

## **LIFE REIMAGINED PROGRAM**

Are you ready for the next chapter of your life? Whether you're ready to dive right in, or you're still testing the waters, the Life Reimagined program offers tools, activities and support to help you figure out what really matters. The life you've dreamed of having is actually very possible. To make it real doesn't require major tasks or grand gestures. It's about making small and simple steps to help you figure out what you really want and then start to make it happen. Life Reimagined was developed by AARP with a team of leading doctors, coaches, entrepreneurs and other experts. Join us at the senior center on Thursday, June 11<sup>th</sup> from 10:30 a.m. to noon as we learn more about this program from Lisa Masters of AARP. To reserve a seat, please call the senior center at 508-543-1252 to sign up.

### **Monday, June 1**

Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Book Club 11:00 a.m.  
Scrabble 12:30 p.m.  
Knitting 1:00 p.m.  
Shaws 1:00 p.m.

### **Tuesday, June 2**

Stretch & Balance 8:30 a.m.  
Zumba Gold 9:45 a.m.  
SHINE by appointment 10:00 a.m.  
Nutrition 11:00 a.m.  
Bingo 1:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, June 3**

Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
My Life, My Health Workshop 1:00 p.m.  
Kohl's 1:00 p.m.

### **Thursday, June 4**

History Lecture Series with Paolo DiGregorio

### **Friday, June 5**

Stop & Shop 8:30 a.m.  
Aerobic Exercises 9:30 a.m.  
Card Making Class 11:00 a.m.  
Cribbage 11:00 a.m.

### **Saturday, June 6**

Friends Plant Sale on the Common 8:00 a.m.

## **SPECIAL PROGRAMS**

### **RE-SCHEDULED HISTORY LECTURE SERIES WITH PAOLO**

The final program in Paolo DiGregorio's current lecture series has been re-scheduled to Thursday, June 4<sup>th</sup> at 1:00 p.m. at the senior center. The topic of this program is "Indians and Englishmen: Conflict and Conquest in Colonial New England." The earliest English settlers in New England were befriended and aided by the native people. Yet within two decades, the relationship had turned to distrust and animosity. By the end of the seventeenth century, a series of armed conflicts would lead to the demise of native power and the establishment

of English hegemony. This lecture will look at the causes and results of the conflicts that scarred early. Come join us as we listen to Paolo bring history to life.

### **LISTEN TO THE MUSIC**

Everyone knows that listening to music can be pleasant, fun and relaxing. But far beyond enjoyment, the simple act of listening to music can provide surprising benefits for a long list of health issues such as chronic back pain, high blood pressure, inadequate sleep, memory loss and much more. On Thursday, June 18<sup>th</sup> at 11:00 a.m., Eric Weld will be at the senior center for an entertaining multimedia presentation, complete with live and recorded music and chock full of useful information, to discuss the optimal types of music to listen to and how to listen to get the best health results. Join us as we find out why we should be listening to music every day for our health, longevity and, of course, enjoyment. Please call the senior center at 508-543-1252 to sign up.

### **FATHERS DAY LUNCHEON**

Come and celebrate Fathers' Day with us here at the senior center on Thursday, June 25<sup>th</sup> 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 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 to reserve your spot.

### **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that will meet on Monday afternoons 12:30 to 3:00 p.m. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

### **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, June 24<sup>th</sup> 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.

### **SENIOR SUPPER CLUB**

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? 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, June 24<sup>th</sup>, we'll be enjoying a meal of Chicken Salad on a Croissant, Tossed Salad with Dressing, Three Bean Salad and Tropical Fruit for dessert. The event starts at 4:30 p.m. with supper to be served at 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 to make your reservation and to arrange for transportation, if needed.

### **FREE FUN FRIDAYS!**

Free Fun Fridays offers visitors free admission to many of the most treasured cultural venues in Massachusetts over the 10 Fridays of the summer. Sponsored by the Highland Street Foundation, this program starts on Friday, June 26<sup>th</sup> and involves 70 museums and cultural venues across the state. Some of the participating venues are: the Norman Rockwell Museum, The Old State House, Hancock Shaker Village, USS Constitution Museum, Tower Hill Botanic Garden, Old Sturbridge Village and Plimouth Plantation. For information and for a full schedule of dates and venues please check the website at [www.highlandstreet.org/freefunfridays](http://www.highlandstreet.org/freefunfridays).

### **TRIP INFORMATION**

#### **TRIP TO THE OMIN IMAX THEATER AND LUNCH AT VENEZIA**

Join us on Thursday, July 16<sup>th</sup> for a day trip into Boston. We'll be leaving Foxborough at 10:30 a.m. and travel via motorcoach to the Venezia Restaurant in Dorchester for a luncheon by the water. The entrée choices for our sit down lunch are: Boston Baked Haddock, Chicken Parmigiana with Pasta, Steak Tips with Risotto, Chicken Piccata or Pasta Primavera. All meals are served with salad, dessert and coffee or tea. We will be able to enjoy the water views while we eat. After lunch, we'll head over to the Museum of Science where we'll see an informative and exciting show at the Omni Imax Theater. The cost for this trip is \$81.00 per person and includes all gratuities. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

### **TRIP TO NOVA SCOTIA**

We've had a great response to the sign up for our trip to Nova Scotia in July. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. Call the senior center at 508-543-1252 for information. We have just started at waiting list.

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, June 9<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

#### **PODIATRIST**

Dr. Willinsky, Board certified by the American Board of Podiatric orthopedics, will be at the senior center on Monday June 15<sup>th</sup> at 12:00 noon. Normally, Dr. Willinsky is available at the senior center on the first Monday of every other month, but there has been a scheduling change for the month of June. 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 2<sup>nd</sup> and June 18<sup>th</sup>. In addition to the SHINE program, 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 and appointment.

### **REGULARLY SCHEDULED**

#### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to Applebee's Restaurant on Wednesday, June 17<sup>th</sup> 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, June 15<sup>th</sup>. Van transportation is available.

#### **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 instructor Michelle Laller, and there is a \$2 charge for each session.

### **ZUMBA CLASSES**

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Beginning on June 10<sup>th</sup> through August 19<sup>th</sup>, Zumba classes will be held from 10:00 to 11:00 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, 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.

### **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a “Stretch and Balance” class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

### **CLASSIC MOVIE DAY**

The featured movie classic for the month of June will be “A Tree Grows in Brooklyn” and is scheduled for Tuesday, June 9<sup>th</sup> at 12:30 p.m. Based on the best-selling novel, this film relates the trials and tribulations of a turn-of-the-century Brooklyn tenement family. The father (James Dunn) is a likable but irresponsible alcoholic whose dreams of improving his family’s lot are invariably doomed to disappointment. The mother (Dorothy McGuire) is the true head of the household, steadfastly holding the family together no matter what crisis arises. The story is told from the point of view of the daughter (Peggy Ann Garner), a clear-eyed realist who nonetheless would like to believe in her pie-in-the-sky father, whom she dearly loves. So, take in a good movie with friends while you enjoy the comfort of the senior center. We’ll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you’d like to join us, please call 508-543-1252 to sign up.

### **BINGO**

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. Our next Bingo afternoon will be on Tuesday, June 2<sup>nd</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 sponsored by the Friends of Foxboro Seniors.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on June 18<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

## **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 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 3 – Kohl's

June 10 – Christmas Tree Shop

## **WEEKLY SCHEDULED PROGRAMS**

### **“THE CUTUPS” CARD MAKING CLASS**

Learn the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different. Come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

### **CRIBBAGE**

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

### **NUTRITION**

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

### **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.**

**Please note that after many years without an increase in price, the suggested donation is now \$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, June 1**

Oriental Vegetable Soup

Herb Baked Chicken

Whipped Potato

Dinner Roll

Fresh Orange

Calories 580

Sodium 533

#### **Tuesday, June 2**

Swedish Meatballs

Egg Noodles

Glazed Carrots

Oatmeal Bread

Pears

Calories 470

Sodium 442

**Wednesday, June 3**

Roast Pork with Apple Gravy

Red Bliss Potato

California Blend Vegetables

Multigrain Roll

Applesauce

Calories 346

Sodium 213

**Thursday, June 4**

American Chop Suey

Italian Blend Vegetables

Scali Bread

Blonde Brownie

Calories 306

Sodium 233

**Friday, June 5**

Turkey a la king

Peas

White Fluffy Rice

Wheat Roll

Pineapple Chunks

Calories 368

Sodium 211