

FATHERS DAY LUNCHEON

Come and celebrate Fathers' Day with us here at the senior center on Thursday, June 25th 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.

Monday, June 15

Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Podiatrist 12:00 noon
Scrabble 12:30 p.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, June 16

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Nutrition 11:00 a.m.
Talespinners 2:00 p.m.

Wednesday, June 17

Strength Training 8:30 a.m.
Zumba Gold 10:00 a.m.
My Life, My Health Workshop 1:00 p.m.
Luncheon Outing at Applebee's 1:00 p.m.
TRIAD 1:00 p.m.

Thursday, June 18

SHINE by appointment 10:00 a.m.
"Surprising Health Benefits of Listening to Music" with Eric Weld 11:00 a.m.
Low Vision Support Group 1:00 p.m.

Friday, June 19

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

TRIP INFORMATION

LUNCH AT THE VENEZIA AND TRIP TO THE OMNI IMAX THEATER

*** Reduced price for Foxborough residents in memory of Doris Sheward ***

Anyone who knew Doris Sheward knew that she loved the senior center and loved traveling with the seniors in years past. Thanks to the generous donations made by friends and family in memory of Doris to the Foxborough Council on Aging and Human Services, we will be able to offer a \$10 discount to Foxborough residents on the cost of our trip to the Venezia restaurant and the Omni Imax Theater. Join us on Thursday, July 16th for our day trip into Boston. We'll be leaving Foxborough at 10:30 a.m. and traveling 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 Foxborough residents has been reduced to \$71.00 per person.** The cost for all non-residents is \$81.00 per person and includes all gratuities. Payment for this trip

will be due by Friday, June 26th. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

GLOUCESTER HARBOR CRUISE & SHOPPING IN ROCKPORT

On Thursday, August 13th we'll be off to Gloucester for a 2 ½ hour cruise of Gloucester harbor and a luncheon buffet aboard the "Beaumont Princess." We will be leaving Foxborough at 8:45 a.m. from the rear parking lot of St. Mary's Church. On board the "Beaumont Princess," our luncheon buffet will include salad, fresh haddock, Chicken Picatta, ravioli, vegetables and dessert. When we return to shore after lunch, we will head to Rockport for some free time to shop and browse on your own. The cost for this day out is \$81 per person which includes motorcoach transportation, the 2 ½ hour cruise with lunch, and all gratuities. If you'd like to join us, please call the senior center at 508-543-1252 to sign up. Payment will be due by Friday, July 24th.

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.

SPECIAL PROGRAMS

TRIAD PROGRAM ON IDENTITY THEFT

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. If you're interested in finding out more about TRIAD, this program is open to all and will be a great opportunity to attend one of TRIAD's informational meetings. On Wednesday, June 17th at 1:00 p.m., TRIAD's guest speaker will be John J. O'Connor, practicing attorney and retired U. S. Secret Service agent. During his 22 years as a secret service agent, John not only provided protective services to public officials, but also supervised and investigated financial crimes including counterfeiting, securities fraud, bank fraud and commercial/real estate fraud. As a TRIAD guest speaker, he will offer his expert advice on various aspects of identity theft. The TRIAD group will also be serving pizza to those attending this event. Seating is limited, so please call the senior center at 508-543-1252 to reserve your seat.

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 18th 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. Thank you to the Friends of Foxborough Seniors for their support in sponsoring this event. Please call the senior center at 508-543-1252 to sign up.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We're thinking of starting a new Scrabble group that will be meeting on Monday afternoons starting May 18th from 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.

GARDEN CLUB

In honor of spring, our Senior Center Garden Club, under the direction of Marsha Lewicke, has started meeting again at the senior center. The next meeting will be on Tuesday, June 23rd at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. 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!

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 24th 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 24th, 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.

FOXBORO COMMUNITY OLYMPIC DAY

Foxboro's 2nd annual Community Olympic Day, sponsored by the Foxboro Rotary, will be held on Saturday, June 20th at the Stather Field behind the Ahern Middle School. (If needed, the Rain Date is June 27th from 9:30 a.m. to 12:30 p.m.) Registration begins at 9:30 a.m. and the Opening Ceremony will start at 10:00 a.m. All are welcome to join the fun with activities that include: Frisbee Toss, Baseball/Softball Throw, Basketball Shot, Hula Hoop, Teddy Bear Race, Fun Table Games and much more. There will be free hamburgers and hotdogs for everyone! For more information, contact the Rotary at foxbororotary@gmail.com.

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 26th 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.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, July 14th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd 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.

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 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for June 18th and July 7th. 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 17th 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 15th. Van transportation is available.

MOVIE DAY

The movie for the month of June is scheduled for Tuesday, June 23rd at 12:30 p.m. and our featured film will be "The Imitation Game." This movie is based on a true story. Alan Turing (Benedict Cumberbatch), a pioneer of computers, led a group of scholars to crack the codes of Germany's World War II Enigma machine. A genius, under nail-biting pressure, he helped to save millions of lives but was ultimately convicted for the crime of homosexuality. Come join us at the senior center to watch the movie 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 to sign up.

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 CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and from June 10th through August 19th, Wednesday's 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.

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 June 22nd. 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.

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 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 17 – Luncheon Outing at Applebee's

June 24 - Walmart

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. YMCA-certified instructor 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. YMCA-certified instructor Bobbie Rodman leads 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.

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, July 7th 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.

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 15

Low Salt Hot Dog with Roll
Mustard Packet
Potato Wedges
Cabbage & Carrots
Applesauce
Calories 410
Sodium 674

Tuesday, June 16

Tomato Florentine Soup
Oven Roast Chicken
Garlic Mashed Potatoes
Wheat Bread
Peaches
Calories 359
Sodium 662

Wednesday, June 17

Macaroni & Cheese
Escalloped Tomato
Muffin
Pineapple Chunks

Calories 443

Sodium 542

Thursday, June 18

Roast Turkey with Gravy

Cranberry Sauce

Whipped Potato

Winter Squash

Oatmeal Roll

Low Sugar Apple Crisp with Topping

Calories 380

Sodium 508

Friday, June 19

Sloppy Joe

Hash Brown Potato

Green & Wax Beans

Hamburger Roll

Mandarin Oranges

Calories 316

Sodium 356