

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. This series is sponsored by the Friends of Foxboro Seniors. Join us to learn more of this Civil War battle. Call to sign up.

Monday, May 7

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, May 8

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.; Blood Pressure Clinic 10 a.m.; Nutrition 11 a.m.; Classic Movie – “The Courtship of Eddie’s Father” 1 p.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.

Wednesday, May 9

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; SHINE by appt. 10 a.m.; Chorus 10 a.m.; Walmart 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; Colorist Club 2 p.m.; Savvy Caregiver Program 2 p.m.; Gary Hylander Lecture 4:30 p.m.

Thursday, May 10

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

Friday, May 11

Coffee Connection 8:30 a.m. to noon; Shaw’s 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Crafters’ Corner 10:30 a.m.

“INTERGENERATIONAL MEMORIES” AT THE AHERN SCHOOL

Join us for a trip down Memory Lane! The VanGo will drive us from the Senior Center to the Ahern Middle School on Tuesday, May 15 at 1:30 p.m. When we arrive, we will join a group of Ahern students and swap ideas and stories about our lives. Call us to sign up for this interesting and fun intergenerational event.

VOLUNTEER OPPORTUNITIES PROGRAM

Have you been looking to get more involved in the community? Are you recently retired and are able donate some of your time to help out local area organizations? Join us at the senior center on Thursday, May 17 at 1 p.m. when Deb Fradkin of HESSCO will be here to present a program on volunteer opportunities in our area. Call to sign up.

CLUB 90’S PARTY

The Club 90’s party, by invitation only, has been re-scheduled to Thursday, May 31 at 1:30 p.m. Entertainment will be provided by Gary Leanues and we will be serving light refreshments and coffee.

DIABETES PREVENTION PROGRAM INFORMATIONAL SESSION

Don’t miss this life changing series!

The Hockomock Area YMCA and the Foxborough Council on Aging and Human Services will be partnering to facilitate a Diabetes Prevention Program at the senior center. The program is designed to support adults with pre-diabetes. This life-changing series of classes are being offered to help prevent the onset of type 2 diabetes. People with pre-diabetes are at high risk of developing type 2 diabetes, heart disease and stroke. As of April 2018, Medicare covers the cost of this program to eligible recipients. As an extra incentive, the YMCA is

offering participants a 12-week family membership to the “Y”. These classroom-based sessions will be facilitated by a YMCA-USA Lifestyle Coach. To learn more about whether you qualify for this exciting program, join us at the informational session to be held at the senior center on Monday, May 14 at 2:15 p.m. Call to sign up

THE SAVVY CAREGIVER PROGRAM

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.

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 19th 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.

TRIAD – Common Scams and Identity Theft

TRIAD will be meeting on Wednesday, May 16 at 1 p.m. At this meeting, Amy Schram of the Better Business Bureau will present a program that will focus on the most common scams currently circulating in the community and some precautionary steps to protect yourself from identity theft. Join us for this informational meeting. 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. Nobody seems a good fit for Eddie or his father until Tom begins to have feelings for his neighbor Elizabeth (Shirley Jones). 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 **2nd 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 **2nd 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.

LUNCHEON OUTING

Our next luncheon outing is on Wednesday, May 23 at 1 p.m. at The Olive Garden restaurant. Sign up is required by Friday, May 18. Van transportation arrangements must be made by Friday, the 18th.

SHOPPING

Our upcoming Wednesday afternoon outings will be: May 9 – Walmart, May 16 – Kohl's. The van travels to Stop & Shop on Mondays at 1 p.m. We shop at Walmart on the 1st & 3rd Fridays of each month at 9 a.m. On the 2nd, 4th (and sometimes 5th) Fridays, we travel to Shaws at 9 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.