

## **SENIOR CENTER ANNIVERSARY WEEK**

Join us on Monday, June 4 at 1 p.m. for a celebration! Twenty years ago, on June 4, 1998, the new Foxborough Senior Center located at 75 Central Street opened its doors to the public for the first time. After years of not having a permanent home for a senior center, Foxborough's senior citizens celebrated the opening of their brand new building. In honor of the new senior center and thinking ahead to future generations of Foxborough seniors, a time capsule with photos and mementos of those earlier years was buried at the center to be opened in 20 years. That time is now! We're celebrating the 20 year anniversary of the opening of the Foxborough Senior Center and we can finally unearth the time capsule on June 4<sup>th</sup> at 1 p.m. to see what's inside. Call us to sign up and come share this moment with us. Items from the capsule will be on display at the senior center from June 4th through the 7th.

### **Monday, May 14**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Coffee with Senator Feeney 9 a.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.; Diabetes Prevention Info Program 2:15 p.m.

### **Tuesday, May 15**

Coffee Connection 8:30 a.m. to 3:30 p.m.; NO Stretch and Balance Class today; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Memory Café 1:30 p.m.; Intergenerational Memories at the Ahern School 1:30 p.m.; Talespinners 2 p.m.

### **Wednesday, May 16**

Coffee Connection 8:30 a.m. to 6 p.m.; Strength Training 8:30 a.m.; Chorus 10 a.m.; Kohl's 1 p.m.; TRIAD-Scams and Identity Theft Program 1 p.m.; Gym Fitness at the Charter School 1:45 p.m.; Colorist Club 2 p.m.; Savvy Caregiver Program 2 p.m.

### **Thursday, May 17**

Coffee Connection 8:30 a.m. to 3:30 p.m.; Art with Allie 9 a.m.; SHINE by appt. 10 a.m.; Aging Mastery Program 11 a.m.; Volunteer Opportunities Program 1 p.m.; Computer Class with FRCS 1:40 p.m.

### **Friday, May 18**

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.

## **PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH**

On Tuesday, May 15 from 1:30 to 3 p.m. join us at the Pleasant Moments Memory Café at the senior center. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, enjoy light refreshments, participate in an activity and make new friends in an accepting environment. The Café is free of charge and is "open" on the 3<sup>rd</sup> Tuesday of each month at 1:30 p.m. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, call Pam McGuire.

## **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 Leanes and we will be serving light refreshments and coffee.

## **SENATOR PAUL FEENEY'S COFFEE HOUR**

State Senator Paul Feeney will be at the senior center on Monday, May 14 and every 2<sup>nd</sup> Monday of the month at 9 a.m. This is your chance to get to meet our state senator and take advantage of this opportunity to have your concerns heard.

## **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

## **VOLUNTEER OPPORTUNITIES PROGRAM**

Have you been looking to get more involved in the community? Are you recently retired, and are you 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.

## **"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 to sign up for this interesting and fun intergenerational event.

## **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. TRIAD is part of a national program that is a 3-way partnership between seniors, law enforcement agencies, and the council on Aging to reduce criminal victimization of seniors and work to increase senior participation in crime prevention and detection programs. Join us for this informational meeting. 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 23, at 4:30 p.m. Gary's lecture topic on May 23 will be on "The Red Badge of Courage." Loosely based on the Battle of Chancellorsville, Stephen Crane offers the reader a memorable version of the Battle of Chancellorsville. He tells the story through the eyes of Henry Fleming, a young Union soldier. Consider how Crane depicts the Union and Confederate armies, the moral element of war and the intensity of combat. What is the point of the novel's title? This series is sponsored by the Friends of Foxboro Seniors. Join us to learn more of this Civil War battle. Call to sign up.

## **MEN'S CLUB BREAKFAST**

Join us for our next Men's Club Breakfast on Thursday, May 31 at 9 a.m. Our guest speakers will be Town Planner Paige Duncan and Building Commissioner Nick Riccio. They will be here to talk about projects going on in town. The cost for breakfast is \$3 per person. The deadline for sign up for our catered breakfast and payment is noon on Friday, May 25. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

## **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 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 18<sup>th</sup>.

### **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 1<sup>st</sup> & 3<sup>rd</sup> Fridays of each month at 9 a.m. On the 2<sup>nd</sup>, 4<sup>th</sup> (and sometimes 5<sup>th</sup>) 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](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.

For more information on Council on Aging & Human Services programs and services, check our website at [www.foxboroughma.gov](http://www.foxboroughma.gov) or call at 508-543-1234.