



G E M



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



APRIL 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 | 12:00pm | 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, April 4 | 11:00am-12:00pm | FREE!

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

EARLY BEGINNER MAH JONGG

Fridays | 9:00am | 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.

MAH JONGG FREE PLAY

Wednesdays | 12:30pm-3:00pm | 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

Postponed for April

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, April 28 | 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

Saturday, April 16 | 9:30 Refreshments 10:00am Start | FREE!

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, April 4 | 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.

WELCOME TO SPRING!

Wednesday, April 20 | 4:00pm | FREE!

Let's celebrate the end of a long cold winter, together with some tasty treats. Have you ever tried a fresh baked Macaron? (mack-a-ROHN not mack-a-ROON) Come enjoy some fresh macarons from our new neighbor "Sweetness & Honey Bakery" slated to open, uptown, in April. We will feature over 15 flavors of their delectable delights. Space will be limited.




INTERMEDIATE UKULELE

Mondays starting April 4 | 11:30am-12:45pm | \$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.

REP JAY BARROWS' OFFICE HOURS

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

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

ANNUAL TOWN MEETING WARRANT REVIEW

Wednesday, April 27th | 2:00pm | FREE!

At this special presentation, the Town of Foxborough's Town Manager and Assistant Town Manager will walk seniors through the Warrant for the upcoming Annual Town Meeting. Town Department Heads will also be on hand to answer specific questions about the articles. Whether this year will be your first Town Meeting or your 50th it is important for you to understand the articles and procedure of this time honored tradition.

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: MEET AND GREET

Monday, April 25 | 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.

April— Our trip is right around the corner! We would like to welcome all travelers to a small BBQ get to know each other before our trip.

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 6 | 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.

DIANA OF LOVE

Wednesday, June 22 | 3:30pm | FREE!

Compassion. Duty. Hope. Beauty. Four words that epitomize The People's Princess. A selfless individual, Diana's goodwill warmed the hearts of the forsaken. Even in her darkest hours, an energetic light surrounded her, illuminating hope and humanity. The Royal who relentlessly advocated for the down-trodden, Diana's ubiquitous desire to be loved was unrequited. In Diana of LOVE, History at Play LLC enlivens Lady Diana, sharing her innermost secrets and struggles. May her words inspire and guide humanity. Even those who bring the most grace to our lives need to be nurtured.

This event WILL fill up please reserve your spot early.

APRIL'S FEATURED PROGRAM

VLADIMIR PUTIN— CORRUPT, COMPETENT, BRUTAL, AND AN ENIGMA

Wednesday, April 13 | 4:00pm | FREE!

A look at the career of Vladimir Putin, as an autocrat who is corrupt, competent and an environmentalist. This talk by Henry Quinlan will focus on the ongoing Russia/Ukrainian War, its origins and possible resolutions, the role of China supporting Russia's goals, the opening of the Northern passage and the impact on international trade, and a look into Russia's possible future. Henry has been involved with the former Soviet Union and Russia since 1986, has traveled to the region more than 60 times and lived in Moscow from 1990-1995. During one questioning by the FBI, Henry was once asked "how does it feel to be a friend of Putin's".



UKULELE 101: FOR BEGINNERS

Thursdays starting April 7 | 12:30pm-1:45pm | \$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 4/18)



SOCIAL PROGRAMS

CARD MAKING

Thursday, May 12 | 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-12:15pm | 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 | 1:00pm | 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.

SHREDDING

Friday, May 6 | 9:00am-12:00pm | FREE!

It is time for Spring Cleaning! Do you have any old, sensitive documents that you need to dispose of properly. This Shredding Event, sponsored by District Attorney Michael W. Morrissey, will allow for shredding of any documents you no longer need.

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 cour...

NEW

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

MUSIC– WITH CLASS, ‘SONGS OF SPRING’

Wednesday, May 4 | 1:30pm | FREE!

Jack Craig is back! Sing your way right through the Spring season from “It Might As Well Be Spring” through “April Showers” and on to “Tip Toe Through the Tulips”. Whether it’s blue skies, robins, rainbows, or the occasional Spring love song– every song in this program celebrates the wonders of Spring.

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.



LUNCHEON OUTINGS

Wednesday, April | Jake N Joes | 1:00pm

MEN’S BBQ

Thursday, April 28 | 12:00am | Cost: \$3

We are headed back outside for our fun Men’s BBQ. Guys are encouraged to come hungry for a great BBQ! Please register 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

April 7– Chicken salad on a roll

April 14– Turkey & cheese on a croissant

April 21– Seafood salad on a roll

April 28– Tuna salad on a roll

SENIOR SUPPER

Wed., April 27 | 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

April’s Meal– Chicken Parm Stromboli & Pasta Salad

VETERANS’ CLUB

Monday, April 4 & 18 | 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.

CRAFT WITH TRACY

Tuesday, April 5 |

12:00pm | FREE!

Spring is Coming! Join Tracy Rozak as she leads a group in making a fun spring Bunny craft. No experience necessary and all supplies are provided

NEW



TRIPS & TOURS



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

NEW

CAPE CODE CANAL CRUISE & DANIEL WEBSTER INN

Thursday, July 14 | Cost: 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

NEW



SALEM CROSS INN & QUABBIN RESERVOIR

Thursday, August 11 Cost: 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

NEW

CAPE ANN

Thursday, September 8 Cost: Cost: Residents \$94- Non Residents \$99

Explore the seaside town of Rockport this picturesque oceanfront New England Town is home to many shops and art galleries. You'll also spend time in Gloucester and stop for lunch at Village Restaurant. Afterwards enjoy a 2 hour guided tour of Essex, Rockport and Gloucester.

NEW



NEWPORT PLAYHOUSE- SOCIAL SECURITY

Thursday, September 29 | Cost: 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

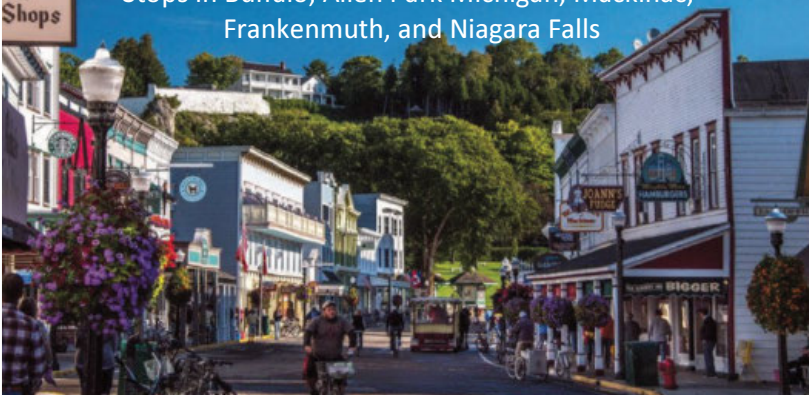
NEW

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

NEWPORT PLAYHOUSE, BLITHEWOLD,
ENCORE, & CAPE COD CANAL CRUISE
REGISTER NOW!

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

CAPE ANN
RESIDENTS 5/4 | NON RESIDENTS 5/11

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)

OUTDOOR ZUMBA

Thursdays Starting 4/28 | 1:30pm | Cost \$3 or punch card
Enjoy everyone's favorite Zumba class, outdoors!

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)

HEARTSAVER CPR

Wednesday April 6 | 2:00pm | \$5
Be prepared for an emergency. Take the Heartsaver CPR class and get CPR certified with the Foxborough Fire Department Deputy Chief and Public Health Nurse, Thomas Kenvin.

BLOOD PRESSURE

Tuesday, April 12 & 26 | 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.

STABILIZATION FOR SENIORS 2

Thursdays, April 7–May 12 | 9:00am | Cost: \$42

OR

Mondays, April 4– May 16 (skipping 4/18) | 11:45am | Cost: \$42

Join us for our new 6-week program. This program is a continuation and a follow up for Stabilization for Seniors 1. This program is designed to work the smaller stabilizer muscles of the body. Stabilizers start at the feet and end at the base of the skull. Great for balance, stability, and overall joint health. This program is facilitated by Steve Avellino CFT, CES, SSF, SSN.

MEN'S FITNESS

Thursdays, April 7– May 12 | 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.

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).

1 ON 1 NUTRITION CONSULTATION

Monday, April 11 | 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, April 15 | 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.

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.



MOVIES

April– Will Smith Biopics

THE PURSUIT OF HAPPINESS (2006)

Thursday, April 7 | 1:00pm | FREE!

Life is a struggle for single father Chris Gardener (Will Smith). This true story focuses on Gardner's hardships as he tries to create a better life for himself and his son.

ALI (2001)

Thursday, April 14 | 1:00pm | FREE!

This riveting film follows Muhammad Ali's (Will Smith) rise to become the boxings greatest and most controversial fighter as he faces bigger battles outside the ring

KING RICHARD (2021)

Thursday, April 28 | 1:00pm | FREE!

Armed with a clear vision and a brazen, 78 page plan, Richard Williams (Will Smith) is determined to write his two daughters, Venus and Serena, into history. Training on tennis courts in Compton, California, the Williams' family defies seemingly insurmountable odds and the prevailing expectations laid before them.

LINE DANCING

Tuesdays, April 12– May 10 (skipping Apr 26) | 12:00pm | FREE!

It's time to get moving, so let's do some line dancing! Our line dancing instructors, Jeanne Bonneau and Faye Sullivan are here to help lead the class through uncomplicated steps. Classes are fun and beginners are always welcome.

ALCOHOL: PLEASURES AND PROBLEMS

NEW

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.

HIP HOP DANCE CHAIR EXERCISE

NEW

Thursday, April 14 | 2:30 pm | FREE!

This one hour exercise class will travel through time on the "soul train" and chair dance to clean cut hip hop and R & B songs. We will be using creative props such as drums and the African maracas to help make our soul train journey come to life. Thank you to the Foxborough Cultural for funding this program presented by MusicDance.Edu

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, April 21 | 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— April 14
Walmart— April 7 & 21

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

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 April | 6:00pm-8:45pm | \$125

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:00 History 101 10:30 Yoga 10:45 Cribbage
4 9:15 Chair Yoga 11:00 Book club 11:30 Inter. Ukulele 11:45 Steve Next Session 1:00 Scrabble 1:00 Knitting 1:00 Making Music 2:30 Veterans Club	5 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Tracy Craft 1:00 Bridge Lessons 1:30 Bingo 2:00 Talespinners 3:00 SHINE	6 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 1:00 Hearing Health 12:30 Mah Jongg 2:00 Heartsaver CPR 4:45 Heart to Home Meal	7 9:00 Steve Next Session 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 WW2 In Color 12:30 Beginner Ukulele 1:00 Movie	8 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage
11 9:15 Chair Yoga 11:30 Inter. Ukulele 11:45 Steve Next Session 1:00 Scrabble 1:00 Knitting 2:00 Nutrition 1 on 1 Consultations	12 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Line Dancing 1:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	13 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Mah Jongg 1:00 LUNCH— Olive Garden 1:00 Hearing Health 4:30 Vladimir Putin	14 9:00 Steve Next Session 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 12:30 Beginner Ukulele 1:00 Movie 2:30 Chair Hip Hop	15 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 9:00 Reflexology 10:30 Yoga 10:45 Cribbage
18 CLOSED FOR PATRIOT'S DAY	19 8:30 Tai Chi 9:45 Zumba Gold 9:45 Garden Club 11:00 Nutrition 12:00 Line Dancing 1:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	20 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Beginner Mah Jongg 12:30 Mah Jongg 1:00 Hearing Health 1:00 Lunch— Jake N Joes 2:00 Alcohol: Pleasures and Problems 4:00 Welcome Spring!	21 9:00 Steve Next Session 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 12:30 Beginner Ukulele 1:00 Movie 1:00 Low Vision	22 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage
25 9:00 Rep Barrows 9:15 Chair Yoga 11:30 Inter. Ukulele 11:45 Steve Next Session 1:00 Scrabble 1:00 Knitting 2:00 Mackinac Mondays: Meet & Greet	26 8:30 Tai Chi 9:00 Blood Pressure 9:45 Zumba Gold 9:45 Garden Club 11:30— 90s Party HOLD 1:00 Bridge Lessons 2:00 Talespinners 3:00 SHINE	27 8:45 Strength Training 10:00 Walking Club 10:00 Chorus 11:15 Theater Workshop 12:30 Beginner Mah Jongg 12:30 Mah Jongg 1:00 Hearing Health 2:00 Town Meeting Warrant 4:00 Senior Supper	28 9:00 Steve Next Session 10:00 Senior Sandwiches 10:30 Art With Ally 10:35 Men's Fitness 11:45 Medal of Honor 12:00 Men's BBQ 12:30 Beginner Ukulele 1:00 Movie 1:30 Outside Zumba	29 8:45 Senior Fitness 9:00 Early Beginner Mah Jongg 10:30 Yoga 10:45 Cribbage

STOP & SHOP

STOP & SHOP

STOP & SHOP

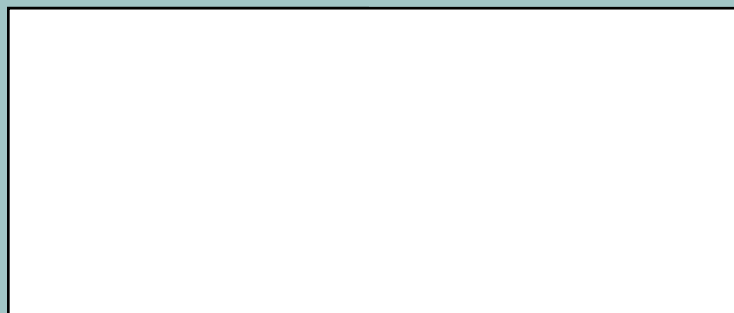
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SENIOR CENTER INFORMATION

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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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