

## **SIGN UP FOR A TRIP TO NORMAN ROCKWELL MUSEUM/STOCKBRIDGE**

Join us as we travel by motorcoach to Stockbridge, Massachusetts on Thursday, August 11<sup>th</sup> for a visit to the Norman Rockwell Museum and lunch at the Red Lion Inn. We'll be leaving Foxborough at 8:00 a.m. from the rear parking lot of St. Mary's Church. Enjoy the beautiful scenery of Western Massachusetts as we head off to discover that the quaint village of Stockbridge maintains itself much like that depicted in Rockwell's famous painting "Main Street Stockbridge." Authentic shops and historic sights help bring his famous painting to life. We'll enjoy lunch at the famous Red Lion Inn where a delicious full course luncheon with an entrée choice of either Yankee Pot Roast or Broiled Salmon is included. After lunch, we'll be visiting the Norman Rockwell Museum where we'll have the opportunity to experience Rockwell's famous paintings of 20<sup>th</sup> century America as portrayed on the front pages of the Saturday Evening Post. Rockwell painted over 4,000 pictures during his lifetime, and you will also be able to visit his studio while at the museum. We will be returning to Foxborough at approximately 6:00 p.m. The cost for this trip is \$91 per person and includes all gratuities. Sign-up will begin at 8:00 a.m. on Wednesday, July 6<sup>th</sup> by calling the senior center at 508-543-1252. Payment will be due by Friday, July 29<sup>th</sup>.

### **Monday, July 4**

July 4<sup>th</sup> Holiday  
Office Closed

### **Tuesday, July 5**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Table Top Gardeners 9:45 a.m.  
Zumba Gold Class 9:45 a.m.  
SHINE by appointment 10:00 a.m.  
Nutrition 11:00 a.m.  
Friends' Bingo 1:30 p.m.  
Talespinners 2:00 p.m.

### **Wednesday, July 6**

Sign up for trip to Stockbridge/Norman Rockwell Museum 8:00 a.m.  
Coffee Connection 8:30 a.m. to 6:00 p.m.  
Strength Training 8:30 a.m.  
Kohl's/Mansfield Crossing 1:00 p.m.  
Colorist Club 2:00 p.m.  
Gary Hylander Lecture on Presidential Elections of the 1960's 4:30 p.m.

### **Thursday, July 8**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Patricia Perry Program – "The Great American Songbook" 2:00 p.m.

### **Friday, July 9**

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.

## **ANNUAL FISH AND GAME COOKOUT**

The Fish and Game Club at 17 Neponset Heights Avenue in Foxborough will, once again, host their annual cookout. This event is for Foxborough's senior citizens only. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 16<sup>th</sup> at 1:00 p.m. Enjoy the water view and eat delicious food, and have a fun time with your friends from Foxborough. This event will be held rain or shine.

The meal will include chicken, homemade side dishes and beverages. The fish and Game Club would appreciate knowing if you're planning on joining us, so please call the senior center at 508-543-1252 by Friday, July 8<sup>th</sup> to reserve your seat. You must provide your own transportation to the cookout. Due to public safety requirements, parking spaces are extremely limited in the area of the Fish and Game Club. If possible, please park in public, municipal parking lots and then carpool with your friends down to the Fish and Game Club.

### **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 7<sup>th</sup> 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.

### **HISTORY LECTURE WITH PAOLO DIGREGORIO**

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 1:00 p.m. on "Bastille Day," Thursday, July 14<sup>th</sup>. The topic of Paolo's lecture will be "Liberte, Egalite, Fraternite: The Story of the French Revolution. Storm the barricades! Raze the prisons! Overthrow the king! Eat Cake!" Come celebrate Bastille Day with an exciting, informative presentation. Our thanks to the Friends of Foxborough Seniors for sponsoring this program. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

### **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 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup>. 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 6<sup>th</sup> 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.

### **SUMMER ART CLASSES WITH BARBARA GAGE-MULFORD**

"Summer Art" is a fun, stress-free series of art workshops at the senior center with instructor Barbara Gage-Mulford. These 6 workshops will be held at 9:30 a.m. on the following Thursdays: July 21 & 28 and August 4, 11, 18 & 25. Students may work on drawing and painting skills from their choice of a provided still-life or from a photo using their choice of charcoal, pastels, watercolor or acrylic. All materials will be provided by the instructor. You may bring your own materials if you prefer. In the class, you will review drawing skills, use of different media and colors, and you will even learn how to frame different picture types (though frames are not provided). These workshops are being offered free of charge. Class size is limited, so please call the senior center at 508-543-1252 to sign up in advance.

### **TABLE TOP GARDEN CLUB**

Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting at the senior on Tuesday, July 5<sup>th</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 summer months.

### **CLASSIC MOVIE DAY**

Classic Movie Day for the month of July is scheduled for Tuesday, July 12th at 12:30 p.m. and our featured film will be "Citizen Kane." When a reporter is assigned to decipher newspaper magnate Charles Foster Kane's (Orson Welles) dying words, his investigation gradually reveals the fascinating portrait of a complex man who rose from obscurity to staggering heights. Though Kane's friend and colleague Jedediah Leland (Joseph Cotton), and his mistress Susan Alexander (Dorothy Comingore) shed fragments of light on Kane's life, the reporter fears he may never penetrate the mystery of the elusive man's final word "Rosebud." 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.

### **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, July 27<sup>th</sup> we'll be enjoying our menu of Chicken Teriyaki, Pineapple Rice, Oriental Vegetables, Cake and Ice Cream. 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 23<sup>rd</sup> to make your reservation and to arrange for transportation, if needed.

### **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 July 6<sup>th</sup> & 7<sup>th</sup> the featured program will be the "Jack Craig: From Jazz to Hip Hop" program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **LOW VISION SUPPORT GROUP**

The Low Vision Support Group meets at the senior center on the 3<sup>rd</sup> Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, July 21<sup>st</sup>. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

### **THE COFFEE CONNECTION**

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, July 12<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.

#### **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 July 5<sup>th</sup> and 21<sup>st</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 and appointment.

### **REGULARLY SCHEDULED**

#### **FRIENDS' 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, July 5<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 hosted by the Friends of Foxboro Seniors.

#### **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:

July 7 – Kohl's/Mansfield Crossing

July 13 - Walmart

#### **EXERCISE CLASSES**

Summer is here! 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.

#### **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

#### **COLORIST CLUB**

Are you looking for something fun to do that's both calming and relaxing? We have a Colorist Club that meets at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1252 to sign up and join us for this soothing and relaxing activity.

#### **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 Biliana “BB” Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

**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, July 4**

Holiday

No Meals Served

**Tuesday, July 5**

Cajun Chicken Stew 502

Carrots 77

Whole Wheat Roll 160

Mandarin Orange 6

Sodium 745

Calories 462

**Wednesday, July 6**

Meatloaf 172

With Gravy 124

Mashed Potato 62

Roman Blend Vegetables 26

Multigrain Bread 190

Applesauce 20

Sodium 596

Calories 630

**Thursday, July 7**

Chicken 320

Brushetta 74

Italian Pasta

Tossed Salad with Dressing 28

Scali Bread 190

Tropical Fruit 10

Sodium 610

Calories 449

**Friday, July 8**

Seafood Casserole 569

Rice Florentine 112

Tahitian Vegetables 38

Oatmeal Bread 121

Peaches 5

Sodium 845

Calories 414