

## **FARMERS' MARKET COUPONS AVAILABLE JULY 21**

A limited number of Farmers' Market coupons will be available for Foxboro residents beginning Monday, July 21<sup>st</sup> 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 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 beginning on the 21<sup>st</sup>, and at the time the coupons are picked up, a form must be signed indicating that you meet the eligibility requirements.

### **Monday, July 21**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, July 22**

Stretch & Balance 8:30 a.m.

Garden Club 9:45 p.m.

Nutrition Class 11:00 a.m.

Movie Day – "Singing in the Rain" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, July 23**

Strength Training 8:30 a.m.

Zumba 10:30 a.m.

Music with Jack Craig 11:30 a.m.

Christmas Tree Shop 1:00 p.m.

Senior Supper Club 4:30 p.m.

### **Thursday, July 24**

Cape Cod Canal Trip – Leaving from St. Mary's 9:00 a.m.

Ceramics 9:00 a.m.

Men's Cookout with Veterans' Agent Mike Johns 12:00

### **Friday, July 25**

Stop and Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **BIG BAND – SIGNATURE SONGS WITH JACK CRAIG**

Jack Craig is back for a return engagement at the senior center in July. The Big Band Era of the 30's and 40's produced superstar singers, musicians and band leaders. Some of those band leaders were so celebrated that they were recognized by their "signature" or "theme" songs. Join us on Wednesday, July 23<sup>rd</sup> at 11:30 a.m. when Jack's program will be featuring songs from bandleaders with last names beginning with the letters K – Z. If you haven't already signed up, please give us a call at 508-543-1252 to sign up for this program with Jack, and come and enjoy some "Music – With Class!"

## **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 23<sup>rd</sup> and 24<sup>th</sup> the featured program will be on “Planning Your Future” with guest speaker Pam McGuire, MSW, from the Foxborough Council on Aging. Check out our senior exercise videos that are broadcast on Wednesday and Thursday mornings at 9:00 a.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday evening each month through October. Come on over for a nice evening meal at the senior center and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, July 23<sup>rd</sup> we’ll be enjoying a meal of Seafood Salad on a Croissant, Pasta Salad, Three Bean Salad, Dessert and Milk. 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 a 508-543-1252 to make your reservation and to arrange for transportation, if needed.

## **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 throughout the summer. On Thursday, July 31<sup>st</sup> at 1:00 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.

## **COOKOUT AND QUIZ SHOW**

Save the date of Thursday, August 14<sup>th</sup> when the Wrentham COA will be joining us at the Foxborough Senior Center at 11:30 a.m. for a cookout followed by some friendly competition as we play “Mr. DJ’s Hollywood Quiz Show.” The BBQ luncheon will include a quarter pound hamburger with roll, potato salad, cole slaw and some watermelon for dessert. There is a suggested donation of \$3.00 per person for the meal. Then get ready for some fun with Mr. DJ’s Hollywood Quiz Show. This “as seen on TV” treat will engage, entertain and provide therapeutic benefits as we stroll down memory lane with quiz show topics like Hollywood actors, geography, US history, radio commercials, as well as familiar game shows. You can be a spectator or a game show contestant – your choice! We will participate along with the Wrentham COA in this friendly competition. Come join the fun! Please call the senior center at 508-543-1252 by Monday, August 11<sup>th</sup> to make your reservation.

## **COOL OFF AT THE SENIOR CENTER**

People age 65 and older are more prone to heat stress than younger people. As we age it becomes more difficult for our bodies to adapt to sudden changes in temperature. Certain medical conditions and prescriptions can change or inhibit the body’s ability to regulate temperature and perspiration. To protect yourself from the heat: drink cool, nonalcoholic beverages; rest; take a cool shower or bath; wear light-weight clothing; avoid the sun and strenuous activities, and; use air conditioning or visit air-conditioned locations like the senior center, a mall or the library. If the summer heat has been getting to you, come join us at the senior center. Throughout the summer, the temperature in the senior center will be kept at a comfortably cool level. Bring a book, come read the newspaper, or just stop by the senior center to get away from the heat. If you or someone you know is having a problem staying cool, call the COA at 508-543-1252. In an emergency, call 911.

## **FREE FUN FRIDAYS**

Every Friday during the summer through August 29<sup>th</sup>, the Highland Street Foundation is providing FREE admission to museums and cultural attractions across Massachusetts for Massachusetts residents and tourists. They are sponsoring over 60 free venues on specific Fridays including Battleship Cove, the Museum of Fine Arts in Boston, Plimoth Plantation, the Isabella Stewart Gardner Museum, the USS Constitution Museum and many more. These venues will be absolutely free, and for most venues there is no ticket, ID, coupon or

password required, though some venues may have capacity limitations. For information and a schedule of events, please check the Highland Street website at [www.highlandstreet.org](http://www.highlandstreet.org) or contact the Highland Street Foundation at 617-969-8900.

## **TRAVEL AND ENTERTAINMENT**

### **JOIN US THIS FALL FOR SOME COUNTRY MUSIC & THE SMOKY MOUNTAINS**

If you've been thinking of joining us for our trip to the country music capital of the world this fall, don't miss this opportunity to sign up while we still have openings for our trip to Nashville and the Smoky Mountains. On October 9<sup>th</sup>, we will be flying to Nashville, Tennessee where we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4<sup>th</sup> day, we'll be traveling to Pigeon Forge, Tennessee for dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Octoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14<sup>th</sup>, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip has begun and will continue to be on-going, so please call the senior center at 508-543-1252 if you are interested in joining us. All payment checks should be made payable to "Tours of Distinction."

## **REGULARLY SCHEDULED**

### **ZUMBA CLASSES**

Zumba classes are scheduled once again at the senior center every Wednesday morning from 10:30 a.m. to 11:30 a.m. through August 13<sup>th</sup>. Come and learn some Latin dance moves with our new instructor Bilyana "BB" Dimitrova, and we'll have some fun while getting in shape for the summer. 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 cost for these classes is \$20, and is due at the time of sign up.

### **INTERESTED IN PLAYING "HEARTS"?**

We are trying to get some "Hearts" card players together to set up some card games at the senior center. If you're interested in joining us to play "Hearts" or if you're interested in learning how to play the card game, please give us a call at 508-543-1252.

### **CLASSIC MOVIE DAY**

The classic movie for the month of July is scheduled for Tuesday, July 22<sup>nd</sup> at 12:30 p.m. and our featured movie will be "Singing in the Rain." This film from 1952 is considered by many as one of the 10 best movies ever made. It's not only a great song-and-dance piece starring Gene Kelly, Donald O'Connor and Debbie Reynolds; it's also an affectionately funny insider spoof about the film industry's uneasy transition from silent pictures to "talkies." Kelly plays debonair star Don Lockwood, whose leading lady Lina Lamont (Jean Hagen) has a screechy voice, hilariously ill-suited to the new technology and her glamorous screen image. Don's best friend (O'Connor) and love interest (Reynolds) have the inspiration of revamping Lamont's debut sound film as a musical with Reynolds dubbing Hagen's vocals. The resulting story is high energy and witty with memorable songs, especially Gene Kelly's singing of the title song as he made movie magic by dancing on a drenched movie set with nothing but a few puddles, a lamppost and an umbrella. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of

the senior center along with some fresh, hot popcorn. If you'd like to join us, please call 508-543-1252 to sign up.

### **MEN'S COOKOUT**

The next Men's Cookout will be held on Thursday, July 24<sup>th</sup> at 12:30 p.m. Our guest speaker this month will be Foxborough's Veterans' Services Officer, Michael Johns. This is your chance to get answers to any questions you may have regarding veterans' services. The cost for the Men's Cookout is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, July 22<sup>nd</sup> to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

### **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 Monday, July 28<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.

### **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 on Wednesday, July 30<sup>th</sup> 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 28<sup>th</sup>. 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 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 23 – Christmas Tree Shop / Patriot Place

July 30 – Horse and Carriage Restaurant

### **INFORMATIONAL PROGRAMS**

#### **FEEL BETTER DURING CANCER TREATMENT**

Norwood Hospital Cancer Center is sponsoring free workshops led by trained volunteer cosmetologists to teach cancer patients how to look good and feel better about skin and hair changes that cancer treatment can cause. Get help with cosmetics, skin care and head covering options. The program will be held on Monday, July 24<sup>th</sup> from 11:00 a.m. to 1:00 p.m. at the Norwood Hospital Cancer Center at 70 Walnut Street in Foxborough. To reserve your seat please call the Doctor Finder Line at 800-488-5959.

#### **NORWOOD HOSPITAL'S HEALTHY RECIPES SERIES**

This summer Norwood Hospital is partnering with the Norwood Farmers Market at their Chef's Table for a series of nutritional cooking demonstrations. Dietitian and Clinical Nutrition Manager Caitlin Melia from Norwood Hospital's Nutrition and Wellness Clinic will be preparing healthy recipes from locally grown produce. Free recipe cards will be available. This event will take place on Norwood Commons on Washington Street in Norwood center on Tuesdays July 22<sup>nd</sup>, August 26<sup>th</sup> and September 23<sup>rd</sup>, from 1:00 to 3:00 p.m. For information please call 781-278-6022 or check the website at [www.norwood-hospital.org](http://www.norwood-hospital.org).

### **MEDICAL INFORMATION AND SERVICES**

#### **FREE AND CONFIDENTIAL BENEFITS CHECK**

The Foxborough Council on Aging and Human Services is holding free Benefits Check-Up clinics for Foxborough residents, age 55 and older. Each year, people miss out on State and Federal benefits for which they are eligible, such as cash assistance and help paying for food, health insurance, in-home care, transportation and housing. Using the [www.benefitscheckup.org/mcoa](http://www.benefitscheckup.org/mcoa) website, a COA staff member will help

you print and interpret a personalized, but anonymous report of programs for which you may qualify. For best and fastest results, please have the following information available: date of birth; type of home (house, apartment or mobile home; owned or rented); veteran status for self and spouse; estimates of current expenses (mortgage or rent, utilities, out of pocket medical bills, caregiver expenses); estimated current income and assets for self, spouse and others in the household, and; names of prescription meds. Call 508-543-1252 to schedule an appointment at the senior center. If you prefer to do it yourself, go to the website at [www.benefitscheckup.org/mcoa](http://www.benefitscheckup.org/mcoa). BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington D. C.

### **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. Appointments are being scheduled for August 5<sup>th</sup> and August 21<sup>st</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy 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 Ken, call the senior center at 508-543-1252 to set up and appointment.

### **WEEKLY SCHEDULED PROGRAMS**

#### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting class meets at the senior center on Monday afternoons at 1:00 p.m. These classes are for beginners, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

#### **CERAMICS CLASS**

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

#### **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. We have an instructor from the YMCA to lead 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.

### **VOLUNTEER OPPORTUNITY**

#### **FRIENDLY VISITOR**

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Pam McGuire, Community Social Worker at 508-543-1252.

### **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 21**

Chicken a la King  
Noodles  
Peas  
Multigrain Roll  
Pineapple Chunks  
Calories 513  
Sodium 275

**Tuesday, July 22**

Greek Meatballs  
Lyonnais Potato  
Tahitian Blend Vegetables  
Wheat Bread  
Streusel Cake  
Calories 381  
Sodium 503

**Wednesday, July 23**

Cream of Broccoli Soup  
Breaded Chicken  
Whipped Potato  
Whole Wheat Roll  
Peaches  
Calories 349  
Sodium 641

**Thursday, July 24**

Pork Stir Fry with Vegetables  
Asian Rice  
Dinner Roll  
Mandarin Oranges  
Calories 264  
Sodium 517

**Friday, July 25**

Salmon Filet  
L'Orange Sauce  
Delmonico Potato  
Mixed Vegetables  
Whole Wheat Bread  
Fresh Fruit  
Calories 337  
Sodium 361