

## **DIABETES PREVENTION PROGRAM INFO SESSION**

If you're at risk for Type 2 diabetes you can make small measurable changes that can reduce your risk and help you live a happier, healthier life. Change is tough, but we can help. Join us on Wednesday, Mar. 20 at 9:30 a.m. to learn about the upcoming session of our popular Diabetes Prevention Program which is designed to support adults with pre-diabetes who may be at high risk of developing type 2 diabetes, heart disease and stroke. This program is coordinated with the assistance of Donna Higgins and the Hockomock YMCA. Sign up if you'd like to join us.

### **Monday, Mar. 11**

Sen. Feeney Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

### **Tuesday, Mar. 12**

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Blood Pressure by appt. 10 a.m.; Nutrition 11 a.m.; Meet New Norfolk County Sheriff McDermott 12:30 p.m.; Talespinners 2 p.m.; Job Search/Career Planning by appt. 4 p.m.

### **Wednesday, Mar. 13**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Walmart 1 p.m.; Colorist Club 2 p.m.; "We Did It For You" Program 4 p.m.

### **Thursday, Mar. 14**

Foxwoods Trip 8:30 a.m.; Art with Ally 9 a.m.; Mah Jongg Lessons 10:45 a.m.; Computer Class with Charter School students 2 p.m.

### **Friday, Mar. 15**

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.

## **UNDERSTANDING SENIOR LIVING**

Join us on Friday, Mar. 22 at 10:30 a.m. for a program on "Understanding Senior Living." Everyday 10,000 US citizens turn 65 and many will need some kind of care as they age... most have not yet planned for it. Come learn the best way to be prepared and understand your senior living options and associated costs of each. This presentation will be given by 2Sisters Senior Living Advisors, a free advisory service. Call to sign up.

## **WE DID IT FOR YOU!**

On Wednesday, Mar. 13 at 4 p.m., the playwright and cast members from the Orpheum Theater's musical production of "We Did It For You!" will be at the senior center. This production is the story of how women got their rights in America, told by the women who were there, and performed by a dedicated troop of women and girls who are keeping alive the women's contributions of the past for future generations. At this program, the playwright will share some behind-the-scenes stories of this entertaining and educational show and there will be a sample of the performance from cast members of the show. Call to sign up.

## **JOB SEARCH/CAREER PLANNING**

In collaboration with MassHire Metro Southwest Career Center, the Foxborough Council on Aging/Human Services Dept. offers career assistance, by appointment only, on Tuesday afternoons from 4 to 6 p.m starting in March. Clients will work with a MassHire specialist for an individualized job search, resume critiquing, mock job interviews and access to specialized job training. Call us for an appointment.

## **A NEW SHERIFF IN TOWN**

Last December, Governor Charlie Baker appointed Jerry McDermott as the new Norfolk County Sheriff to serve out the remainder of former Sheriff Bellotti's term. Join us at the senior center on Tuesday, Mar. 12 at 12:30 p.m. to welcome the new sheriff to Foxborough. Sheriff McDermott brings with him 30 years of

experience in the public and private sector including service as a Boston City Councilor, State Director for Senator Scott Brown and Executive Director of the South Shore Habitat for Humanity. Call us to sign up.

### **REVERSE THE AGING PROCESS**

Join us at the senior center for the 6-week program “Reverse the Aging Process” beginning on Thursday, Mar. 14 from 9 to 10 a.m. and continuing every Thursday through April 18. This 6-week program is designed to help individuals regain their balance. Participants will work on their balance, their *sense* of balance, and proprioception. Space is limited. The cost for the program is \$36 and is payable at the time you sign up.

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

State Senator Paul Feeney will be at the senior center on Monday, Mar. 11 and every 2<sup>nd</sup> Monday of the month at 9 a.m. Call to sign up and take advantage of this chance to get to talk to our state senator and have your concerns heard.

### **TABLE TOP GARDEN CLUB**

Think Spring! Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, will begin meeting once again. It’s too early to do any outside planting, but it’s not too early to start planning. Join us at our meetings on Tuesdays, Mar. 12 & 19 at 9:45 a.m. Everyone is welcome and new members are always encouraged to join, no previous gardening experience necessary. Call to sign up.

### **SENIOR SUPPER CLUB**

Senior Supper Club will be held at the senior center on Wednesday, Mar. 27 at 4:30 p.m. Our menu will include beef stew with veggies, whipped potato, leprechaun cake, roll and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

### **LIFE REVIEW**

Do you have a great story or memory that you’ve always wanted to share? Telling life stories creates a sense of purpose, excitement and fun. Imagine the pleasure of knowing your life stories have been recorded, edited and preserved for future generations. This Life Review program will allow seniors a chance to tell an interesting story from their life, while being recorded. Seniors will be provided with a digital file that they can share with loved ones. Call us or stop by to set up an appointment to schedule your own Life Review!

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, Mar. 20 at 1 p.m. at the Olive Garden restaurant in Foxborough. Sign up is required by Friday, Mar. 15. Van transportation arrangements must be made by Friday, the 15<sup>th</sup>.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, Mar. 12 from 10 a.m. to noon. The Blood Pressure Clinic is held on the 2<sup>nd</sup> 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. A SHINE counselor is available on Thursday, Mar. 21. 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.

### **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Mar 13 – Walmart, Mar 20 – Lunch at Olive Garden. 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.; 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.