

FATHERS' DAY LUNCHEON

Come and celebrate Fathers' Day with us here at the senior center on Wednesday, June 8th from noon to 1:00 p.m. at our Fathers' Day Luncheon. This is a free luncheon catered by Chickie Flynn's in honor of all the fathers and grandfathers of Foxborough. All men are welcome and are invited to treat themselves to a delicious lunch. This is the time to celebrate fatherhood and think about your own dad. If you're interested in joining us, please call the senior center at 508-543-1252 by Friday, June 3rd to reserve your spot.

Monday, May 23

Coffee Connection 8:30 a.m. to 3:30 p.m.
Jay Barrows Office Hour 9:00 a.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Scrabble 12:30 p.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.
Video Rewind Series 2:30 p.m.

Tuesday, May 24

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Table Top Gardeners 9:45 a.m.
Zumba Gold Class 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – "Love and Mercy" 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, May 25

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Computer Class 11:30 a.m.
Minds in Motion 12:30 p.m.
Conversation with the Town Manager 12:30 p.m.
Luncheon Outing at Longhorn 1:00 p.m.
Colorist Club 2:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, May 26

Diabetes Self-Management 12:00 noon
COS/HS Advisory Board Meeting 3:00 p.m.

Friday, May 27

Coffee Connection 8:30 a.m. to 12:00 noon
Stop and Shop 8:30 a.m.
Aerobics 9:00 a.m.
Cribbage 10:15 a.m.
Scrapbooking and Card Making Class 10:30 a.m.

ART CLASSES WITH BARBARA

Join us at the senior center for a series of new art classes with Barbara Gage-Mulford. Barbara will be here on Thursdays, June 2nd and 9th at 9:30 a.m. to lead us in fun and instructional art classes. All materials will be provided. Just bring yourself and your enthusiasm! These stress-free classes are great for beginners and also as

a refresher course for those who are more experienced. Please give us a call at 508-543-1252 to sign up in advance and we'll save you a seat.

CIVIL WAR LECTURE SERIES WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio will be at the senior center at 4:30 p.m. on the following Wednesdays in June: June 1st, 8th and 15th. Paolo will be here to present a 3-part series of lectures on the Civil War. The topic for June 1st will be “The Election of 1860 and the Secession Crisis.” This lecture series is sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

COFFEE WITH CHRIS

Do you have any questions about our upcoming day trips and overnight trips for 2016, or are you interested in finding out about some of our upcoming programs? Chris Shewry will have a coffee hour on the last Tuesday of each month at 9:00 a.m. to share trip information and flyers in the Coffee Connection at the senior center. The next Coffee with Chris will be held on Tuesday, May 31st. This is your chance to find out about some of our upcoming programs and trips and share some ideas. So come join Chris for a cup of coffee and talk about what's up for 2016.

MOVIE DAY

Movie Day for the month of May is scheduled for Tuesday, May 24th at 12:30 p.m. and our featured film will be “Love and Mercy.” This movie is a biographic film about the Beach Boys mastermind, Brian Wilson. The film focuses on two distinct periods in the songwriter's life. One timeline follows a younger Wilson (played by Paul Dano) as he quits performing live in order to focus on the creation of the album “Pet sounds,” the single “Good Vibrations,” and the eventually discarded album “Smile.” During this period of intense work, Wilson's mental-health issues grow worse. The other section of the film features John Cusack as an older Wilson, as he attempts to escape the influence of a manipulative doctor (Paul Giamatti) who has become a totalitarian guru to him. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving as we get ready for summer. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana “BB” Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

TABLE TOP GARDEN CLUB

Summer is on the way. Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior on Tuesday, May 24th at 9:45 a.m. We have beautiful table-top gardens outside at the senior center. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 25th we'll be enjoying our menu of

Chicken Salad on a Croissant, Minestrone Soup, Pasta Salad and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, May 23rd to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on May 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, May 25th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SCRAPBOOKING AND GREETING CARD-MAKING CLASS

The Greeting Card-Making Class has now expanded to include Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class, and other embellishments and supplies will be provided. Also, if you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends in the class as you work on your projects, come join us. Our volunteer instructor, Helen Rice, is teaching both card-making and scrapbooking during class, which is held every Friday morning at 10:30 a.m.

MEDICAL SERVICES

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, June 6th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED

SHOPPING

We will be going to Shaw's on Mondays at 1:00 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. We also schedule other shopping trips on a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

May 25 – Luncheon Outing at Longhorn Restaurant

June 1 – Christmas Tree Shop/Trader Joe's

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Longhorn Restaurant in Mansfield on Wednesday, May 25th at 1:00 p.m. Seating is limited, so if

you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, May 23rd. Van transportation is available.

AEROBICS

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

REWIND

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library. On Monday, May 23rd at 2:30 p.m., our video will be the "Ancient Architecture" program with guest speaker Paolo DiGregorio.

REGISTRY OF DEEDS AT THE MCGINTY ROOM

The Norfolk County Register of Deeds, William P. O'Donnell, will hold office hours at the Foxborough Public Safety Building located at 8 Chestnut Street from 10:00 a.m. until 12:00 noon in the McGinty Room on Thursday, May 26, 2016. The Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing. No appointment is necessary.

TRAVEL INFORMATION

CAPE MAY & RADIO CITY HOLIDAY TRIP

It's not too early to start making plans for the 2016 holiday season! On Monday, November 28, 2016, we'll be traveling by motorcoach down to the southern tip of New Jersey to the seaside resort of Cape May for a 3 day / 2 night visit. In the 1800's, Cape May was the top vacation spot of choice for the rich and famous. Today it still captivates visitors with its Victorian grandeur, and the entire town is on the National Register of Historic Places. The beautiful holiday decorations make Cape May a popular destination during the holiday season. We'll be spending 2 nights at The Grand Hotel, an oceanfront hotel on Scenic Beach Drive, and on our 1st evening we will be having dinner at the Washington Inn. On day 2, we'll experience the Victorian side of Cape May with a guided tour through the Emlen Physick Estate. We'll visit the Carriage House Art Gallery, view the Cape May Lighthouse on Delaware Bay, and visit the Washington Street Mall, a nostalgic, old fashioned Main Street that runs through the center of town. There will also be a Trolley Ride through the streets of Cape May followed by dinner at the popular Union Park Restaurant. After breakfast on day 3, we're off to New York City. Lunch is included at the Chart House in Weehawken, with a magnificent view of Manhattan across the river. After lunch, we're off to the famous Radio City Music Hall for the 2016 Christmas Spectacular with The Rockettes. The cost for this trip is \$629 per person for a double, \$729 per person for a single and \$619 per person for a triple. If you'd like to join us for this special holiday season trip, please call the senior center at 508-543-1252. Tickets for the Christmas Spectacular have to be purchased well in advance, so please don't delay in signing up if you'd like to travel with us.

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

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754. The suggested donation for a meal is \$3.00. 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, May 23

Salmon with 67
Portuguese Sauce 100
O'Brien Potato 170
Peas 13
Fruit Muffin 190
Mandarin Orange 6
Sodium 546
Calories 489

Tuesday, May 24

Greek Chicken 438
Rice Pilaf 118
Spring Vegetables 26
Honey Wheat Bread 136
Peaches 5
Sodium 722
Calories 464

Wednesday, May 25

Swedish Meatballs 321
Egg Noodles 35
Broccoli 12
Whole Wheat Roll 160
Birthday Cake 209
Sodium 737
Calories 654

Thursday, May 26

Braised Beef 78
Rice Florentine 112
Roman Vegetables 26
Whole Wheat Bread 160
Banana 1
Sodium 377
Calories 654

Friday, May 27

Chicken a la King 183
Red Bliss Potato 4
Glazed Carrots 83
Oatmeal Bread 121
Tropical Fruit 10
Sodium 401
Calories 487