

BEST OF MAINE LOBSTERBAKE TOUR

On Thursday, May 23 we will be traveling by motor coach up to the state of Maine for the day. We'll be leaving at 8:30 a.m. from the side parking lot of St. Mary's Church, 58 Carpenter Street in Foxborough. Our first stop will be at "When Pigs Fly Company Store" to check out the over 25 varieties of breads and other products. Lunch will be served at Mike's Clam Shack Restaurant. Meal choices are: Maine Lobster, NY Strip Steak, Baked Haddock or Baked Stuffed Chicken, and all are served with NE Clam Chowder and fresh steamers! Then we're off to the famous Len Libby's chocolates before we take a ride to York, MA and visit the Stonewall Kitchen Store. The cost including all gratuities is \$89 for Foxboro residents and \$94 for non-residents. Sign up for this delectable day in Maine with your payment due no later than May 10.

Monday, Mar. 25

Rep. Jay Barrows Office 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. 26

Stretch and Balance Class 8:30 a.m.; Zumba gold 9:45 a.m.; Manicures by appt. 10 a.m.; Nutrition 11 a.m.; Soup/Sandwich and the movie "Crazy Rich Asians" 12 noon; Talespinners 2 p.m.

Wednesday, Mar. 27

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Hearing Health by appt. 10 a.m.; Coffee with the Town Manager 12:30 p.m.; Job Lot/Dollar Store 1 p.m.; Colorist Club 2 p.m.; Senior Supper Club 4:30 p.m.

Thursday, Mar. 28

Art with Ally 9 a.m.; Men's Breakfast 9 a.m.; Mah Jongg Lessons 10:45 a.m.; Computer Class with Charter School students 2 p.m.; COA/HS Advisory Brd. Mtg. 3 p.m.

Friday, Mar. 29

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

SENIOR OLYMPIC INFO SESSION

Are you interested in participating in the week-long Foxborough Senior Olympics in May? Join us at the info session on Wednesday, April 3 at 5 p.m. to ask any questions you may have about our Senior Olympics, learn about the events and see how you can participate. **YOU HAVE IT IN YOU TO BE AN OLYMPIAN, NO MATTER WHAT YOUR ABILITIES ARE!!** Refreshments will be provided, so call us to sign up.

LUNCH AND AUDIO DESCRIBED "CRAZY RICH ASIANS" MOVIE

Join us for a soup and sandwich lunch at 12:00 noon on Monday, Mar. 26 followed by a showing of the audio described movie "Crazy Rich Asians." An audio described video provides narration of a movie's key visual elements, such as characters' actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialog. Call us to sign up.

TECH 101 – COMPUTER BASICS

A monthly class that explores the extreme basics of various computer programs is being offered at the senior center. The class is free and open to all, and the next meeting will be at 4 p.m. on Tues., April 2. A different topic is offered each month, and April's topic is "Creating a Facebook Account." Space is limited, so call to sign up.

LINE DANCING CLASS

It's time to get moving, so let's do some dancing. Our line dancing instructors, Jeanne Bonneau and Fay Sullivan, will be at the senior center every Wednesday in April from 11:15 a.m. to 12:15 p.m. to lead us through some line dancing steps. The steps are uncomplicated, the classes are fun, and beginners are always welcome. Call to sign up and join us in April.

PROTECTING AGAINST ELDER ABUSE

On Tuesday, April 9 from 5 to 6 p.m. there will be a complementary seminar at the senior center on “Protecting Against Elder Abuse.” Wells Fargo Financial Advisor David Ferris will be here to educate seniors on common issues and scams. Additionally, important resources will be available. Call us to sign up.

UKULELE LESSONS

It’s time to try something new and unusual, so join us for 6 weeks of beginner’s ukulele lessons! Classes will start at 12:30 p.m. on Tuesday, April 2 and will continue on the following Tuesdays: April 9 & 23, May 7, 14 & 21. During this 6-week program, participants will learn the parts of the ukulele, how to tune the ukulele, basic chords, 4 or 5 strum patterns and 8 to 10 songs. As the learning continues, songs of increasing challenge and complexity will be covered. The cost is \$75 and is due at the time you sign up. If you have to purchase a ukulele, email LJCohen@comcast.net Don’t miss out on the fun!

6 MONTH REVIEW

After 6 months as Director of Human Services, Marc Craig will present a program on the successful (and not so successful) activities, survey results and interesting statistics. Join us on Wednesday, April 3 at 4 p.m. for a 6 Month Review with Marc. After discussing the past, Marc will share plans for the future, take suggestions, and answer questions from the audience. Seniors are encouraged to attend to shape the future of the Council on Aging/Human Services Department and the Foxborough Senior Center. 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, April 4 from 9 to 10 a.m. and continuing every Thursday through May 9. 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.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, April 4 from 9 a.m. to 11 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call us to schedule an appointment.

REP. JAY BARROWS’ OFFICE HOUR

State Representative Jay Barrows’ next visit to the senior center will be on Monday, Mar. 25 at 9 a.m. Call to sign up and take advantage of this chance to get to meet our state representative and have your concerns heard.

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.

COFFEE WITH THE TOWN MANAGER

Join us at the senior center for some “Coffee and Conversation” with Town Manager Bill Keegan on Wednesday, Mar. 27 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.

MEN’S CLUB BREAKFAST

Join us for our next Men’s Club Breakfast on Thursday, Mar. 28 at 9 a.m. Our guest speaker will be Human Services Director Marc Craig. The cost for breakfast is \$3 per person. Sign up with your payment no later than noon on Mar. 22. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

VETERANS' BREAKFAST CLUB

Veterans of all ages are invited to join us on Monday, April 1, at 9:15 a.m. for our Veterans' Breakfast Club. The mission of the breakfast club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten. Additionally, important veterans' issues will be discussed under the leadership of Foxborough's Veterans' Services Officer Ally Rodriguez. Free coffee and pastries will be available to all participants. Call us to sign up.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: Mar 27 – Job Lot/Dollar Store, April 3 – Patriot Place South Market. 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.; 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.