

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.

Monday, July 11

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

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, July 12

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

Stretch & Balance 8:30 a.m.

NO Table Top Gardeners

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “Citizen Kane” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, July 13

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

Strength Training 8:30 a.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Gary Hylander Lecture - Presidential Election of 1964 4:30 p.m.

Thursday, July 14

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

Paolo DiGregorio History Lecture – “The French Revolution” 1:00 p.m.

Friday, July 15

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.

ANNUAL FISH AND GAME COOKOUT

The Fish and Game Club at 17 Neponset Heights Avenue in Foxborough will, once again, host their annual cookout. This event is for Foxborough’s senior citizens only. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 16th at 1:00 p.m. Enjoy the water view and eat delicious food, and have a fun time with your friends from Foxborough. This 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 if you're planning on joining us, so please call the senior center at 508-543-1252 by Friday, July 8th to reserve your seat. You must provide your own transportation to the cookout. Due to public safety requirements, parking spaces are extremely limited in the area of the Fish and Game Club. If possible, please park in public, municipal parking lots and then carpool with your friends down to the Fish and Game Club.

SIGN UP FOR A 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.

HISTORY LECTURE WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 1:00 p.m. on "Bastille Day," Thursday, July 14th. The topic of Paolo's lecture will be "Liberte, Egalite, Fraternite: The Story of the French Revolution. Storm the barricades! Raze the prisons! Overthrow the king! Eat Cake!" Come celebrate Bastille Day with an exciting, informative presentation. Our thanks to the Friends of Foxborough Seniors for sponsoring this program. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

GARY HYLANDER'S LECTURE SERIES ON ELECTING PRESIDENTS: 1964 & 1968

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center for the 2nd of a 3-part lecture series on the following Wednesdays at 4:30 p.m.: July 13th and 20th. This lecture series is being sponsored by the Friends of Foxborough Seniors and the program topics cover the presidential elections of the 1960's. The topic for the July 13th program is "All the Way with LBJ: the 1964 Election." Nothing helped Johnson more than his quest to be elected president than the nomination of Barry Goldwater by the Republican Party. Seen by voters as too hawkish and ideological, Johnson, by contrast, presented himself as a man of moderation and consensus who would govern from the political center and bring to all Americans his promise of a "Great Society." 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 6 workshops will be held at 9:30 a.m. on the following Thursdays: July 21 & 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.

CLASSIC MOVIE DAY

Classic Movie Day for the month of July is scheduled for Tuesday, July 12th at 12:30 p.m. and our featured film will be "Citizen Kane." When a reporter is assigned to decipher newspaper magnate Charles Foster Kane's

(Orson Welles) dying words, his investigation gradually reveals the fascinating portrait of a complex man who rose from obscurity to staggering heights. Though Kane's friend and colleague Jedediah Leland (Joseph Cotton), and his mistress Susan Alexander (Dorothy Comingore) shed fragments of light on Kane's life, the reporter fears he may never penetrate the mystery of the elusive man's final word "Rosebud." 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.

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!

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.

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, July 12th 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. 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 and appointment.

REGULARLY SCHEDULED

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

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 13 – Walmart

July 20 – Olive Garden Restaurant

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.

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.

COLORIST CLUB

Are you looking for something fun to do that's both calming and relaxing? We have a Colorist Club that meets at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1252 to sign up and join us for this soothing and relaxing activity.

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 11

Butternut Squash
Mac & Cheese 345
Escalloped Tomato 143
Mini Scone 60
Orange 0
Sodium 548
Calories 601

Tuesday, July 12

Black Bean Soup 296
Grilled Chicken 320
With Peach Salsa 40
Summer Blend Vegetables 26
Whole Wheat Tortilla 227
Cinnamon Apples 4
Sodium 912
Calories 507

Wednesday, July 13

Salisbury Steak 250
With Gravy 110
Sour Cream & Chive Potato 94
Green Beans 3
Honey Wheat Bread 170
Low Sugar Cake 47
Sodium 743
Calories 661

Thursday, July 14

Roast Turkey 90
With Gravy 148
Cranberry Sauce 16
Winter Squash 13
Red Bliss Potato 4
Whole Wheat Bread 160
Mandarin Oranges 6
Sodium 438
Calories 567

Friday, July 14

Spinach Fontina 470
Sausage
Pasta Alfredo 150
Broccoli 12
Oatmeal Roll 121
Mixed Fruit 10
Sodium 764
Calories 505