

## **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.

### **Monday, April 29**

Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; Knitting 1 p.m.; Shaws 1 p.m.; Diabetes Prevention Program 2:15 p.m.

### **Tuesday, April 30**

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Manicures by appointment 10 a.m.; Nutrition 11 a.m.; Talespinners 2 p.m.

### **Wednesday, May 1**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Target 1 p.m.; Colorist Club 2 p.m.; Paolo DiGregorio History Lecture 4 p.m.

### **Thursday, May 2**

Art with Ally 9 a.m.; Reverse the Aging Process 9 a.m.; Mah Jongg Lessons 10:45 a.m.; Soup/Sandwich and a Movie – “Dr. No” 12:30 p.m.; Computer Class with Charter School students 2 p.m.

### **Friday, May 3**

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Tech 101 – “Craigslist” 11 a.m.

## **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. 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.

## **E-READER TECHNOLOGY CLASS**

Join Christina at the senior center for an E-Reader (Kindle) Technology class on Monday, May 6 from 10 to 11 a.m. The Council on Aging has 3 E-Readers that can be checked out. Learn how to get books on these (or your own) devices, or learn how to listen to “Books on Tape” from your smart phone. If you have a device you would like to learn more about, bring it with you or check out the COA’s. Call 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 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.

## **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. Prior ukulele experience is required. The cost is \$75 per person and is due at the time you 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.

### **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.

### **VETERANS’ BREAKFAST CLUB**

Veterans of all ages are invited to join us on Monday, May 6, 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.

### **COME PLAY CORNHOLE**

Cornhole is a lawn game in which players take turns throwing bean bags at a raised platform with a hole in the far end. Seniors are invited to spend time playing Cornhole here at the senior center on Thursdays, May 9 & 23 and monthly every 2<sup>nd</sup> and 4<sup>th</sup> Thursday from 2 p.m. to 3:30. Join us for some fun and do some socializing with new friends. (If the weather cooperates, Cornhole may even be played outdoors.) Call us to sign up.

### **MALNUTRITION SCREENING**

In honor of the 1<sup>st</sup> Annual Malnutrition Awareness Week, the HESSCO dietician will be at the senior center to provide a Malnutrition Screen and Frail Scale Assessment on Wednesday, May 15 from 3 to 4 p.m. This is a free service. There will be snack giveaways, recipe demonstrations and the ability meet with the dietician to ask questions. Call us to sign up.

### **MARILYN RODMAN PAC SENIOR CENTER SERIES - Foxboro Classical Ballet**

Each month the Marilyn Rodman Performing Arts Center (Orpheum) will showcase their upcoming show with a selection of performances presented at the senior center. Join us on Wednesday, May 15 at 4 p.m. when the Foxborough Classical Ballet will be performing pieces, including “Swan Lake” from their spring show “Beauty in the Afternoon.” Call to sign up for this opportunity to see ballet.

### **PROFESSIONAL FOOT CARE**

On Tuesday, May 14, a Professional Foot Care program will be offered at the senior center. This program is run by a registered nurse, and the services will include assessment, nail clipping/filing, corn and callus reduction, and foot massage. The cost for each 30 minute appointment is \$35. Call us to schedule an appointment.

### **HESSCO ADVISORY COUNCIL MEETING**

On Tuesday, May 14 from 11 a.m. to 12:30 p.m., HESSCO’s Advisory Council members will host their next monthly meeting at the Foxborough Senior Center. The Advisory Council meets monthly and provides advice and information to HESSCO, the Area Agency on Aging. HESSCO’s services support the health and well-being of seniors in the South Norfolk County area. The Advisory Council is interested in sharing more about HESSCO and would like to know the needs and concerns for Foxborough seniors. Lunch will be provided for you following the meeting. Call us to sign up by Friday, May 10 at 12 p.m.

### **LUNCHEON OUTING**

Our next luncheon outing is on Wednesday, May 15 at 1 p.m. at the Horse & Carriage Restaurant. Sign up is required by Friday, May 10. Van transportation arrangements must be made by Friday, the 10<sup>th</sup>.

## **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 Mondays, June 3, 10, 17 & 24. 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: May 1 – Target, May 8 - Walmart. 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.