

SIGN UP FOR 2020 TRIP TO SORRENTO, ITALY

In 2020 we'll be traveling to Sorrento Italy, for a 9 day/7 night trip planned for April 23 through May 1. We will be spending a memorable week in Sorrento, one of southern Italy's top resort areas, and our travel itinerary will include a visit to Naples, Pompeii, the Isle of Capri and Amalfi Drive. Discover an area where artists, writers, kings and emperors have made their homes for over 2000 years. The cost is \$3,109 per person double/triple and \$3,929 per person for a single. Sign up for this trip will begin at 8 a.m. on Wednesday, April 24 and you MUST call us at 508-543-1234 to sign up. Registration forms are available at the senior center.

Monday, April 22

Rep. Jay Barrows Office Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; SHINE by appt. 12:30; Scrabble 12:30 p.m.; Knitting 1 p.m.; Stop & Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

Tuesday, April 23

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Nutrition 11 a.m.; Low Vision Support Group 1 p.m.; Talespinners 2 p.m.; Savvy Social Security Planning 5:30 p.m.

Wednesday, April 24

Registration begins for Sorrento Trip 8 a.m.; Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Hearing Clinic 10 a.m.; Line Dancing 11:15 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, April 25

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Men's Breakfast 9 a.m.; Culture and Cuisine of the Azores 10:30 a.m.; Mah Jongg Lessons 10:45 a.m.; Computer Class with Charter School students 2 p.m.; COA/HS Advisory Board Mtg. 3 p.m.

Friday, April 26

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

SAVVY SOCIAL SECURITY PLANNING

On Tuesday, Apr. 23 at 5:30 p.m., the senior center will be presenting a program on Social Security Planning. Social Security planning is an important part of retirement income. Over 57% of Americans take their SS benefits before normal retirement, resulting in benefits that are far lower than if they had waited. This seminar will discuss how much retirees can expect to receive, how to apply, and how to maximize benefits. A personalized report showing actual benefits for each participant at different ages and strategies is offered. Call us to register.

UKULELE 2 LESSONS

Continue your musical journey on the Ukulele through this 6-week "Ukulele 2" program. Classes will be held from 12:30 to 2 p.m. on the following Tuesdays: May 7, 14, 21, 28 & June 4 and 11. Participants are required to bring their own Soprano, Concert-size, or Tenor ukulele (with GCEA tuning). This is an opportunity to continue to develop new ukulele skills as well as practice songs of increasing challenge and complexity. Prerequisite of the Adult Beginner I class is highly recommended, but for those with prior ukulele experience, please feel free to inquire. Purchase of an electronic tuning device, such as a Snark Tuner, is also recommended. The cost for the classes is \$75 per person and is due at the time you sign up.

CUISINE AND CULTURE OF THE AZORES

Join us on Thursday, April 25 at 10:30 a.m. for a program on the Cuisine and Culture of the Azorean Island of Sao Miguel presented by author Milena Rodrigues. Experience the Azorean Island of Sao Miguel through an in depth presentation of the most popular and traditional Portuguese dishes. Hear about the unique culture of this volcanic European island 850 miles off the coast of Portugal. Chef Milena Rodrigues will be coordinating this seminar based upon her travel experiences and her knowledge of the Portuguese culture and cuisine. This

program is open to all and may especially be of interest to those that are traveling to the Azores with our group in September. Call to register.

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 11 A.m. on Fri., May 3. A different topic is offered each month, and May's topic is "Craigslist." Space is limited, so call to sign up.

KIDNEY DISEASE INFO SESSION

Kidney Disease is a silent killer. Hypertension, high blood pressure and diabetes, in the long run, cause chronic renal failure or end stage renal disease. Join us on Tuesday, May 7 at 5 p.m. for a presentation by Dr. Naseem Ahmed, Kidney Disease Coach, who will enlighten those of us who are curious about potential Kidney Disease. Please call to sign up.

INTRODUCTION TO AYURVEDA

Ayurveda, the "Science of Life," is the oldest continually practiced healthcare system in the world. Join us for a one-day workshop on Friday, May 10 at 10:30 a.m. for an introduction to Ayurvedic principles. When in balance, you naturally desire only that which nurtures your health and life. You flow in harmony with your body's natural rhythms, get restful sleep, and feed your senses with experiences, tastes, touch, aromas, sound and signs that uplift and nourish you! Take this opportunity to learn about this ancient practice. The cost is \$8 and is due at the time you sign up.

REP. JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows' next visit to the senior center will be on Monday, April 22 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, April 24 at 4:30 p.m. Our menu will include macaroni and cheese, escalloped tomatoes, brownie, 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, April 24 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, April 25 at 9 a.m. Our guest speaker will be Town Manager Bill Keegan. 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.

PAOLO DIGREGORIO - THE RISE AND FALL OF FRENCH CANADA

History professor Paolo DiGregorio will be back at the senior center on Wed., May 1 at 4 p.m. to present his program "Voyageurs et Habitants: The Rise and Fall of French Canada" as we explore the story of the French in Canada. Between the 16th and 18th centuries, French explorers, traders and colonists helped to establish a French empire in North America. As these intrepid individuals pushed westward, they became the first Europeans to see the Great Lakes, the Mississippi River and the upper Great plains. By the early 1700's, France claimed more American territory than its rival, Britain. Yet, by the 1760's France would lose its American dominions. This program may also be of special interest to those who will be traveling with us to Quebec in June. Call to sign up.

SOUP/SANDWICH AND A MOVIE

Join us at 12:30 p.m. on Thursday, May 2 for a light lunch, followed by a showing of the movie “Dr. No.” Prior to the film, we will serve soup and a sandwich for lunch, for a suggested donation of \$3. Call us to sign up. Transportation is available.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, April 30 beginning at 10 a.m. for 20 minute appointments. Sheri uses OPI products. The cost is \$10. Call us to make your appointment.

SHOPPING

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: April 17 – Jake n Joe’s Restaurant, April 24 – Job Lot/Dollar Store. 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.