

SIGN-UP ON AUGUST 7TH FOR ESSEX STEAM TRAIN AND RIVERBOAT TRIP

Join the Foxboro seniors on a scenic day trip to Essex including a steam train and riverboat tour on Thursday, October 10th. This special trip begins in Mystic, Connecticut where you will have some time for shopping for bargains at the Mystic Commons. Then you will board The Valley Railroad Steam Train for a 1-hour train ride along the Connecticut River. Enjoy the ride through the old New England countryside as well as a wonderful meal served on board prior to your departure. You will have your choice of Beef Tips and Gravy, Baked Stuffed Fish or Pasta Shells with Sweet Red Sauce, all served with Garden Salad, Vegetables, Starch, Bread and Dessert. Once you arrive at Deep River Landing, you will board the Essex Steamboat for a 1-hour cruise on the Connecticut River. Along the river, you will view the Gillette Castle, Goodspeed Opera House and many other landmarks from the steamboat era before boarding your train for the return trip to Essex. This time of year should make for optimal “leaf-peeping” along the way! The cost for this spectacular day trip is just \$80 per person, including gratuities and driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, September 6th. Your motor coach bus will depart from St. Mary’s Church parking lot (time to be announced) on Thursday, October 10th. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, August 7th beginning at 8:00 a.m.

Monday, July 22

NO TAI CHI TODAY

Jay Barrows’ Office Hour 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

Tuesday, July 23

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day-“Quartet” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, July 24

Strength Training 8:30 a.m.

Jack Craig-“Oliver” 11:00 a.m.

Video Lecture Series-Experiencing Hubble 12:30 p.m.

Target 1:00 p.m.

Zumba 2:30 p.m.

Senior Supper Club 4:30 p.m.

Thursday, July 25

Ceramics 9:00 a.m.

Men’s Cookout with SWAT Team Presentation 12:00 p.m.

Ice Cream Days-Flint Farm 1:30 p.m.

Friday, July 26

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 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

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

“Uncommon Picnic 2013” will be this week’s senior center programming shown on July 24th & 25th. 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.

SPECIAL EVENTS AND PROGRAMS

FISH AND GAME COOKOUT

Once again, the Fish and Game Club located at 17 Neponset Heights Avenue, Foxboro, will be holding their annual cookout for Foxboro seniors. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 20th at 1:00 p.m. Enjoy the water, eat delicious food, and have a fun time with your friends from Foxboro. The 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 you’re coming, so please call the senior center at 508-543-1252. This event is for Foxboro residents only. You must provide your own transportation to this event. Due to public safety requirements, parking spaces are *extremely* limited in the area of the Fish and Game Club. Please park in public building lots (i.e. the new municipal lots between the Public Safety building and the old auditorium building on Payson Road; senior center; or town hall) and then shuttle or carpool down to the Fish and Game Club.

LET’S TALK ABOUT... PROTECTING ELDERS FROM FRAUD AND EXPLOITATION

The Eldercare Alliance presents “Let’s Talk About...Protecting Elders from Fraud and Exploitation,” sponsored by the Sharon Credit Union on Tuesday, July 30th, 2013, from 11:15 AM to 12:45 PM at the Sharon Adult Center, 219 Massapoag Ave., Sharon, MA. Financial exploitation of elders occurs when another individual gains access to and control over the elder’s finances with fraudulent intent and causes that individual to suffer a substantial monetary or property loss. Our panel includes: James Carlson, President, Sharon Credit Union; Harlee Nason, Protective Services Supervisor, HESSCO Elder Services; and an Identity Theft Victim. Lunch will be served including an ice cream bar for dessert! This program is FREE and is presented in partnership with Sharon Credit Union, HESSCO, and the Sharon Adult Center. To reserve a seat, please RSVP to the Sharon Adult Center at 781-784-8000 by July 24th.

THE BANJOS ARE BACK!

The banjos are back in Mansfield, bigger and better than ever! Their sponsor said, “Make it FREE for seniors!” So come on Thursday, August 1st at 7:00 p.m. in the Mayfair Ballroom at the Holiday Inn Mansfield, 31 Hampshire Street, Mansfield, MA. Don’t miss this FREE concert with America’s top banjo players. Call or email Paul Poirier for details or to get advanced tickets. Email: allfrets2013@hotmail.com. Phone: 508-399-6808.

SUMMER MUSIC WITH JACK CRAIG

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on two Wednesdays in July and three Wednesdays in August at 11:00 a.m. The remaining schedule is as follows:

July 24th - Broadway Blockbuster-Oliver

August 14th - Great Songwriter-Hoagy Carmichael

August 21st – Great Songwriter-Sammy Cahn

August 28th –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to Flint Farm in Mansfield on Thursday, July 25th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

REGULARLY SCHEDULED

MEN'S COOKOUT WITH SWAT TEAM PRESENTATION

Join us for a delicious meal and some socialization on Thursday, July 25th at our first Men's Cookout for the season. Officer Scott Hodson of the Foxborough Police Department and member of the Metropolitan Law Enforcement Council SWAT Team will give a presentation including tactical maneuvers and equipment demonstration. Officer Hodson grew up in Foxborough, served as a U.S. Marine, and has been on the Foxborough Police Department since the 1990's. The men will be served at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for the cookout is \$3. To participate in the cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, July 23rd. As always, everyone is welcome to join us after the meal has been served for the presentation portion of the program free of charge.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on July 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, July 23rd at 12:30 p.m. when our feature presentation will be "Quartet," a British comedy-drama directed by Dustin Hoffman. Beecham House is abuzz. The rumor circling the halls is that the home for retired musicians is soon to play host to a new resident. Word is, it's a star. For Reginald Paget (Tom Courtenay), Wilfred Bond (Billy Connolly) and Cecily Robson (Pauline Collins) this sort of talk is par for the course at the gossipy home. But they're in for a special shock when the new arrival turns out to be none other than their former singing partner, Jean Horton (Maggie Smith). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can the passage of time heal old wounds? And will the famous quartet be able to patch up their differences in time for Beecham House's gala concert? Please call 508-543-1252 to sign-up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, July 24th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Sliced Turkey on a Croissant, Cranberry Sauce, Pasta Salad, Beet Salad, and a Brownie to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

LUNCHEON OUTING

Our next luncheon outing will be to Hearth 'N Kettle on Wednesday, July 31st at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, July 30th. Van transportation is available.

AQUATICS CLASSES

In partnership with the Invensys/Foxboro YMCA, aquatics classes are available to our seniors. Come to the senior center at 75 Central Street, Foxboro, to sign-up for the aquatics classes in the beautiful YMCA. The YMCA Invensys/Foxboro Branch is located at 67 Mechanic Street, Foxboro, MA. Classes are \$5 each, but you must sign-up and pay for the full session, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 4 weeks and runs from July 29th through August 25th. The payment will be \$20 and is due at sign-up. Call 508-543-1252 with any questions.

VIDEO LECTURE SERIES: "EXPERIENCING HUBBLE"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Experiencing Hubble: Understanding the Greatest Images of the Universe" on Wednesdays at the senior center through August 14th from 12:30 p.m. to 1:30 p.m. Learn about how the Hubble Space Telescope has revolutionized our understanding of the universe, both near and far. Come and see the stunning images that have captivated and inspired students of all ages. Professor David M. Meyer is professor of Physics and Astronomy at Northwestern University, where he has taught for more than 20 years. He is also the director of the Dearborn Observatory and co-director of the Center for Interdisciplinary Exploration and Research in Astrophysics, where much of his work involves the Hubble Space Telescope. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., 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. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

July 24 Target

July 31 Luncheon Outing @ Hearth 'N Kettle

August 7 Kohl's @ Mansfield Crossing

August 8 Mansfield Farmers' Market @ 2:00 p.m.

COA VOLUNTEER OPPORTUNITIES

VAN-GO SHOPPING ESCORT

We are looking for volunteers who are 18 years of age or older who would like to be an escort on our Van-Go shopping trips. Shopping trips occur on Monday afternoons, Wednesday afternoons, and Friday mornings. This volunteer opportunity would involve riding along on the Van-Go and carrying a couple of bags for the seniors. If you are interested in volunteering for this position, please call 508-543-1252.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, August 6th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

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. Suggested donation is

\$2.50. 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 22

American Chop Suey
Scandinavian Blend Vegetables
Dinner Roll
Artic Ice

Tuesday, July 23

Vegetarian Chili
Dirty Rice
Multigrain Roll
Brownie

Wednesday, July 24

Chicken Filet W/Supreme Sauce
Peas & Carrots
Confetti Rice
Whole Wheat Bread
Mixed Fruit

Thursday, July 25

*Turkey Ham with Raisin Sauce
Lyonnais Potatoes
Country Vegetables
Whole Wheat Bread
Fresh Fruit

Friday, July 26

Salmon Boat with Lemon Dill Sauce
Whipped Potatoes
Beets
Whole Wheat Roll
Peaches