

SUMMER MUSIC WITH JACK CRAIG

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on two Wednesdays in July and three Wednesdays in August at 11:00 a.m. The schedule is as follows:

July 17th – Broadway Blockbuster-Brigadoon

July 24th - Broadway Blockbuster-Oliver

August 14th - Great Songwriter-Hoagy Carmichael

August 21st – Great Songwriter-Sammy Cahn

August 28th –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

Monday, June 24

Jay Barrows' Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, June 25

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, June 26

Strength Training 8:30 a.m.

Video Lecture Series "Our Night Sky" 11:30 a.m.

Christmas Tree Shops 1:00 p.m.

Zumba 2:30 p.m.

Senior Supper Club 4:30 p.m.

Thursday, June 27

Ceramics 9:00 a.m.

Uncommon Picnic 11:00 a.m.

Friday, June 28

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

COA VOLUNTEER OPPORTUNITIES

COA TRIP COMMITTEE MEMBER

Are you someone who enjoys travel? Do you like to surf the internet for information and the best deals out there? We have an opportunity for people to serve on our Trip Committee for the upcoming year. Positions begin in September 2013 and involve meeting with the committee as well as travel vendors to explore and research trips for our seniors. Remember that our computer lab here at the senior center is available for your use in looking up information. Please call us at 508-543-1252 if you are interested in this opportunity.

VAN-GO SHOPPING ESCORT

We are looking for volunteers who are 18 years of age or older who would like to be an escort on our Van-Go shopping trips. Shopping trips occur on Monday afternoons, Wednesday afternoons, and Friday mornings. This volunteer opportunity would involve riding along on the Van-Go and carrying a couple of bags for the seniors. If you are interested in volunteering for this position, please call 508-543-1252.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

“Pre Diabetes with Roberta Converse” will be this week’s senior center programming shown on June 26th & 27th. Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

FRIENDS ANNUAL MEMBERSHIP DRIVE

The Friends of Foxboro Seniors’ annual membership drive for the 7/1/13 – 6/30/14 year is currently taking place. The annual dues are \$7.00. Friends of Foxboro Seniors, Inc. is a non-profit organization founded in 1981 to raise supplemental funds for the Council on Aging to provide programs, activities and other services to Foxboro’s seniors. The Friends’ Membership Application can be found on line at www.foxboroughma.gov. Click on Departments under Town Links, then click on Council on Aging, then click on Friends of Foxboro Seniors under Information Links to print the application. All dues and donations must be mailed to Friends of Foxboro Seniors, Inc., P.O. Box 116, Foxboro, MA 02035.

SPECIAL EVENTS AND PROGRAMS

UNCOMMON PICNIC

All Foxboro seniors are welcome to join us for our “Uncommon Picnic” at St. Mary’s Church in the lower hall on Thursday, June 27th from 11:00 a.m. to 2:00 p.m. This is our annual celebration to ‘kick off’ the summer season. Following our indoor picnic lunch, we will enjoy the entertainment of Donna Lee who will give us a “Branson-style” country music review. Sing along, get your toes tapping, and even get up to twirl around the dance floor if you like! If you would like to join us for the festivities, you must stop by the senior center to purchase a ticket on or before Friday, June 21st. Tickets cost \$3 each. Remember to have your ticket with you on the day of the picnic to receive your lunch. This event is supported in part from a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



COME TO THE UNVEILING OF OUR NEW TABLE TOP GARDENS!

Join us at the senior center on Monday, June 24th at 1:00 p.m. for the unveiling of our beautiful new table top gardens that have been constructed for us thanks to the Foxborough Rotary Club/Invensys Involved Volunteers and the Foxborough Highway Department. These table top gardens will be wonderful for growing kitchen herbs, vegetables and flowers without bending down! Located on a flat and even blacktop pad, these gardens are handicapped accessible for wheelchairs as well. Come and join us for the opening celebration!

NEW GARDEN CLUB COMING!

Attention all you gardeners...Marsha Lewicke has graciously offered to start a Garden Club at the senior center! We want to hear from you about the types of things you would like to “know and grow” here at the senior center as we will be developing a ‘wish list’ for our gardens. Give us a call at 508-543-1252 to tell us about your interest in the Garden Club.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year’s ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook,

Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our first trip for this season will be to Flint Farm in Mansfield on Tuesday, June 25th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

COMMUNITY PROGRAMS

SENIOR CITIZEN DAY AT THE MARSHFIELD FAIR

The 146th Annual Marshfield Fair presents Senior Citizen Day sponsored by Sullivan Tire on Tuesday, August 20th. Senior admission is FREE! Go to the Seniors' Special Tent from 12:00 p.m. to 4:00 p.m. for free ice cream while supplies last, free health information and blood pressure screening. There will be entertainment by Reminisce, health tips & talks, BINGO, country arts and other exhibits. Gates open at noon on Route 3A at the Marshfield Fairgrounds. For more information call 781-834-6629 or go to www.marshfieldfair.org.

THERE'S NO PLACE LIKE HOME

Through the Home Modification Loan program, the Commonwealth of Massachusetts has funded loans to help you stay in your home longer. Research by the Centers for Disease Control and Prevention shows that home modifications and repairs may prevent up to 50% of all home accidents among seniors. By adding a ramp, stair-lift, grab bars, or widening doorways, you can remain more independent and live longer in your own home. Many of the loans are 0% interest and do not have to be repaid until you sell or transfer your home. Eligibility is based on a few factors, including: income, a professional's documentation of need, and the particular modifications proposed. For more information, contact your Regional Agency or Susan Gillam at 617-204-3739 or visit www.mass.gov/mrc.html.

FREE FUN FRIDAYS

Every Friday during the summer from June 28th through August 30th, the Highland Street Foundation is providing FREE admission to museums and cultural attractions across Massachusetts for Massachusetts residents and tourists. They will sponsor 60 free venues including the Museum of Fine Arts, Franklin Park Zoo, Old Sturbridge Village, Plimoth Plantation and many more. These venues will be absolutely free, no tickets or advanced reservations necessary. Visit www.highlandstreet.org for more information and a schedule of events or contact Highland Street Foundation at 617-969-8900 for more information.

REGULARLY SCHEDULED

BINGO!

There will be **NO** Bingo in July. Our next Bingo afternoon will be on Tuesday, August 6th from 2:00 p.m. to 3:30 p.m. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors, who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, July 1st at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, July 11th at 1:00 p.m. and see "Yankee Doodle Dandy." James Cagney thrills in a rare (and limber) song-and-dance performance as composer-entertainer George M. Cohan. This nostalgic biography is told in flashbacks, covering Cohan's formative years becoming Broadway's brightest star and touching upon his loves, musicals, and artistic triumphs. Enjoy this utterly charming performance in what is practically a one-man show. If you've never seen Cagney as a hooper, you're in for a treat: his dancing is as dynamic as anything else he's ever done on screen. Cagney received an Oscar for his rousing depiction of George M. Cohan, composer of the patriotic ditties "Over There", "Yankee Doodle Dandy", "Give My Regards to Broadway" and countless others, in this spirited Hollywood musical. You can

watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on June 24th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, June 25th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 5-weeks and runs from June 24th through July 28th. The payment will be \$25 and is due at sign-up. Call 508-543-1252 with any questions.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, June 26th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of spaghetti and meatballs, salad, and rolls to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

June 26 Christmas Tree Shops

July 3 Stop & Shop (in lieu of 7/5)

July 10 Wal-Mart

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center and at Cindi's Jewelers. Afghans in Cranberry, Loden Green, Navy Blue (newly available), or Williamsburg Blue are \$34.95 each. There is a multi-colored version at a cost of \$39.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

VIDEO LECTURE SERIES: "OUR NIGHT SKY"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Our Night Sky" on Wednesdays at the senior center from May 22nd through June 26th from 11:30 a.m. to 1:00 p.m. Learn about the constellations, their stars, the planets, meteors and comets, and navigating the sky with binoculars and telescopes. Professor Edward Murphy, Associate Professor from the University of Virginia's Department of Astronomy, will share his knowledge from a career made out of introducing both students and the general public to the wonders of the night sky. He previously taught at

The Johns Hopkins University, where he worked closely with NASA on its Far Ultraviolet Spectroscopic Explorer mission. This series is touted as “pure intellectual stimulation” by *Harvard Magazine* and “a serious force in American education” by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

TRAVEL AND ENTERTAINMENT

CASTLE ISLAND AND FORT INDEPENDENCE TRIP

Come along with the Foxboro seniors on Thursday, July 18th as they travel to Castle Island in Boston. Located at the end of Carson Beach, on Pleasure Bay in South Boston, Castle Island is a 22-acre recreation site, and the site of Fort Independence. Castle Island was really an island until several land reclamations through the years extended causeways and eventually roadways. Today it is operated as a state park by the Massachusetts Department of Conservation and Recreation. Castle Island is where the past, present and future of Boston collide. It is not just a destination it is a state of mind. Where else in Boston can you be surrounded by the ocean, go for a walk, and see one of the United States oldest military fortifications? Courtesy of the Castle Island Association, you will enjoy a tour of Fort Independence, the oldest continuously fortified site in British North America since 1634. This trip will involve a lot of walking with the tour of the fort, and you will have time to explore the sights around Castle Island on your own. Lunch will be on your own. You can grab a bite to eat at the famous Sullivan’s Castle Island or pack a lunch to bring along. You will travel by school bus which will depart from St. Mary’s Church at 9:00 a.m. and return at approximately 2:00 p.m. The cost for this outing is just \$6 per person. This trip will operate “Rain or Shine.” Payment is non-refundable and will be due by Friday, July 12th. Checks should be made payable to “Town of Foxborough COA.” Sign-up for this opportunity by calling the senior center at 508-543-1252.

PLYMOUTH HARBOR CRUISE TRIP

Join the Foxboro seniors on Thursday, August 15th on the ‘Pilgrim Belle’, an authentic Mississippi-style paddle wheeler, as you take a scenic, one-hour narrated cruise of Plymouth harbor. Hear about the historic town and seaport of Plymouth, Plymouth Rock, Mayflower II, Plymouth Beach, Clark’s Island and the majestic Gurnet Point Lighthouse. A special luncheon at Isaac’s will be served prior to the boat ride. You will have your choice of entrée (Seafood Medley or Chicken Cordon Bleu), salad, chef’s choice of starch, dessert, coffee or tea. You will round off your day with a visit to the Plymouth Bay Winery before returning home. The cost for this wonderful day trip is \$71 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, July 12th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 10:15 a.m. on Thursday, August 15th. Sign-up for this opportunity by calling the senior center at 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, June 24

.Chicken A La King
White Rice
Peas
Whole Wheat Bread
Mandarin Oranges

Tuesday, June 25

Apple Cider Beef Stew W/Vegetables
Boiled Potatoes

Wheat Bread
Butterscotch Pudding

Wednesday, June 26

Happy Birthday

Honey Lime Chicken
O'Brien Potatoes
Beets
Whole Wheat Bread
Birthday Cake

Thursday, June 27

Italian Pasta W/Meat Sauce
Tuscany Blend Veggies
Whole Wheat Roll
Mixed Fruit

Friday, June 28

Fish Sticks
Tartar Sauce
Hot German Slaw
Vegetarian Baked Beans
Fruit Muffin
Orange