

SIGN UP FOR A TRIP TO NEWPORT, RHODE ISLAND

The Foxborough Council on Aging and Human Services and the Friends of Foxborough Seniors are pleased to be sponsoring 2 one-day trips to Newport, Rhode Island this summer. These bus trips are being offered free of charge to Foxborough's senior citizens on Thursday, August 4th and on Thursday, September 22nd. We will be traveling by motorcoach and leaving from the rear parking lot of St. Mary's Church on Carpenter Street at 9:30 a.m. When we arrive in Newport, our guide will take us on a 1-hour bus tour of the city. You will then be dropped off in the center of Newport where you can explore the local shops and stop for lunch in one of Newport's many eateries. We will board the bus for home at the same location as our original drop-off site, and we will be leaving Newport by 2:00 p.m. The only cost for you is for the gratuities! If you are interested in traveling with us on August 4th, the sign up for this trip will begin at 8:00 a.m. on Wednesday, July 20th by calling the senior center at 508-543-1252. (This trip is for Foxborough seniors only.)

Monday, July 18

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.

Tuesday, July 19

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.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, July 20

Sign-up for August 4th Trip to Newport, Rhode Island 8:00 a.m.

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

Strength Training 8:30 a.m.

Luncheon Outing – Olive Garden 1:00 p.m.

Colorist Club 2:00 p.m.

Gary Hylander Lecture on the Presidential Election of 1968 4:30 p.m.

Thursday, July 21

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

SHINE by appointment 10:00 a.m.

Low Vision Support Group 1:00 p.m.

Patricia Perry Program – “Dolley Madison Remembers” 2:00 p.m.

Friday, July 22

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.

TRIP TO NORMAN ROCKWELL MUSEUM/STOCKBRIDGE

Join us as we travel by motorcoach to Stockbridge, Massachusetts on Thursday, August 11th 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 20th 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. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment will be due by Friday, July 29th.

FARMERS' MARKET COUPONS

A limited number of Farmers' Market Coupons will be available for Foxborough seniors citizens beginning on Monday, July 25th at the senior center. Each participant will receive \$25 worth of coupons to spend at local farmers' markets. **In order to qualify to receive these coupons, you must be at least 60 years of age and have an income level below \$21,590 for an individual and \$29,101 for a couple.** Due to the limited number of coupon books that will be available, you must meet the eligibility requirements, you must be a Foxboro senior and you must come in person to the senior center to sign for and receive the coupon booklet. The coupons will be awarded on a first-come, first-serve basis. At the time that the coupons are picked up, a form must be signed indicating that you meet the eligibility requirements.

PATRICIA PERRY PRESENTS "DOLLEY MADISON REMEMBERS"

Dolley Madison was the wife of James Madison, the fourth President of the United States. She has been considered the most colorful of all of the early First Ladies. In her eight years in Washington D.C. (1809-1817), she made the President's Mansion a delightful place to visit. Dolley Madison met 12 American Presidents and their wives, inventors, politicians and visiting European royalty. She helped lay the cornerstone of the Washington Monument, was threatened by the invading British in 1812, and was accused of having not one, but two affairs. Join us at the senior center for this program with Patricia Perry as Dolley on Thursday, July 21st at 2:00 p.m. and you'll hear about Dolley Madison's personal memoirs of George Washington, Francis Scott Key and more. America's "living" legend will regale you with little known stories of the famous and the infamous of her time. This program is sponsored by the Friends of Foxboro Seniors. Please sign up in advance by calling the senior center at 508-543-1252.

HISTORY LECTURE WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 5:00 p.m. on Wednesday, August 3rd for the 1st of 3 lectures in his "Travel Adventure Series." Our thanks to the Friends of Foxborough Seniors for sponsoring this program. Paolo will present the remaining 2 lectures in the series on Thursday, August 18th at 1:00 and on Wednesday, August 31 at 5:00 p.m. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

GARY HYLANDER'S LECTURE SERIES ON PRESIDENTIAL ELECTIONS OF THE 1960'S

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for the last of his 3-part lecture series on Wednesday, July 20 at 4:30 p.m. This lecture series has been sponsored by the Friends of Foxborough Seniors and the program topics cover the presidential elections of the 1960's. The topic for the July 20th program is "Bring Us Together: The Election of 1968." The election campaign of 1968 brought into the open many of the hopes and fears of the American people. In its course, the short blazing career of Robert Kennedy would be cut short by assassination. The campaign would see rioting in the streets of Chicago during the Democratic National convention and the rise of George Wallace's American Independent. 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 workshops will be held at 9:30 a.m. on the following Thursdays: July 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.

MEN’S COOKOUT

Our next Men’s Cookout will be held on Thursday, July 28th at noon. Following lunch, our guest speaker will be Dan Demars of the YMCA. Dan will speak on the YMCA programs that are offered for seniors, including Livestrong and support groups. The cost for lunch is \$3 and if you would like to attend, please call the senior center at 508-543-1252 by Friday, July 22nd. 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, July 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.

MOVIE DAY

Movie Day for the month of July is scheduled for Tuesday, July 26th at 12:30 p.m. and our featured film will be “The Intern.” Ben Whittaker (Robert DeNiro) is a 70-year old widower who has discovered that retirement isn’t all it’s cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site founded and run by Jules Ostin (Anne Hathaway). Jules cannot cope with a business that has grown from one person, herself, to over 250 employees in less than 2 years. Ben is the calm voice of experience who nicely balances the fire of the determined, but untrained young boss. 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 27th 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 23rd 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 20th & 21st the featured program will be the “5 Wishes Program” with Pam McGuire. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

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 July 25th. 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.

LOW VISION SUPPORT GROUP

The Low Vision Support Group meets at the senior center on the 3rd Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, July 21st. 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!

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, August 3rd from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, August 9th 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 July 21st and August 2nd. 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

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 20 – Olive Garden Restaurant

July 27 – Job Lot / Dollar Store

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.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at the Olive Garden Restaurant in Foxborough at 1:00 p.m. on Wednesday, July 20th. 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, July 18th. Van transportation is available, but transportation arrangements must be made by Monday the 18th.

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 Biliانا "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

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.

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, August 2nd 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.

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 18

Beef Stroganoff 278

Noodles 35

Carrots & Peas 40

Wheat Bread 115

Tropical Fruit 10

Sodium 474

Calories 700

Tuesday, July 19

Cheese Lasagna with Sauce 290
Roman Vegetables 26
Scali Bread 190
Tapioca Pudding 47
Sodium 637
Calories 378

Wednesday, July 20

Roast Chicken 320
With Pesto Sauce 70
Mashed Potato 62
Tossed Salad 28
With Dressing
Whole Wheat Bread 160
Mixed Fruit 10
Sodium 650
Calories 511

Thursday, July 21

Cheesy Beefaroni 364
Roasted Brussel Sprouts 12
Oatmeal Roll 121
Orange 0
Sodium 497
Calories 569

Friday, July 22

Salmon with 67
Ginger Sauce 73
Couscous 44
Mixed Vegetables 22
Multigrain Bread 190
Fresh Plum 0
Sodium 397
Calories 506