

TED ZALEWSKI'S PORTRAYAL OF "TEDDY ROOSEVELT"

On Thursday, April 5 at 12:30 p.m., Ted Zalewski will be at the senior center for his one-man performance of "Teddy Roosevelt: Mind, Body and Spirit." In his time, Roosevelt was admired as a cowboy, soldier, naturalist, champion of conservation, statesman and father, and he is considered one of the most popular presidents in US history. Ted Zalewski has performed as Teddy Roosevelt to audiences in 35 states across America and he has appeared at the White House, the Smithsonian Institution and The National Theater. Join us as Ted Zalewski brings Teddy Roosevelt to life. Call to sign up.

Monday, Mar. 12

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

Tuesday, Mar. 13

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.; Low Vision Support Group 1 p.m.; Classic Movie – "Brian's Song" 1 p.m.; Talespinners 2 p.m.

Wednesday, Mar. 14

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; SHINE by appointment; Chorus 10 a.m.; Colorist Club 12 noon; Walmart 1 p.m.; Norfolk County DA's program on "Internet Safety" 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.

Thursday, Mar 15

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Art with Allie 9 a.m.; SHINE by appointment; Jack Craig's "Irish Songbook" 11 a.m.; Dana Zaiser's "Ireland Travels" 12:30 p.m.; Computer Class 1:40 p.m.

Friday, Mar. 16

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.

NEW MEDICARE CARDS BEING ISSUED.

Between April 2018 and April 2019, you will be receiving a new Medicare card in the mail which does not have your social security number as your identifying number. This will help keep your information more secure and help protect your identity. Your coverage or benefits will not change. **If you get a phone call requesting personal information or a fee for your new card, this is a scam! Medicare will never ask you to give personal or private information to get your new card, nor is there a fee for this card.**

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" with a focus on identity theft related to the Equifax breach. Call us to sign up and join us for this important and timely informational program.

JACK CRAIG'S "YOU PICK 'EM IRISH SONGBOOK"

We'll be celebrating St. Patrick's Day with Jack Craig on Thursday, Mar. 15 at 11 a.m. Lyric booklets with dozens of our favorite Irish and Irish/American songs will be provided to participants. Audience members will peruse the booklet, pick their favorite song(s) to sing and hear Jack's anecdotal information about their choices. Join us for a wonderful Irish songfest! This program is sponsored by the Friends of Foxboro Seniors. Call 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.

SENATOR PAUL FEENEY'S COFFEE HOUR

State Senator Paul Feeney will be at the senior center on Monday, Mar. 12 and every 2nd Monday of the month at 9 a.m. This is your chance to have your concerns heard.

CLASSIC MOVIE DAY

Join us for Classic Movie Day at 1 p.m. on Tuesday, Mar. 13. The featured film will be "Brian's Song." Brian Piccolo (James Caan) and Gale Sayers (Billy Dee Williams) are teammates on the mid-1960's Chicago Bears team who form a special bond at a time when professional football still bears a certain amount of race-based segregation. That bond grows stronger still when Piccolo receives some shattering and unexpected news. Join us for this movie classic and we'll provide the popcorn. Call to sign up.

LOW VISION SUPPORT GROUP

The next meeting of our Low Vision Support Group is on Tuesday, Mar. 13 from 1 to 2 p.m. The Low Vision Support Group meets on the 2nd Tuesday of each month. Transportation is available for Foxboro residents. Call Pam McGuire at the senior center for information.

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.

TRIP TO WASHINGTON DC IN THE SPRINGTIME

Don't miss this opportunity to see the cherry blossoms and visit the sights in Washington DC! Join us as we travel by motorcoach and tour our nation's capital on a 4 day/3 night trip **from April 5 through April 8**. We'll be staying in the Embassy Suites Tysons Corner and our dinner on day one is included at Ruth's Chris Steakhouse. On day 2 our guide will relate the history of this great city and show us the Capital, White House, Embassy Row, Lincoln Memorial, Vietnam & Korean War Memorials, the FDR & WWII Memorials and the Holocaust Museum with dinner at Carmine's Restaurant. On day 3 we will visit the Arlington National Cemetery, Tomb of the Unknown Soldier, the Iwo Jima and USAF Memorials. Be sure to visit the Air & Space Museum, or the Natural History Museum or the new American Indian or African American Museums while you're there. The cost for this trip is \$611 per person for a double, \$601 per person triple, and \$771 for a single. All gratuities are included. Call us to sign up and join us as we tour our historic capital city.

HANDCHIME CHOIR

Members of the Mansfield COA have a Handchime Choir led by Mary Hourigan, volunteer director. Handchimes are metal tone bars, which produce a mellow, peaceful and gentle sound. The Handchime Choir practices on Thursday mornings (but not on April 5th) at 8:30 a.m. at the Mansfield Senior Center. Foxboro seniors are invited to attend a Handchime Choir practice with the possibility of joining the choir in playing these

unique instruments. You don't have to be able to read music to participate, but if you love music, want to have fun and would like to attend a practice, call Josephine Madrazo at the Mansfield COA at 508-261-7367.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Monday, March 12 from 10 a.m. to noon. 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 free and confidential health insurance information counseling and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. SHINE counselors are available on Wednesday, Mar. 14 and Thursday, Mar. 15. This program is for Massachusetts residents who are or will be eligible for Medicare and their families. Call for an appointment.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, Mar. 21 at 1 p.m. at The Horse & Carriage restaurant. Sign up is required by Friday, Mar. 16. Van transportation arrangements must be made by Friday, the 16th.

SHOPPING

Our upcoming Wednesday afternoon outings will be on Mar. 14 to 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, call us 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 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.

For more information on Council on Aging & Human Services programs and services, check our website at www.foxboroughma.gov or call at 508-543-1234.