

## **CPR CLASS**

Don't miss this opportunity to take a class in CPR. This class will teach participants how to recognize and alleviate airway obstructions, the proper use of an AED, and the signs, symptoms and corrective action for a stroke or heart attack. The class will be held on Wednesday, May 22 at 3 p.m. and the cost is \$25 per person. Call us to register.

## **Monday, May 13**

Senator Feeny Coffee Hour 9 a.m.; Chair Yoga 9:15 a.m.; Tai Chi 10:30 a.m.; Scrabble 12:30 p.m.; SHINE by appt. 12:30 p.m.; Knitting 1 p.m.; Mah Jongg Free Play 1 p.m.; Stop and Shop 1 p.m.; Diabetes Prevention Program 2:15 p.m.

## **Tuesday, May 14**

Stretch and Balance Class 8:30 a.m.; Zumba Gold 9:45 a.m.; Table Top Garden Club 9:45 a.m.; Footcare by appt. 9 a.m.; Blood Pressure 10 a.m.; HESSCO Advisory Committee 11 a.m.; Nutrition 11 a.m.; Ukulele 2 Class 12:30 p.m.; Talespinners 2 p.m.; Senior Olympics Opening Ceremony 6 p.m.; ½ Mile Walk 6:30 p.m.

## **Wednesday, May 15**

Strength Training Class 8:30 a.m.; Chorus 10 a.m.; Darts Competition 11 a.m.; TRIAD 1 p.m.; Women's Cornhole 1 p.m.; Men's Cornhole 2 p.m.; Colorist Club 2 p.m.; Malnutrition Screen 3 p.m.; Rodman PAC "Beauty in the Afternoon" 4 p.m.

## **Thursday, May 16**

Art with Ally 9 a.m.; Mah Jongg 10:45 a.m.; Basketball Freethrow 11 a.m.; Soup/Sandwich and a Movie – "Spectre" 12:30 p.m.; 1 Mile Walk 1 p.m.; Computer Class with Charter School students 2 p.m.

## **Friday, May 17**

Walmart 9 a.m.; Senior Fitness 9 a.m.; Cribbage 10:15 a.m.; Ayurvedic Daily Routine 10:30 a.m.; Bowling 10:30 a.m.

## **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. 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.

## **MAH JONGG**

Learn how to play the ancient Chinese game of Mah Jongg (adapted with American rules) at the senior center on Thursdays 10:45 a.m. to noon, or if you already know how to play, join us for some free play. Mah Jongg is a tile-based game that was developed in China during the Qing Dynasty and has spread throughout the world since the early 20<sup>th</sup> century. We're also playing Mah Jongg on Monday afternoons at 1 p.m. Call 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.

## **SOUP/SANDWICH AND A MOVIE**

Join us at 12:30 p.m. on Thursday, May 16 for a light lunch, followed by a showing of the James Bond movie "Spectre." 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.

### **AYURVEDIC DAILY ROUTINE**

Join us for a one-day workshop, "Ayurvedic Daily Routine," on Friday, May 17 at 10:30 a.m. This is a follow-up course to "Intro to Ayurveda." In this class we will learn to ride nature's waves so we can effortlessly float through each day. By understanding the functioning of the human body as it relates to the Ayurvedic Clock, one can make mindful choices throughout the day. The cost is \$8 and is due at the time you 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.

### **REVERSE THE AGING PROCESS**

Join us at the senior center for the 6-week program "Reverse the Aging Process" beginning on Thursday, May 23 from 9 to 10 a.m. and continuing every Thursday through June 27. 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.

### **PARENTS DON'T WANT TO BE PARENTED BY THEIR ADULT CHILDREN**

Join us on Friday, May 31 at 10:30 a.m. and enjoy a heartfelt discussion about changing the dynamic in your relationship with your adult children beyond negative feelings and into a reciprocal relationship with open communications. There will be laughter, maybe tears, and an interactive discussion. The presentation will be given by Brenda Steward, a Certified Dementia Practitioner, and a Certified Senior Living Advisor with 2 Sisters Senior Living Advisors, a free referral and advisory service. 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.

### **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.

### **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>.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, May 14 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.

### **SENIOR SUPPER CLUB**

Senior Supper Club will be held at the senior center on Wednesday, May 29 at 4:30 p.m. Our menu will include roast turkey and gravy, whipped potato, butternut squash, cranberry sauce, strawberry shortcake, roll and milk. A voluntary donation of \$3 per person can be given that evening. Space is limited, so call to reserve your seat.

### **TRIAD**

TRIAD will be meeting on Wednesday, May 15 at 1 p.m. 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.

### **SHOPPING**

Our upcoming Wednesday afternoon outings at 1 p.m. are on the following: May 15 – Horse and Carriage Restaurant, May 22 – Patriot Place South Marketplace. 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.