



G E M



WHAT'S NEW IN THE "GEM OF NORFOLK COUNTY"



MARCH 2022

- 3-5 Social Programs
- 6 Trips
- 7-8 Wellness Programs
- 9 Human Services
- 9 Foxboro Rec
- 10 Calendar

BE THE FIRST TO RECEIVE THE GEM EACH MONTH,
JOIN THE EMAIL LIST BY EMAILING
MCRAIG@FOXBOROUGHMA.GOV



[Foxborough Council on Aging & Human Services](#)
508-543-1234 | 75 Central Street, Foxborough
Mon, Tue, & Thurs: 8:00am-4:00pm
Wed: 8:00am-6:00pm | Fri: 8:00am-12:30pm

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Edward Jones



Brian E Smith, CFP®, AAMS®
Financial Advisor
30 Mechanic Street Suite 1
Foxboro, MA 02035
508-543-8885

> edwardjones.com

MKT-5894M-A



SOCIAL PROGRAMS

ART WITH ALLY

Thursdays | 10:30am-12:30pm | \$5 Per Class

Bring your creative side, and your brushes for this fun activity. Art with Ally runs on a monthly basis. Payment is due at the time of registration.

BINGO

Tuesday, March 1 | 1:30pm-3:00pm | FREE!

Come join this traditional game of chance, this event is coordinated by the Friends of the Foxboro Seniors

CRIBBAGE

Fridays | 10:45am-12:15pm | FREE!

Come play this fun and exciting card game while making new friends. We will be limiting the amount of Cribbage players, please register before playing.

MAH JONGG FREE PLAY

Wednesdays | 1:00pm | FREE!

This fun and exciting tile game, is perfect for those who are looking to sharpen their skills while making new friends.

BOOK CLUB

Monday, March 7 | 11:00am-12:00pm | FREE!

This program is designed for seniors who simply enjoy reading or listening to books on tape. Registration Required.

CHARLIE CARDS FOR SENIORS

Wednesday, March 2 | 2:00pm | FREE!

Charlie Card is the payment method for the MBTA, The Foxborough Senior Center will be partnering with the MBTA to offer Senior Charlie Cards for residents 65+ allowing for reduced fares on the MBTA.

ARE YOU WORRIED ABOUT POWER OUTTAGES THIS WINTER?

You can always borrow one of the Senior Centers portable charging batteries. These devices will charge your phone twice or a tablet device once.

BEGINNER MAH JONGG FREE PLAY

Wednesdays | 12:30pm-1:45pm | FREE!

This beginner Mah Jongg free play group is for players who have recently just started learning and may want to take each game a little slower than those who have played for many years.

Q/A WITH THE TOWN MANAGER

Wednesday March 30 | 12:30pm | FREE!

Come join the Foxborough Town Manager, William Keegan for conversation. The Town Manager will provide updates on town proceedings and if time allows, a question and answer session.

COFFEE & DONUTS

Daily | 8:30ish-11:30 | FREE! (donations encouraged)

Our popular, coffee and donuts has returned! Once again you will be able to get a cup of coffee and/or a donut.

COA/HS ADVISORY BOARD MEETING

Thursday, March 24 | 3:00pm | FREE!

The COA/HS Advisory Board is a group of senior representatives appointed by the Board of Selectmen to advise the daily operations of the Senior Center

FRIENDS OF THE FOXBORO SENIORS— MCGINTY ROOM

The Friends of the Foxboro Seniors is a Foxborough based nonprofit whose mission is to support the needs of Foxborough's seniors. If you are interested in joining the friends please consider using the donation form in this Gem

MAKING MUSIC

Monday, March 7 | 1:00pm-2:15pm | FREE!

Calling all musicians and singers: Bring your ukulele, guitar, voice, or other acoustic instrument and join us for a new "Making Music" program. All skills are encouraged and welcome to participate in this monthly FREE sing and play along experience. We will explore fun and familiar songs.

INTERMEDIATE UKULELE

Thursdays starting March 3 | 12:30pm-1:45pm | \$75

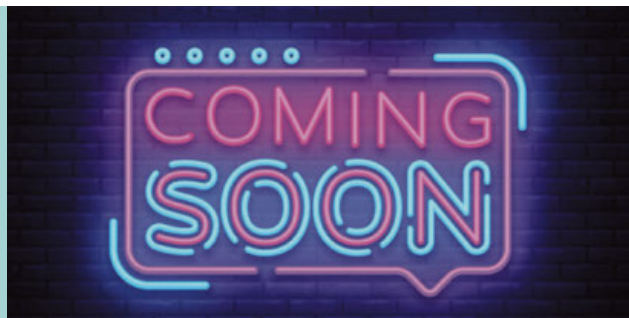
Continue your musical journey. This 8 week class is designed for those with prior experience playing the ukulele. Songs will continue to increase in complexity each week. (No class on 3/24)



REP JAY BARROWS' OFFICE HOURS

Monday, March 24 | 9am-10am | FREE!

Join Representative Jay Barrows for a group discussion as well as question and answer session.



HISTORY AT PLAY
PERFORMANCE:
DIANA OF LOVE

VICTORIAN PAPER
CRAFT

SENIOR OLYMPICS

PICKLEBALL

SENIOR PROM

OUTDOOR
PROGRAMS

SOCIAL PROGRAMS

TALESPINNERS

Tuesdays | 2:00pm-3:00pm | FREE!

Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share.

MACKINAC MONDAY: NIAGARA FALLS

Monday, March 28 | 2:00pm | FREE!

As we lead up to our Mackinac Island trip, the last Monday of each month will now be “Mackinac Mondays”. Each month we will be presenting a program associated with our trip. These programs are open to all, but may be especially interesting to our Mackinac Island travelers.

March– Niagara Falls– Niagara Falls was the nation’s first great symbol, an emblem for the vast untamed continent with it’s beauty and its limitless resources. This PBS Documentary will celebrate the natural wonder and human achievement.

WWII IN COLOR– ROAD TO VICTORY

Thursdays, February 3-April 7 | 11:45am-12:45pm | FREE!

From Dunkirk to North Africa to Okinawa, this new Netflix, British Docuseries will offer a high definition presentation of World War II, over 10 weeks. Gripping historical footage and expert commentary give detailed insights into the leading figures and decisive turning points of World War II.

HEART TO HOME MEAL

Wednesday, April 7 | 4:45pm | FREE!

The team at Heart to Home Meals is offering a free hot dinner to the lovely seniors of Foxborough. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy. You can choose between a Honey Rosemary Chicken with a side of Sweet Potatoes and Peas or Fish Florentine, Haddock with cheddar cheese and spinach sauce with red-skinned potatoes and carrots.

KNITTING

Mondays | 1:00pm | FREE!

This class is for beginners as well as those who would like to brush up on their skills or work on a project. Please bring your knitting needles and yarn.



MOVIES

March– World War II

DARKEST HOUR (2017)

Thursday, March 3 | 1:00pm | FREE!

As the threat of Nazi invasion looms, newly appointed British Prime Minister, Winston Churchill (Gary Oldman) rallies the nation to fight for it’s very survival.

MUNICH-THE EDGE OF WAR (2021)

Thursday, March 10 | 1:00pm | FREE!

At the tense 1938 Munich Conference, former friends who now work for the opposing governments become reluctant spies racing to expose a Nazi secret.

DUNKIRK (2017)

Thursday, March 24 | 1:00pm | FREE!

In May 1940, Germany advanced into France trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every naval and civilian vessel that could be found.

THE FORGOTTEN BATTLE (2021)

Thursday, March 31 | 1:00pm | FREE!

During WWII’s crucial Battle of the Scheldt, the lives of a glider pilot, a Nazi soldier and a reluctant Resistance recruit tragically intersect.

UKULELE 101: FOR BEGINNERS

Mondays starting Feb 28 | 11:30am-12:45pm | \$75

Start your musical journey with the UKULELE. No prior musical experience is needed. During this 8 week program, participants will learn how to play basic chords, rhythms, and strum patterns that will enable you to explore familiar songs in no time! Bring your own ukulele (with GCEA tuning) An electronic tuning device such as a Snark Turner is also recommended. As the learning continues, songs of increase challenge will be offered. (No class on 3/21 and 4/18)

ST. PATRICK’S DAY PERFORMANCE

Wednesday, March 16 | 4:30pm | FREE!

Celebrate St. Patty’s Day with this fun interactive show. Great Irish music from the classic Irish Ballads to the fun drinking songs will be highlighted. Dance a jig, clap your hands and lift your (metaphorical) glass. Singing, dancing and of course we will get the audience involved too. You’ll have a ton of fun while also winning prizes and you’ll also enjoy some surprises.



SOCIAL PROGRAMS

SCRABBLE

Mondays | 1:00pm | FREE!

Meet some new friends while playing America's favorite board game.

CARD MAKING

Thursday, March 10 | 2:00pm | FREE!

Are you a crafty person? Are you interested in learning a new skill? Helen Rice will, once again, be hosting her famous card making class. All supplies are included, and at the end of the class you will have a beautiful home made card for a future event!

THEATER WORKSHOP

Wednesdays | 11:15am-12:30pm | FREE!

Learn character portrayal by reading scripts (mostly comedy). This fun workshop led by Evie Rayburg and Jeanne Bonneau will require no memorization, costumes or production.

BRIDGE LESSONS

Tuesdays | 12:00pm-3:00pm | FREE!

Bridge is a card game that is played all over the world, in person and online. This program, instructed by Sunil Trivedi, will introduce new, interested, players to the card game.

NUMBERS AND NIBBLES

Wednesday, March 9 | 2:00pm | FREE!

Join us for a fun, interactive game of numbers where you win every time courtesy of Brightview Canton. Add some snacks to the game and everyone's a winner! Join us and learn what "Numbers and Nibbles" is all about.

NEW

MEDAL OF HONOR

Thursdays, April 14– June 2 | 11:45am-12:45pm | FREE!

This 8 part docudrama series recreates the inspiring true stories of those honoring service members whose courage merited the awarding of the Medal of Honor.

4/14– Sylvester Antolak	4/21– Clint Romesha
4/28– Edward Carter	5/5– Hersey Miyamura
5/12– Vito Bertoldo	5/19– Joseph Vittori
5/26 Richard Etchberger	6/2– Ty M. Carter

NEW

THE RUSSIAN REVOLUTION

Wednesday, March 2 | 4:00pm | FREE!

Starting in 1881, this documentary film describes how the battle between the royal Romanovs and Lenin's Ulyanov family led to the Russian Revolution.

NEW

USSR-RUSSIA: MYTHS, MYSTERIES, AND SPYING

Wednesday, March 23 | 4:00pm | FREE!

This presentation by author and publisher Henry Quinlan will give a unique insight into the USSR & Russia from Henry's own 30 years of experience. Highlights will include tales of tanks in the streets during the dismantling of the USSR, the 1990 summit between Gorbachev and Bush, encounters with the Russian Mafia, and spying for the FBI.

NEW



LUNCHEON OUTINGS

Wednesday, March 16 | Conrad's | 1:00pm

MEN'S BREAKFAST

Thursday, March 24 | 9:00am | Cost: \$3

We are returning to our Men's Breakfast catered by Roche Brothers. Men are invited to participate by registering at the front desk.

SENIOR SANDWICHES: GRAB & GO OR IN PERSON

Thursdays | 10am-1pm | \$3 Suggested Donation to HESSCO

All meals are served with a side, a bag of chips and water

March 3– Chicken salad on a roll

March 10– Turkey & cheese on a croissant

March 17– Seafood salad on a roll

March 24– Tuna salad on a roll

March 31– Chicken salad on a roll

SENIOR SUPPER

Wed., March 30 | 4:00pm– Food at 4:30pm | Cost: \$4

Our NEW Senior program will focus on a unique high quality, catered meal. We hope you'll join us for an evening out with friends. This program will start at 4:00pm and food will be served around 4:30pm

March's Meal– Stuffed Shells & Salad

TABLE TOP GARDEN CLUB

Tuesdays | 9:45am | FREE!

Our Table Top Garden Club, under the direction of Marsha Lewicke, will start to meet again, once a week. All are welcome, no previous gardening experience is necessary

VETERANS' CLUB

Monday, March 7 & 21 | 2:30pm | FREE!

The mission of the Veterans' Club is to create a listening session around veterans and their stories to ensure that this living history will never be forgotten.



TRIPS & TOURS



MOHEGAN SUN CASINO OR ENCORE CASINO

MOHEGAN SUN- Thursday, March 31 | Cost: Residents \$35 Non Residents \$37

ENCORE CASINO- Thursday, June 9 | Cost: Residents \$37* Non Residents \$39*

Try your luck at the Casino, each passenger will receive a casino package which could include food vouchers and play coupons.

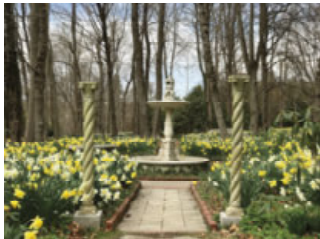


NEWPORT PLAYHOUSE- SOCIAL SECURITY

Thursday, April 21 | Cost: Residents \$120- Non Residents \$125

Enjoy the show, "Social Security" and meal at the Newport Playhouse & Cabaret Restaurant. This favorite trip location includes a plated lunch, a wonderful play and then a fun filled cabaret.

Includes: Transportation, Lunch, & Show



SPRING DAYS AT BLITHEWOLD

Thursday, May 26 | Cost: Residents \$99 Non Residents \$105

Join us for a trip to Bristol Rhode Island's Blithewold Mansion! Celebrate spring at this beautiful 33 acre estate on Narraganset Bay with a spectacular display of more than 50,000 daffodils. Afterwards we will enjoy a wonderful lunch at Newport's Atlantic Resort.

Includes: Transportation, Admission to Blithewold, & Lunch



CAPE CODE CANAL CRUISE & DANIEL WEBSTER INN

Thursday, July 14 | Cost: Residents \$94- Non Residents \$99

Join us on Cape Cod Canal's only historic sightseeing cruise. You will see the Canal, Mass Maritime, the Sagamore, Board and Railroad Bridge, and more from a unique perspective. Afterwards we will head to lunch at the Dan'l Webster Inn in Sandwich

Includes: Transportation, Cruise, & Lunch



SALEM CROSS INN & QUABBIN RESERVOIR

Thursday, August 11 Cost: Residents \$122- Non Residents \$127

Enjoy the beautiful landscapes as we travel to Salem Cross Inn in West Brookfield, Ma. A 1 hour tour of the Quabbin Reservoir will explain the intriguing history of how and why the reservoir was built during the Great Depression. After the tour you'll enjoy a prime rib lunch at the Salem Cross Inn, then you'll spend time at the Brookfield Orchards for shopping

Includes: Transportation, Quabbin Tour & Fireplace Feast



MACKINAC ISLAND

June 6 -13, 2022

\$2,240 pp Double | \$1970 pp Triple | \$2990 Single

Stops in Buffalo, Allen Park Michigan, Mackinac, Frankenmuth, and Niagara Falls



TRIP REGISTRATION DATES

MOHEGAN SUN & NEWPORT PLAYHOUSE
REGISTER NOW!

BLITHEWOLD, ENCORE, & CAPE COD CANAL CRUISE
RESIDENTS 2/16 | NON RESIDENTS 3/2

SALEM CROSS INN
RESIDENTS 3/30 | NON RESIDENTS 4/13

WELLNESS PROGRAMS

CHAIR YOGA

Mondays | 9:15am-10:15am | Cost \$3 or punch card
Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using the chair for support. (Punch Card Eligible) New Instructor– Michelle Lawlor

SENIOR FITNESS

Fridays | 8:45am-9:45am | Cost \$3 or punch card
This class uses stretching, aerobics, and hand-held weights to focus on exercising the body from the neck to ankles. Senior Fitness is designed for all levels of abilities. (Punch Card Eligible)

STRENGTH TRAINING

Wednesdays | 8:45am-9:45am | Cost \$3 or punch card
Each week this program features stretching routines and exercises that focus on the core, legs, arms, and shoulders. (Punch Card Eligible)

TAI CHI

Tuesdays | 8:30am– 9:30 am | Cost \$3 or punch card
Start your day with the peaceful meditation and movement of Tai Chi led by instructor Elijah Swain. Elijah is a 9th Degree black belt and owns the Tai Jing Academy. Thank you to the Friends of the Foxboro Seniors for helping to fund this program! (Punch Card Eligible)

ZUMBA GOLD

Tuesdays | 9:45am-10:45am | Cost \$3 or punch card
Zumba is a fitness program inspired by Latin Dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. (Punch Card Eligible)

10 CLASS PUNCH CARD	\$27.50	(AVG. \$2.75 PER CLASS)
20 CLASS PUNCH CARD	\$40.00	(AVG. \$2.00 PER CLASS)
40 CLASS PUNCH CARD	\$70.00	(AVG. \$1.75 PER CLASS)

BLOOD PRESSURE

Tuesday, March 8 & 22 | 9:00am | FREE!
Free blood pressure check by the Foxborough Fire Department Deputy Chief and Public Health Nurse, Thomas Kenvin. Call 508-543-1234 to make an appointment.

NUTRITION CLASS

Tuesdays | 11:00am | FREE!
Each week the nutrition class shares new healthy recipes, participates in food sampling, exchanges ideas, and talks about good nutrition.



STABILITY WORK FOR SENIORS

Thursdays, February 24-March 31 | 9:00am | Cost: \$42

OR
Mondays, February 28-April 4 | 11:45am | Cost: \$42

Join us for our new 6-week program, "Stability Work for Seniors." We always focus on the big muscles when we exercise. In this program we focus on the small muscles, those muscles that stabilize the big ones. Think of the foundation of your house, what if it is not stable? As we age, the stabilizers begin to "turn off" When this happens we have balance and stability problems, muscle weakness and joint pain. This can be corrected. This program will focus on cross stabilization for balance, stability, joint health and healthier movement patterns. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.

COVID AT HOME TEST KITS AVAILABLE

\$19 For 2 Tests

Purchase at the Front Desk

NEW

DONATION FORM

FRIENDS OF THE FOXBORO SENIORS

Today's Date _____ **Yearly Membership runs from July 1st-June 30th** Name _____

Address _____ Phone (____) _____ Email _____

Membership Donation for \$10 pp. If you would like to make an additional contribution \$ _____

Memorial Donation \$ _____ In Memory of _____

Make your check payable to the "Friends of the Foxboro

Seniors", PO Box 116, Foxborough Ma 02035.

WELLNESS PROGRAMS

YOGA

Fridays Feb 25-Apr 22 (skipping 3/18) | 10:30am-11:45am | \$53

YOGA is the UNION between body, mind, and spirit. Everyone is welcome just as they are on their own personal journey towards greater non-judgmental self awareness. There are no fitness prerequisites to be able to develop a very meaningful and effective yoga practice, however participants should be comfortable on the ground for an extended period of time with a yoga mat.

SHINE

Tuesdays | 3:00pm | FREE!

Our SHINE(Serving Health Information Needs of Everyone) counselor provided through HESSCO can help you navigate all your changes in insurance, prescription coverage, and Medicare. Appointments are required and made on a first come, first serve basis.

WALKING CLUB

Wednesdays | 10:00am | FREE!

This small group is always accepting new members. Get out and enjoy our beautiful New England weather Each week the walking club meets at the Foxborough Senior Center then chooses a location to walk (most locations are just a short drive away).

MEN'S FITNESS

Thursdays, February 24– March 31 | 10:35am | \$42

This 6-week program is designed to help senior males move and feel better. We'll combine fitness with corrective exercise to alleviate joint pain and promote better mobility. All ages and fitness levels welcome. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.

1 ON 1 NUTRITION CONSULTATION

Monday, March 14 | 2:00pm-4:00pm | FREE!

Join HESSCO's Registered Dietitian, Kelsey McEntee, for a 30 minute 1 on 1 nutrition consultations. Come prepared with your questions about your health concerns. Kelsey will be visiting the Foxborough COA/HS monthly on the 2nd Monday.

REFLEXOLOGY

Friday, March 18 | 9:00am-11:45am | \$41

Reflexology is based on stimulating specific points on the feet that correspond to other areas and organs of the body. Used to restore the body's natural equilibrium by improving circulation and reducing tension. This relaxing and rejuvenating experience will involve aromatherapy infused reflexology.

DOWN TO EARTH WITH ZAC EFRON

Tuesdays, Feb 1– March 22 | 12:00pm-12:45pm | FREE!

Actor Zac Efron journeys around the world with wellness expert Darin Olien in a Netflix travel show that explores healthy, sustainable ways to live. This 8 episode series will examine how countries around the world view healthy living.

3/1– Peru– Farming

3/8– Puerto Rico– Sustainability

3/15– London– Beekeeping

3/22– Quitos– Rainforest



HEARING HEALTH

Wednesdays | 1:00pm | FREE!

This program will provide hearing testing, ear wax removal, hearing aid cleaning and service by appointment. Repairs of hearing aids and new purchases are also available. To make an appointment please call the Senior Center.

DARKNESS TO LIGHT TRAINING

Wednesday, March 9 | 2:00pm | FREE!

D2L offers training that specializes in the education and prevention of child sexual abuse, other forms of abuse, and mandated reporting. This training will provide insights into "Red Flag Behaviors" and could prove invaluable if you care for a child.

NEW

INDEPENDENT LIFESTYLE DESIGN

Wednesday, March 9 | 4:30pm | FREE!

This program by Interior Designer Meaghan McNally will offer a room by room guide on how to make our homes safe, healthy, and accessible through Universal Design, lighting and indoor air quality.

NEW

ALCOHOL: PLEASURES AND PROBLEMS

Wednesday, April 20 | 2:00 pm | FREE!

Come join our Social Work Intern, Barbara Orlando, as she presents on the proper way to enjoy alcohol while also watching out for warning signs. You'll be encouraged to socialize responsibly with refreshments.

NEW

REMINDER

IN THE EVENT OF INCLEMENT WEATHER, IF FOXBOROUGH PUBLIC SCHOOLS ARE CLOSED, WE WILL BE CLOSED FOR PROGRAMS/SERVICES/TRANSPORTATION. HOWEVER, THE SENIOR CENTER WILL BE OPEN AS A WARMING CENTER.

HUMAN SERVICES

HUMAN SERVICES offers social services to any Foxborough resident in need. Our goal is to support individuals and families in resolving problems that they may face. Please call 508-543-1234 to make an appointment with one of Social Workers

COMMUNITY RESOURCES

Emergency Management Database Mass Health E-Readers
Prescription Advantage Lifeline Phones Benefit Access
Housing Recertification GATRA Applications Info & Referrals
Home Visits Operation Reassurance Fuel Assistance SNAP

LOW VISION SUPPORT GROUP

Thursday, March 17 | 1:00pm-2:00pm | FREE!

This adult group providing peer support and information is for anyone with vision loss or those who have concerns about their vision.

PERSONAL EMERGENCY RESPONSE SYSTEMS

With a simple push of a button, you can quickly be connected to emergency personnel when needed. We have information on a variety of PERS systems as well as programs which can help these systems become affordable to you.

LOCK BOX SAFETY PROGRAM

Through a cooperative program with the Foxborough Fire & Rescue Department, lock boxes are available to Foxborough residents to be installed on the exterior of your home for use in the event of an emergency. The small, secure lock box will hold a key to your residence that only Foxborough Fire & Rescue emergency personnel can access, allowing emergency access to your home when you are unable to answer the door. For more information please contact Pam McGuire

EMERGENCY MANAGEMENT DATABASE

If you feel at risk in the event of an emergency situation or power outage due to special needs, you can participate in our Emergency Management Database. By filling out our intake form, your special requirements for assistance can be shared with Public Safety officials for the purpose of assisting you and your household in care and comfort during an emergency.

OPERATION REASSURANCE

There may be times when seniors who live on their own feel the need and would take comfort in a morning check-in call. Through Operation Reassurance, older adults speak daily with a staff member to make sure that they are safe and sound.

TRANSPORTATION

The Foxborough Senior Center operates a car and van transportation service to assist Seniors and Human Service Clients. Rides are always free and can be scheduled by calling the Foxborough Senior Center Monday-Friday, 8:00am -11:00am at 508-543-1234 X 65120. Rides can be scheduled up to two weeks in advance. All ride requests must be made by 11:00am the prior day. Monday rides must be booked by Friday at 11:00am

When booking please have:

1. Pick up address & phone number.
2. Destination address and phone number.
3. The time you need to be at your destination.
4. The purpose of the trip.
5. Approximate return time.

APPOINTMENTS, AND AROUND TOWN

The Car and Van are available most days and times to transport Foxborough residents to their desired location.

MODIFIED SHOPPING TRIPS

Monday Afternoons - Stop and Shop
Thursday Afternoons -
Job Lot- March 10 & 24
Walmart- February 3, 17, 31

POLICIES

Shopping: When using the Van or Car, please buy no more than you can carry. **Same Day Cancellation:** Please speak with a staff member. Do not leave a message. **Typical Cancellation:** Please leave a message with staff.



Foxboro Recreation offers a wide array of activities, including many adult programs. If you would like to register for any of the following programs (or any other Foxboro Rec programs) please contact Foxboro Recreation at 508-543-7255

YOUR FIRST 5K— Thurs days 4/28-6/30 | 6:30pm-7:30pm | \$75

LADIES SNOWSHOE/TREK— Thurs or Sat 3/10-4/16 | 9:45am-11am | \$30

ADULT YOGA IN THE CHAPEL— Wednesdays | 6:30pm-7:45pm | \$12 (drop in)

CANDLELIGHT RESTORATIVE YOGA— February 24 | 6:30pm-8:00pm | \$45

DOG TRAINING CLASS— Wednesdays in March | 6:00pm-8:45pm | \$125

TIES & TIARAS— March 25 | 6:30pm-9:00pm | \$50 | Grandfather/Granddaughter Dance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Tracy's Treasures 11:00 Nutrition 12:00 Down to Earth 1:30 Bingo 2:00 Talespinners 3:00 SHINE	2 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 1:00 Hearing Health 12:30 Beginner Mah Jongg 1:00 Mah Jongg 2:00 Charlie Cards 4:00 The Russian Revolution	3 9:00 Stability Work 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 12:30 Inter. Ukulele 1:00 Movie— Darkest Hour	4 8:45 Senior Fitness 10:00 History 101 10:45 Cribbage GREASE (March 5–2pm)
7 9:15 Chair Yoga 11:00 Book club 11:30 Beginner Ukulele 11:45 Stability Work 1:00 Scrabble 1:00 Knitting 1:00 Making Music 2:30 Veterans Club	8 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Down to Earth 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	9 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Beginner Mah Jongg 1:00 Hearing Health 1:00 Mah Jongg 2:00 Darkness to Light 2:00 Numbers and Nimbles 4:30 Lifestyle Design	10 9:00 Stability Work 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 12:30 Inter. Ukulele 1:00 Movie— Munich 2:00 Card Making	11 8:45 Senior Fitness 10:00 History 101 10:45 Cribbage
14 9:15 Chair Yoga 11:30 Beginner Ukulele 11:45 Stability Work 1:00 Scrabble 1:00 Knitting 2:00 Nutrition 1 on 1 Consultations	15 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Down to Earth 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	16 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Beginner Mah Jongg 1:00 Mah Jongg 1:00 LUNCH— Olive Garden 1:00 Hearing Health 4:30 St Patrick's Day Performance	17 9:00 Stability Work 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 12:30 Inter. Ukulele 1:00 Low Vision	18 8:45 Senior Fitness 9:00 Reflexology 10:30 Yoga 10:45 Cribbage
21 9:15 Chair Yoga 11:30 Beginner Ukulele 11:45 Stability Work 1:00 Scrabble 1:00 Knitting 2:30 Veterans Club	22 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Down to Earth 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	23 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Beginner Mah Jongg 1:00 Mah Jongg 1:00 Hearing Health 4:00 USSR-Russia	24 9:00 Stability Work 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 1:00 Movie— Dunkirk	25 8:45 Senior Fitness 10:00 History 101 10:30 Yoga 10:45 Cribbage
28 9:00 Rep Barrows 9:15 Chair Yoga 11:30 Beginner Ukulele 11:45 Stability Work 1:00 Scrabble 1:00 Knitting 2:00 Mackinac Mondays: Niagara Falls	29 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	30 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Beginner Mah Jongg 12:30 Q/A with the TM 1:00 Mah Jongg 1:00 Hearing Health 4:00 Senior Supper	31 MOHEGAN SUN TRIP 9:00 Stability Work 9:00 Men's Breakfast 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 12:30 Inter. Ukulele 1:00 Movie— Forgotten Battle	

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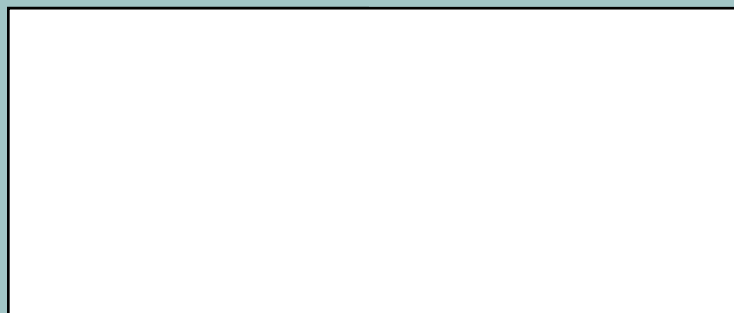
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HOURS

Mon, Tue & Thurs: 8:00am-4:00pm

Wed 8:00am-6:00pm | Fri: 8:00am-12:30pm

COA/HS ADVISORY BOARD

COA/HS Advisory Board meet on the 4th Thursday of the Month

Milli Greene— Chair	Lloyd Gibbs
Helen Olsen— Vice Chair	Marsha Lewicke
Ann Alibrandi	Janet O'Neil
Jeanne Bonneau	Betty Reilly
Jeanne Foster	

FRIENDS OF FOXBORO SENIORS

Friends of the Foxboro Seniors meet on the 3rd Saturday of the month.

C. Paul Dumas— President	Patricia Kelley
Pat Murphy— Vice President	Vera Maccone
Connie McLaughlin— Treasurer	Joan Stafford
Linda McCoy— Secretary	
Kathleen Bisazza	



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