

## **SPRING INTO SCHOOLS!**

The Foxborough Public School system has extended a “Spring into Schools” invitation to seniors to join Foxborough’s Grade 6 students at the Ahern Middle School for STEM Day on Friday, June 10<sup>th</sup> from 8:00 a.m. to noon. STEM stands for Science, Technology, Engineering and Mathematics. At the Ahern, you’ll have the chance to experience your choice of 3 of the following programs: Sessions on Squishy Circuits, Tower Building, Fingerprinting, Robotics, Google Glasses, Woodworking, 3-D Printing, Bridge Building, Build a Team, Programming, Balance Act, Horns and Hooves (with the Franklin Park Zoo) and more! A school bus will pick up all interested seniors at the senior center at 8:00 a.m. on June 10<sup>th</sup>. At 8:15 a.m., the bus will arrive at the Ahern Middle School for a “Welcome” Introduction, and a keynote speaker from Raytheon. Seniors will then be given the opportunity to choose 3 of the activity sessions, and Student Ambassadors will be available to escort seniors to each session. Session 1 runs from 9:00 to 9:35 a.m.; Session 2 runs from 9:40 to 10:20 a.m., and; Session 3 runs from 10:25 to 11:10 a.m. At 11:15 a.m., everyone will be treated to a light lunch at the Ahern, and you will be returning to the senior center at noon. If you’d like to join us as we “Spring into Schools,” please call the senior center at 508-543-1252 to sign up in advance for this event.

### **Monday, May 30**

Memorial Day  
Office Closed

### **Tuesday, May 31**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Coffee with Chris 9:00 a.m.  
Manicures 9:00 a.m.  
Table Top Garden Club 9:45 a.m.  
Zumba Gold Class 9:45 a.m.  
Nutrition 11:00 a.m.  
Talespinners 2:00 p.m.

### **Wednesday, June 1**

Coffee Connection 8:30 a.m. to 6:00 p.m.  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Minds in Motion 12:30 p.m.  
Christmas Tree Shop/Trader Joe’s 1:00 p.m.  
Colorist Club 2:00 p.m.  
History Lecture with Paolo DiGregorio 4:30 p.m.

### **Thursday, June 2**

Art Class with Barbara Mulford 9:30 a.m.  
Diabetes Self-Management 12:00 noon

### **Friday, June 3**

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.  
NO Scrapbooking or Card-Making Class

## **FATHERS’ DAY LUNCHEON**

Come and celebrate Fathers’ Day with us here at the senior center on Wednesday, June 8<sup>th</sup> from noon to 1:00 p.m. at our Fathers’ Day Luncheon. This is a free luncheon thanks to donations made to the Foxborough

Council on Aging and Human Services in honor of all the fathers and grandfathers of Foxborough. All men are welcome and are invited to treat themselves to a delicious lunch catered by Chickie Flynn's Restaurant. 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 3<sup>rd</sup> to reserve your spot.

### **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 31<sup>st</sup>. 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.

### **ART CLASSES WITH BARBARA**

Join us at the senior center for a new art class with Barbara Gage-Mulford. Barbara will be at the senior center on Thursdays, June 2<sup>nd</sup> and 9<sup>th</sup> 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 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>. Paolo will be here to present a 3-part series of lectures on the Civil War. The topic for June 1<sup>st</sup> 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.

### **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 31<sup>st</sup> 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 CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

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. On June 1<sup>st</sup> & 2<sup>nd</sup> the featured program will be the "Food For Life, Part 1" program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 31<sup>st</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

### **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 1<sup>st</sup> 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. Sign up has already begun so 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.

## **MEDICAL INFORMATION AND 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 6<sup>th</sup>. 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.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for June 7<sup>th</sup> and 16<sup>th</sup>. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

## **REGULARLY SCHEDULED**

### **BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, June 7<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is a Friends of Foxboro Seniors program.

### **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.

### **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

## **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 Biliانا "BB" Mileva, and have some fun while getting in shape. 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.

## **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:

June 1 – Christmas Tree/Trader Joe's

June 8 – Job Lot/Dollar Store

## **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 30**

Memorial Day

No Meals Served

### **Tuesday, May 31**

Lasagna 359

Vegetables with 52

Chick Peas

Whole Wheat Roll 160

Fresh Orange 0

Sodium 571

Calories 339

### **Wednesday, June 1**

Gypsy Herb Soup

Apricot chicken

Rice Pilaf  
Multigrain Bread  
Banana  
Sodium 733  
Calories 468

**Thursday, June 2**

Meat Loaf  
Onion Gravy  
Mashed Potato  
Peas & Mushrooms  
Wheat Bread  
Peaches  
Sodium 644  
Calories 647

**Friday, June 3**

BBQ Pork Patty  
Baked Beans & Cabbage  
Carrots  
Scali Bread  
Almond Cookie  
Sodium 998  
Calories 765