

PATRICIA PERRY PRESENTS THE GREAT AMERICAN SONGBOOK

Put on your zoot suit, poodle skirt or white gloves and join Patricia Perry of Sneak Peek Productions as we turn the pages in America's songbook. This very interactive program follows American music from the colonial years until the 1930's. Tap your toes to George Washington's favorite tunes or join in a chorus of "It's a Long Way to Tipperary." Don't worry if you can't carry a tune, just hum along and let a song be in your heart. Join us at the senior center for this fun and interactive program with Patricia Perry on Thursday, July 7th at 2:00 p.m. This program is sponsored by the Friends of Foxboro Seniors. Please call the senior center at 508-543-1252 to sign up and we'll save you a seat.

Monday, June 20

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Video Rewind 2:30 p.m.

Tuesday, June 21

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 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 22

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Minds in Motion 12:30 p.m.

Target 1:00 p.m.

Colorist Club 2:00 p.m.

Senior Supper Club 4:30 p.m.

Thursday, June 23

The Fabulous 50's 10:00 a.m.

Diabetes Self-Management 12:00 noon

COA/HS Board Meeting 3:00 p.m.

Friday, June 24

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.

GARY HYLANDER'S LECTURE SERIES ON ELECTING PRESIDENTS: 1960, 1964 & 1968

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for a 3-part lecture series on the following Wednesdays at 4:30 p.m.: July 6th, 13th and 20th. This lecture series is being sponsored by the Friends of Foxborough Seniors and the program topics cover the presidential elections of the 1960's. The topic for the July 6th program is "JFK v. RMN: Revisiting the 1960 Election." The election of 1960 was a cliffhanger that witnessed a record voter turnout. For the first time, television played a critical role in shaping a presidential election. Join us as we discuss the candidates' campaign strategies and issues of the 1960 race for

the White House. We will also review the themes and language of Kennedy's inaugural, an address that he hoped would become as memorable as Lincoln's words at Gettysburg. If you'd like to join us for these lectures, please call the senior center at 508-543-1252 to sign up.

PASTEL PAINTING WORKSHOP

The Foxborough Senior Center will host award-winning pastel artist Greg Maichack on Thursday, June 30th from 11:00 a.m. to 1:00 p.m. Greg will present a hands-on workshop titled "Pastel Paint Stunning Still-Lifes Like the Masters." This pastel painting workshop is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper in this fun pastel painting class. Greg will demonstrate how beginners, as well as accomplished artists, can paint a still life while applying techniques used by masters such as van Gogh, O'Keefe and Monet. This class is being offered free of charge and, as always, all materials will be supplied and all participants will bring their pastel paintings home with them. The program is sponsored by a grant from the Foxborough Cultural Council. Seating is limited, so please call the senior center at 508-543-1252 to sign up in advance to reserve your seat.

BASICS OF ESTATE PLANNING WITH ATTORNEY MARC CUSANO

Attorney Marc Cusano of the Massachusetts Bar Association will be at the senior center on Wednesday, June 29th at 5:00 p.m. Attorney Cusano's program will focus on the basics of estate planning, elder law, nursing home planning, as well as updates on trends in elder legal services. This is your opportunity to ask questions and get some answers from an expert in estate planning and administration. Please call the senior center at 508-543-1252 to sign up in advance for this informational program.

THE FABULOUS 50'S

Join us at the senior center on Thursday, June 23rd at 10:00 a.m. for "The Fabulous Fifties," a festive look back at the great songs of the 1950's, ushering in the boomer generation and doo-wop. Linda Poland and Alan Pearlmutter will be here to help us recall the post war years, the growth of suburbia, the hula hoop, the music of Elvis Presley and early rock and roll. This program is made possible thanks to the sponsorship of the Friends of Foxborough Seniors. Call the senior center at 508-543-1252 to sign up in advance for "The Fabulous Fifties" program and take a trip with us down this musical memory lane.

MEN'S COOKOUT

Our first Men's Cookout of the year will be held on Thursday, June 30th at noon. Following lunch, the Friends of Foxborough Seniors will be sponsoring our guest speaker, historian Paolo DiGregorio, and the topic of his program will be "Independence Day." The cost for the cookout is \$3 and if you would like to attend, please call the senior center at 508-543-1252 by Friday, June 24th. As always, everyone is welcome to join us for the speaking portion of the program at no cost after lunch has been served.

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, June 28th. 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.

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, June 22nd we'll be enjoying our menu of French Bread Pizza, Three Bean Salad and Dessert. 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.

MOVIE DAY

Movie Day for the month of June is scheduled for Tuesday, June 28th at 12:30 p.m. and our featured film will be "I'll See You in My Dreams." In her first movie lead in 40 years, Blythe Danner stars as a widow who's been comfortably wallowing in a comfortable rut, including a weekly bridge game with her three best friends (Mary Kay Place, Rhea Perlman and June Squibb). A series of unexpected circumstances, including a giant rat in the house, shakes up her existence leading to friendship with her slacker pool boy, reconciliation with her daughter and, surprisingly, her courtship with a new beau (Sam Elliott). 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.

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 27th. 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.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, June 28th 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.

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 29th 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.

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. 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

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 July 5th and 21st. 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 and appointment.

REGULARLY SCHEDULED

TABLE TOP GARDEN CLUB

Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting at the senior on Tuesday, June 21st 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 summer months.

EXERCISE CLASSES

Summer is on the way. It's time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

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 Horse and Carriage Restaurant on Wednesday, June 29th 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 27th. Van transportation is available.

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 22 - Target

June 29 - Horse & Carriage Restaurant

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, June 20

Beef Picadillo 251
Fluffy White Rice 36
California Blend Vegetables 27
Wheat Bread 115
Peaches 5
Sodium 434
Calories 363

Tuesday, June 21

Beef Bordalaise 247
Mashed Potato 62
Rivera Blend Vegetables 16
Oatmeal Bread 121
Chocolate Pudding 191
Sodium 637
Calories 667

Wednesday, June 22

Glazed Chicken Drumstick 290
Red Bliss Potato 4
Tuscan Vegetables 56
Wheat Bread 115
Mandarin Orange 6
Sodium 471
Calories 354

Thursday, June 23

Shepard's Pie 283
Scandinavian Vegetables 16
Whole Wheat Roll 160
Banana 1
Sodium 460
Calories 661

Friday, June 24

Sweet Potato Pollack 150
Tartar Sauce
Scallop Potatoes 185
Roman Blend Vegetables
Fruit Muffin 78
Chocolate Chip Cookie 171
Sodium 610
Calories 752