

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.

Monday, June 13

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 14

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.

Classic Movie Day – “Funny Face” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, June 15

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

Strength Training 8:30 a.m.

Minds in Motion 12:30 p.m.

TRIAD 1:00 p.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

History Lecture with Paolo DiGregorio 4:30 p.m.

Thursday, June 16

Minds in Motion 9:30 a.m.

SHINE by appointment 10:00 a.m.

Diabetes Self-Management 12:00 noon

Audio-Described Movie – “The Intern” 1:00 p.m.

Friday, June 17

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.

“THE INTERN” – AN AUDIO-DESCRIBED MOVIE

On Thursday, June 16th at 1:00 p.m. we will be showing an audio-described version of the movie “The Intern” at the senior center. Described videos provide narration of a program’s key visual elements, such as characters’ action, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in the movie’s dialogue. The result is a finished soundtrack that enables visually impaired viewers to fully understand the film through listening. “The Intern” stars Robert DeNiro and Ann Hathaway. Starting a new job can be a difficult challenge, especially if you’re already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (DeNiro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Hathaway), the boss and founder of the company. Whittaker’s charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules. This audio-described movie is open to everyone, so come and enjoy this unique movie experience with the Low Vision Support Group here at the senior center. Popcorn is included! Call us at 508-543-1252 to sign up in advance.

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.

CIVIL WAR LECTURE SERIES WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio will be at the senior center at 4:30 p.m. on June 15th. Paolo will be here to present the third of a 3-part series of lectures on the Civil War. The topic for June 15th will be “Victory and Tragedy.” This lecture series is sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

BASICS OF ESTATE PLANNING WITH ATTORNEY MARC CUSANO

Attorney Marc Cusano Esq. 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. This program is made possible by the Massachusetts Bar Association. Please call the senior center at 508-543-1252 to sign up in advance for this informational program.

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.

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 14th 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 June is scheduled for Tuesday, June 14th at 12:30 p.m. and our featured film will be "Funny Face." Fred Astaire stars as fashion photographer Dick Avery who is sent out by his boss to find a "new face." It doesn't take Dick long to discover Jo (Audrey Hepburn – who does her own singing), an owlish Greenwich Village bookstore clerk. Dick whisks the wide-eyed girl off to Paris and transforms her into the fashion world's hottest model. Then, along the way, Dick falls in love with Jo. Come join us at the senior center to watch this classic film. 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, 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.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 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 16th and July 5th. 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 an appointment.

REGULARLY SCHEDULED

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.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns

by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, June 15th at 1:00 p.m. Everyone is welcome to attend these informational services.

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.

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 15 – Walmart

June 22 – Target

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 June 15th & 16th the featured program will be the "Food For Life, Part 3" program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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.

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 13

American Chop Suey 211
Genoa Blend Vegetables 31
Scali Bread 190
Pineapple 1
Sodium 433
Calories 453

Tuesday, June 14

Bok Choy Soup 99
Honey Ginger Chicken 393
Oriental Rice 92
Whole Wheat Bread 160
Fortune Cookie 2
Sodium 746
Calories 437

Wednesday, June 15

Roast Pork with Apple Gravy 320
Mashed Potato 76
Green Beans 12
Oatmeal Bread 117
Fathers' Day Cake
Sodium 588
Calories 759

Thursday, June 16

BBQ Meatballs 367
Egg Noodles 35
Diced Carrots 77
Whole Wheat Roll 160
Tropical Fruit 10
Sodium 649
Calories 589

Friday, June 17

Chicken Rotini 244
Mixed Vegetables 22
Multigrain Bread 190
Mandarin Oranges 6
Sodium 462
Calories 622