

ARTMATTERS PROGRAM ON IMPRESSIONISM

ArtMatters is a program designed to encourage individuals to enjoy a loving relationship with the visual arts. On Wednesday, Apr. 18 at 4 p.m., participants in the ArtMatters program at the senior center will take part in a presentation on "Impressionism." The Impressionists were painters of light, nature and human nature. Artists such as Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. Their revolutionary style of painting influenced a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era. This program is sponsored by donations to the Foxboro Council on Aging & HS and the Friends of Foxboro Seniors. Call to sign up.

Monday, Mar. 26

Coffee Connection 8:30 a.m. to 3:30 p.m.; Rep. Jay Barrows' Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Manicures by appointment 10 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Alzheimer's Caregivers' Support Group 2:15 p.m.

Tuesday, Mar. 27

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.; Nutrition 11 a.m.; Movie Day – "Patriots Day" 1 p.m.; Talespinners 2 p.m.

Wednesday, Mar. 28

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Colorist Club 12 noon; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; A Matter of Balance 2 p.m.

Thursday, Mar. 29

Coffee Connection 8:30 a.m. to 3:30 p.m.; AARP Tax Prep by appointment only; Art with Allie 9 a.m.; Men's Club Breakfast 9 a.m.; Aging Mastery Program 11 a.m.; Paolo DiGregorio History Lecture 1 p.m.; Computer Class 1:40 p.m.

Friday, Mar. 30

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.

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.

PAOLO DIGREGORIO'S HISTORY LECTURE

History professor Paolo DiGregorio will be joining us on Thursday, Mar. 29 at 1 p.m. for another one of his informative and entertaining history lectures. Paolo's topic on this date will be "Presidential Losers: Unsuccessful Candidates for the Land's Highest Office." Forty-five men have been President of the United States. Most of them have been elected to that office in hard fought, often rancorous, bitter campaigns. But what about those candidates who lost? Does anyone remember them? This talk will look at the lives of some of those who sought, and failed, to win the White House. If you'd like to join us, call to sign up.

LINE DANCING WITH JEANNE AND FAYE

Our line dancing instructors, Jeanne Bonneau and Faye Sullivan, will be at the senior center in April to get us moving and line dancing once again. Join us from 11:15 a.m. to 12:15 p.m. on the following Wednesdays in April: 4, 11, 18 and 25. The steps are uncomplicated and beginners are always welcome. Get some great exercise. Call to sign up.

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.

NEW MEDICARE CARDS BEING ISSUED

Between April 2018 and April 2019, new Medicare cards that will not have your social security number as your identifying number, will start to be mailed out. For residents of New England, new cards will not be issued until after June. To update any of your information, contact Social Security at www.ssa.gov/myaccount or call [1-800-772-1213](tel:1-800-772-1213). **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.**

RMV ANNOUNCES NEW REQUIREMENTS

The Mass. Registry of Motor Vehicles is reminding the public that on Mar. 26, 2018 to get or renew any driver's license, ID card or learner's permit, customers will have to provide documentation showing U. S. citizenship or lawful presence as required by federal and state law. On March 26 customers will have the choice between a REAL ID Driver's License or ID card, or a Standard Mass. Driver's License or ID card. After October 2020, the Standard Mass. License or ID card will not be valid as a federal ID. Also, there will be no vehicle inspections in Massachusetts on Mar. 23, 24 or 25 as the RMV transitions to new technology. RMV online services will be unavailable from 7 p.m. on Thursday Mar. 22 until 8 a.m. on Monday Mar. 26.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, Mar. 26 at 9 a.m. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

CAREGIVERS' SUPPORT GROUP

The next meeting of the support group for caregivers of someone with dementia will be on Monday, Mar. 26 from 2:15 to 3:15 p.m. This group meets at the senior center on the fourth Monday of each month and is facilitated by Kristin Heuwold, trained by the Alzheimer's Association as a support group leader. Meetings are of an educational nature and also provide a forum to discuss current concerns and resources for support. Call to register.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Monday, Mar. 26 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

MOVIE DAY

Join us for Movie Day at the senior center at 1 p.m. on Tuesday, Mar 27. The featured film will be "Patriots Day." Tragedy strikes on April 15, 2013 when 2 bombs explode during the Boston Marathon. In the aftermath of the attack, Police Sgt. Tommy Saunders (Mark Walberg), FBI Special Agent Richard DesLauriers (Kevin Bacon) and Commissioner Ed Davis (John Goodman) join courageous survivors, first responders and other

investigators in a race against the clock to hunt down the suspects and bring them justice. We'll supply the popcorn. Transportation is available. Call to sign up.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some "Coffee and Conversation" with Town Manager Bill Keegan on Wednesday, Mar. 28 from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Call to sign up and let us know if you have a topic you'd like to discuss.

SHOPPING

Our upcoming Wednesday afternoon outings will be: Mar. 28 – Job Lot/Dollar Store, Apr. 4 – Kohl's. 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 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.