

## **ONE-WOMAN SHOWS WITH JUDITH KALAORA**

Judith Kalaora, professional actress, historical interpreter and educator will be returning to the senior center for performances of 2 one-woman shows. Judith's previous performances as Deborah Samson Gannett and her presentation of "Chocolate 101" have met with rave reviews at the senior center. On Thursday, July 30<sup>th</sup> at 10:00 a.m. Judith will present her program "I Now Pronounce You" where she will perform as Lucy Stone (1818-1893), the first woman from Massachusetts to earn a college degree. Lucy was an ardent supporter of human rights and fierce in her belief that women and men should be equal. Her message inspired thousands of women to join the suffrage movement. When she married, she demanded that her marriage vows be rewritten and she refused to take her husband's surname, leading to the expression "Lucy Stoner" to describe a woman who does just that! In her fiery presentation, Judith, as Lucy, describes the tension of Antebellum Boston where women evolved from successful abolitionists to struggling suffragettes. Her second performance will be held on Thursday, August 6<sup>th</sup> at 1:00 p.m. Stay tuned for more details! Come join us for these 2 entertaining programs, and our thanks go to the Friends of Foxborough Seniors for sponsoring these events. Please call the senior center at 508-543-1252 to sign up.

### **Monday, July 20**

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 21**

NO Stretch & Balance  
Garden Club 9:45 a.m.  
Zumba Gold 9:45 a.m.  
Nutrition 11:00 a.m.  
Talespinners 2:00 p.m.

### **Wednesday, July 22**

Strength Training 8:30 a.m.  
Zumba Gold 10:00 a.m.  
Morin's Restaurant 1:00 p.m.  
Country Line Dancing 2:15 Beginners  
Paolo DiGregorio History Lecture Series 5:00 p.m.

### **Thursday, July 23**

HESSCO BBQ Luncheon with Wrentham COA 11:30 p.m.

### **Friday, July 24**

Stop & Shop 8:30 p.m.  
NO Aerobic Exercises today  
Cribbage 10:15 a.m.

## **SPECIAL PROGRAMS**

### **COUNTRY LINE DANCING**

Get ready to kick up your heels and join us for 12 weeks of Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon from July 22<sup>nd</sup> through October 7<sup>th</sup>. Each class will run for 90 minutes, from 2:15 to 4:00 p.m., with a 15 minute break at 3:00. The first half of the class will involve learning the basic steps. The second half will involve putting what you've learned into action! You are welcome to stay for the entire

class or just come for the dance steps best suited to your level. Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

### **JOINT COOKOUT WITH WRENTHAM COUNCIL ON AGING**

Save the date of Thursday, July 23 when the Wrentham COA will be joining us at the Foxborough Senior Center at 11:30 a.m. for a HESSCO luncheon BBQ. The menu includes hamburgers, hotdogs, potato salad, 3 bean salad, watermelon and cold drinks. Following lunch, entertainment will be provided by award winning singer and storyteller Davis Bates. Mr. Bates will be presenting a program entitled "Celebrate New England: Songs and Stories for Everyone" and the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs and even a short lesson in how to play the spoons. Come join the fun! There is a suggested donation of \$3 for the meal. Please call the senior center at 508-543-1252 by Monday, July 20<sup>th</sup> to reserve your seat.

### **HISTORY LECTURE SERIES**

Paolo DiGregorio, the "Artifactual Scholar," is back for another series of history lectures at the senior center. The topics of his lecture series will focus on some of the important or colorful royal families in Europe. Join us at the senior center from 5:00 to 6:00 p.m. on the following Wednesdays: July 22, August 5 and August 19<sup>th</sup>. Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. This lecture series is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you're interested in attending and would like us to reserve you a seat.

### **NEW SENIOR CENTER HOURS**

The senior center will stay open until 6:30 p.m. every Wednesday evening and will close at 12:30 p.m. on Fridays. Join us for some of our upcoming Wednesday programs that will include: A History Lecture Series with our favorite historian Paolo DiGregorio, Country Line Dancing classes, movies and Senior Suppers. Our Council on Aging and Human Services staff will all be here to meet your needs

### **WE ALL SCREAM FOR ICE CREAM!**

It's summertime, the weather's hot, and it's time to think ice cream. So we've planned some ice cream day trips once again! This year's trips will be scheduled on some Tuesday and Thursday afternoons this summer. On Thursday, July 30<sup>th</sup> at 1:30 p.m. we'll be off to Crescent Ridge Dairy in Sharon. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

### **GARY HYLANDER LECTURE SERIES**

Gary Hylander, Professor of History at Stonehill College, is back for a return engagement of historical lectures at the senior center. On Thursday, August 13<sup>th</sup> at 10:00 a.m., Dr. Hylander will present an informational program on "The Age of Innocence" by Edith Wharton. Set in the Gilded Age, Wharton's "The Age of Innocence" is a penetrating critique of the exclusive social world of New York's "400" or the "Swells." Wharton herself was born into an atmosphere of opulence and privilege, and she chaffed under the rigid social restrictions and narrow perspectives of her class. Then on Thursday, August 20<sup>th</sup> at 10:00, Dr. Hylander's program will be on "The Grapes of Wrath" by John Steinbeck. Dr. Hylander is an independent scholar who specializes as a Presidential Historian. In addition to his teaching, he is a pedagogical specialist for the National Endowment for the Humanities, and he is a frequent lecturer as well as a public affairs commentator on local news and radio. 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 yourself a seat for this informational series.

### **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that meets on Monday afternoons from 12:30 to 3:00 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.

### **GARDEN CLUB**

In honor of summer, our Senior Center Garden Club, under the direction of Marsha Lewicke, has been meeting at the senior center. In July, the Garden Club meetings will be held on Tuesdays, July 21<sup>st</sup> 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, July 29<sup>th</sup> 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. 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, July 29<sup>th</sup>, we'll be enjoying a meal of macaroni and cheese, tossed green salad, whole wheat roll and cake 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 by Monday, July 27<sup>th</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 22<sup>nd</sup> and 23<sup>rd</sup> the featured program will "The History of Viet Nam" presented by Paolo DiGregorio. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **TRIP INFORMATION**

#### **GLOUCESTER HARBOR CRUISE & SHOPPING IN ROCKPORT**

On Thursday, August 13<sup>th</sup> we'll be off to Gloucester for a 2 ½ hour cruise of Gloucester harbor and a luncheon buffet aboard the "Beauport Princess." We will be leaving Foxborough at 8:45 a.m. from the rear parking lot of St. Mary's Church. On board the "Beauport 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 put on our waiting list, please call the senior center at 508-543-1252. Payment will be due by Friday, July 24<sup>th</sup>.

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, August 11<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 August 4<sup>th</sup> and 20<sup>th</sup>. 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 an 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 Morin's Restaurant on Wednesday, July 22 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, July 20<sup>th</sup>. Van transportation is available.

### **MOVIE DAY**

The movie for the month of July is scheduled for Tuesday, July 28<sup>th</sup> at 12:30 p.m. and our featured film will be "Selma." David Oyelowo stars as Martin Luther King, Jr., in this historical drama set during the height of the American civil-rights movement, and depicting the marches from Selma, AL, to the state capital of Montgomery to secure voting rights for African American citizens. 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.

### **AEROBICS**

Starting on Friday, July 10<sup>th</sup> this one hour aerobics class will begin at 9:00 a.m. (instead of 9:30). The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

### **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 through August 19<sup>th</sup>, 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 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on July 27<sup>th</sup>. 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.

## **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, August 4<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 sponsored 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 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 22 – Morin's Restaurant  
July 29 - Walmart

## **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, July 20**

Meatball Stroganoff

Egg Noodles

Italian Mix Vegetables

Scali Bread

Mixed Fruit

Calories 531

Sodium 487

### **Tuesday, July 21**

Pork Lo Mein  
Oriental Vegetables  
Multigrain Roll  
Pears  
Calories 402  
Sodium 281

**Wednesday, July 22**

Meatloaf with Gravy  
Whipped Potato  
Beets  
Wheat Bread  
Cantaloupe  
Calories 427  
Sodium 396

**Thursday, July 23**

**Luncheon BBQ**

Hamburgers & Hot Dogs  
Potato Salad  
Three Bean Salad  
Watermelon

**Friday, July 24**

Potato Pollock  
Tartar Sauce  
Au Gratin Potato  
Zucchini & Summer Squash  
Whole Wheat Bread  
Strawberry Cup  
Calories 436  
Sodium 493