

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.

Monday, June 3

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Book Club 11:00 a.m.
Knitting 1:00 p.m.
Shaw’s 1:00 p.m.

Tuesday, June 4

Stretch & Balance 8:30 a.m.
SHINE (by appointment) 9:30 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
BINGO 2:00 p.m.

Wednesday, June 5

Strength Training 8:30 a.m.
Chorus with Igo School Children 10:00 a.m.
Video Lecture Series “Our Night Sky” 11:30 a.m.
Target 1:00 p.m.
Zumba 2:30 p.m.

Thursday, June 6

Ceramics 9:00 a.m.

Friday, June 7

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Cribbage 11:00 a.m.
Card Making 11:00 a.m.
Chorus Concert on the Common 7:00 p.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

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

“Jack Craig Song Book, Part 1” will be this week’s senior center programming shown on June 5th & 6th. 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.

SPECIAL EVENTS AND PROGRAMS

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 Bubbling Brook in Westwood on Thursday, June 13th. 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 BBQ AT CAPRON PARK & ZOO

Sturdy Memorial Hospital will hold a Community BBQ in honor of their 100th Anniversary on Saturday, June 22 (raindate: Sunday, June 23) from 11:00 a.m. to 2:00 p.m. at Capron Park & Zoo, 201 County Street, Attleboro. This FREE event is open to the public and includes admission to the zoo, food, activities and games, music, and giveaways. Register online at www.sturdymemorial.org or by calling 508-236-8019 by Tuesday, June 18th.

MEDICAL INFORMATION AND SERVICES

HEALTHY COOKING DEMO

Norwood Hospital dieticians along with Mary Richardson, former co-anchor of WCVB TV's "Chronicle" will show you how to whip up some easy recipes plus offer tips on how to enhance flavors while keeping mealtime healthy. This Healthy Cooking Demo will be held on Monday, June 3rd from 1:30 p.m. to 2:30 p.m. at the Norwood Senior Center, 275 Prospect Street, Norwood. Please RSVP to 781-762-1201, ext. 5.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, June 11th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, June 4th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

THE YALE HEART STUDY

The Yale Heart Study is concerned with how people get medical care when they are having symptoms of a heart attack. We are asking people who have had a heart attack to share their experiences at our website:

<http://heartstudy.yale.edu>. The goal of this study is to help people get care as quickly as possible when they are having heart attack symptoms. The study is being conducted on the internet and takes about 30 minutes to an hour to complete depending on your experiences. Participation in this study is completely anonymous. The study has been approved by the Yale University Institutional Review Board and is funded by the National Institutes of Health. If you have any questions about this study please contact us at heart.study@yale.edu If you know of someone who has had a heart attack, there is a place on the website for you to invite them to participate in our study. We hope some of you will help us to help others. The study address, again, is <http://heartstudy.yale.edu>

BLADDER ISSUES

Reclaim bladder control with Pelvic Floor Muscle Rehabilitation (PFMR), which treats a wide range of bladder disorders in a non-invasive, painless way. Come to the Pelvic Floor Muscle Rehabilitation Informational Session on Wednesday, June 5th from 6:30 -7:30 p.m. at Community VNA, 10 Emory Street, Attleboro. Mary Ellen Doherty, registered nurse practitioner from the Center for Bladder & Pelvic Health at OB/GYN Associated of Attleboro will present this FREE program. A question and answer session will follow the

presentation. Lights refreshments will be provided. Call 508-236-8020 to register.

REGULARLY SCHEDULED **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, June 11th at 12:30 p.m. when our feature presentation will be the Academy Award Winner for Best Actor, "Lincoln." Steven Spielberg directs Daniel Day-Lewis in Lincoln, a revealing drama that focuses on the 16th President's tumultuous final months in office. In a nation divided by war and the strong winds of change, Lincoln pursues a course of action designed to end the war, unite the country and abolish slavery. With the moral courage and fierce determination to succeed, his choices during this critical moment will change the fate of generations to come. Please call 508-543-1252 to sign-up.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, June 4th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. 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, June 3rd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

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 5 Target

June 12 Kohl's @ Mansfield Crossing

June 19 Luncheon Outing @ Chateau in Norton

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

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 (time to be announced) on Thursday, August 15th. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, June 12th beginning at 8:00 a.m.

TRANSPORTATION RESOURCES

VAN-GO/CAR-GO

The Foxborough Council on Aging provides transportation to Foxborough residents on the **Van-Go**, our 14 passenger van or the **Car-Go**, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. To schedule a ride please call the senior center at 508-543-1252. Please provide 24 hour advance notice; however, we will always try to accommodate your needs.

The schedule is as follows:

Monday – Mornings – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw’s in Sharon. *On Monday holidays this shopping trip is moved to Tuesday afternoon.

Tuesday – ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Wednesday – Mornings – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

Thursday - ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Friday - Mornings – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 p.m. on Fridays.

HUMAN SERVICES

Our Human Services staff may be available to assist with special transportation needs. To find out more, call 508-543-1252 and ask to speak with our Human Services Department.

F.I.S.H. is a non-profit organization with volunteer drivers who will bring Foxborough seniors to medical appointments within an 11 mile radius. To request transportation call (508) 698-3729 and leave your name, address, phone number, appointment date and time. Please provide 2 days advance notice. You will be called the evening before your appointment to confirm your ride.

GATRA ‘Dial-A-Ride’ transportation is available in Foxboro. This is a shared ride that provides transportation to several surrounding towns for various appointments, errands or social visits. A 24 hour notice is required for transportation and can be scheduled by calling them at 1-800-698-7676. The recommended donation is between \$1.25 -5.00 depending on distance.

GATRA ‘Miles for Health’ program is strictly for medical transportation. They will bring clients to medical appointments in Boston on Mondays, Tuesdays, Thursdays, and Fridays. On *Wednesdays* they provide all other

long distance medical trips to Burlington, Framingham, Worcester, Newton-Wellesley, etc. Appointments must be made between the hours of 9:00 a.m. and 1:00 p.m. The recommended donation is \$10.00. A 48 hour advanced notice is required for this program. Rides can be scheduled by calling 1-800-698-7676. Visit GATRA on their website at www.gatra.org

MEDICAL APPOINTMENT TRANSPORTATION THROUGH COMMUNITY CARE-A-VANS, INC. (HESSCO GRANT)

Thanks to a grant from HESSCO, Community Care-A-Vans, Inc. is available for transportation to Boston for medical appointments scheduled from 9:00 a.m. -11:00 a.m. on Mondays and Wednesdays. The suggested donation is \$25 for this trip. This shared ride program is available to you if you are 60 years of age or older and live in Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole, Westwood or Wrentham. For more information or to reserve a ride, call Community Care-A-Vans, Inc. at 508-223-1672.

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 3

Vegetarian Chili
Brown Rice
Multigrain Roll
Mixed Fruit

Tuesday, June 4

Kale Soup
Baked Chicken
Lyonnaisé Potatoes
Whole Wheat Roll
Fresh Orange

Wednesday, June 5

Meatloaf W/Mushroom Gravy
Whipped Potatoes
Green Beans
Whole Wheat Bread
Pears

Thursday, June 6

Roast Turkey & Gravy
Cranberry Sauce
Mashed Potatoes
Winter Squash
Wheat Bread
Brownie

Friday, June 7

Meatball Sub W/Tomato Sauce
Italian Style Vegetables
Hash Browns

Sub Roll
Peaches