY PROGRAM

On Wednesday, Mar. 14 at 1 p.m. Gayle Bellotti of the Norfolk County District Attorney's office will be at the senior center to present a program on "Internet Safety." Call us to sign up and join us for this important and timely informational program.

SWING ERA SONGS WITH JACK CRAIG

Get into the "swing" at the senior center on Thursday, Mar. 8 at 11 a.m. Join Jack Craig as he presents his program on "Swing Era Songs." This program highlights some of the greatest bandleaders, musicians, singers and songwriters of the "swing era." From Ella Fitzgerald's *A-Tisket, A-Tasket*, Glenn Miller's *Moonlight Serenade*, Johnny Mercer's *Goody-Goody*, Vaughn Monroe's *There I've Said It Again*, and right on through Lawrence Welk's closing theme song – this program is just a sampling of the best music of the time of Big Bands! Call us to sign up.

DANA ZAISER'S TRAVELS IN IRELAND

World Traveler Dana Zaiser will be at the senior center on Thursday, Mar. 15 at 12:30 p.m. to help us celebrate Ireland and St. Patrick's Day! Dana's program, based on his 2017 Castles and Manors trip to Ireland, will include photos, videos and historical information of the areas he visited. His travels included trips through the Irish countryside during the day, and relaxing at an old castle or historic manor at night. Some of the places he visited included the Rock of Cashel, Cliffs of Moher, Ring of Kerry, Kylemore Abbey, Phoenix Park and the Guinness Brewery. This program is sponsored by the Friends of Foxboro Seniors. Call to sign up.