

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving. 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.

Monday, August 8

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, August 9

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

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – "Dial M for Murder" 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, August 10

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

Strength Training 8:30 a.m.

Christmas Tree Shop/Trader Joe's 1:00 p.m.

Colorist Club 2:00 p.m.

Jack Craig – American Songwriters Program 4:00 p.m.

Thursday, August 11

Trip to Rockwell Museum/Red Lion Inn 8:00 a.m.

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

Summer Art Class with Barbara 9:30 a.m.

Friday, August 12

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.

VOLUNTEER OPPORTUNITY

FISH DRIVERS

FISH is a non-profit organization with volunteer drivers who bring Foxborough seniors and ailing residents in need of transportation to medical appointments within an 11 mile radius of Foxborough. Thanks to the efforts

of Ms. Bea O'Hara and her dedicated drivers, many elderly and ailing residents have greatly benefited from this transportation service. FISH is currently in need of volunteer drivers to keep this program running at full capacity. If you are looking for a rewarding volunteer opportunity, rich in a history of goodwill and fellowship, please call Bea at 508-543-8549. To request transportation, please call 508-698-3729 and leave your name, address, phone number, and appointment date and time. Please provide 2 days advance notice of your transportation request and you will be called the evening before your appointment to confirm your ride.

PROGRAMS & SPECIAL EVENTS

HISTORY LECTURE WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio, one of our most popular lecturers, will be at the senior center on the following dates in August: Thursday, August 18 at 1:00 p.m., and; Wednesday, August 31st at 5:00 p.m. Come learn about some famous (and some not so famous) historical figures whose adventures will be sure to surprise you. Our thanks go to the Friends of Foxborough Seniors for sponsoring this program. Please call the senior center at 508-543-1234 to sign up and reserve your seat.

SIGN UP FOR TRIP TO TOWER HILL GARDENS

On Thursday, September 1st we'll be traveling by motorcoach out to Boylston, MA for a visit to Tower Hill Botanical Gardens. Join us as we depart from the rear parking lot of St. Mary's Church on Carpenter Street at 9:00 a.m. Enjoy the scenery as we travel to the Old Mill Restaurant in Westminister, MA where you'll enjoy a delicious, full course luncheon. Your choice of luncheon entrée includes: Yankee Pot Roast with Jardiniere Gravy; Baked Stuffed Chicken with Walnuts and Cranberries and Apple Cinnamon Glaze, or; Baked Stuffed Filet of Sole Almondine. After lunch, you'll travel to the beautiful Tower Hill Botanical Gardens in Boylston, MA. Here you will have the chance to stroll around the gardens and grounds to explore nature. You can also walk the woodland trails and watch the interaction of plants and animals in the Wildlife Garden's Birdhouse viewing station. Browse “The Shop at Tower Hill” for unique gifts, plants and books. The cost for this trip is \$81 per person and includes all gratuities. Payment will be due by Friday, August 19th. If you're interested in joining us, please call the senior center at 508-543-1234 to sign up.

SIGN UP FOR SEPTEMBER 22ND DAYTRIP TO NEWPORT, RI

The Foxborough Council on Aging and Human Services and the Friends of Foxborough Seniors are pleased to be offering a day trip to Newport, Rhode Island this summer. This trip is being offered **FREE** of charge to Foxborough's senior citizens 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 September 22nd, please call the senior center at 508-543-1234 to sign up. (This trip is for Foxborough seniors only.)

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be back to entertain us at the senior center with 2 programs on great American songwriters. On Wednesday, August 10th at 4:00 p.m., the subject will be songwriter Jule Styne. Styne's musical career is quite amazing in scope and includes the following pieces: classical piano, swing band work, vocal coaching for stars like Alice Faye and Shirley Temple, songs for Frank Sinatra, work for Broadway with Comden and Green and Academy Award song writing. His song list reads like the history of American popular music. “People” who come “Just in Time” for this program will think “I've Heard That Song Before” even though “It's Been a Long, Long, Time.” “Let Jule Entertain You”! Then on Wednesday, August 17th at 4:00 p.m., Jack's program will be on Harold Arlen, songwriter of “Stormy Weather,” the score for “The Wizard of Oz” and the classic film songs “Blues in the Night,” “That Old Black Magic” and “One for My Baby!” These programs are being sponsored by the Friends of Foxborough Seniors. Sign up in advance by calling the senior center at 508-543-1234 and we'll save you a seat.

MEN'S COOKOUT

Our next Men's Cookout will be held on Thursday, August 25th at noon. The guest speaker for this month will be Foxborough's Veterans' Agent Mike Johns. The cost for lunch is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, August 19th. 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, August 9th 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 508-543-1234 if you're interested in taking part in this fun group as we welcome in the summer months.

CLASSIC MOVIE DAY

Classic Movie Day for the month of August is scheduled for Tuesday, August 9th at 12:30 p.m. and our featured film will be "Dial M for Murder." This is a classic suspense movie from director Alfred Hitchcock. Former tennis pro Tony Wendice (Ray Milland) found out many months ago that his wife Margo (Grace Kelly) was in love with another man, Mark Halliday (Robert Cummings), an American author of crime novels. After many weeks of planning, Tony sets in motion the perfect plan to kill his wife. The only problem is there is no such thing as the "perfect murder" and when something goes wrong, Tony has to quickly formulate another plan to do away with his wife. 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 508-543-1234 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. It's "Barbeque Time", so on Wednesday, August 24th we'll be enjoying our menu of Hotdogs and Rolls, Potato Salad, Three Bean Salad, Lemonade, Watermelon 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 508-543-1234 by Monday, August 22nd to make your reservation and to arrange for transportation, if needed.

MEDICAL INFORMATION AND SERVICES

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 508-543-1234 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 August 18th. 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 508-543-1234 to set up an appointment.

REGULARLY SCHEDULED

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.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on August 18th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1234.

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 Chateau Restaurant in Foxborough at 1:00 p.m. on Wednesday, August 31st. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Monday, August 29th. Van transportation is available, but transportation arrangements must be made by Monday the 18th.

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 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:
August 10 – Christmas Tree Shop/Trader Joe's
August 17 - Walmart

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, 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.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays from 10:15 a.m. to 12:00 noon. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

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, August 8

Low Salt Hot Dogs 590

Mustard 55

Cabbage & Carrots 36

Hot Dog Roll 210

Nectarine 0
Sodium 891
Calories 563

Tuesday, August 9

Lentil Soup 233
Curried Chicken 375
Mixed Vegetables 22
Whole Wheat Bread 160
Mandarin Oranges 6
Sodium 796
Calories 445

Wednesday, August 10

Omelette with Broccoli Cheese Sauce 387
Hash Browns 136
Peas 3
Muffin 190
Tropical Fruit 10
Sodium 726
Calories 387

Thursday, August 11

Roast Turkey with Gravy 360
Cranberry Sauce 63
Mashed Potato 70
Squash 12
Oatmeal Bread 121
Rice Pudding 160
Sodium 786
Calories 665

Friday, August 12

Salisbury Steak 360
Onion Gravy 110
Sour Cream & Chive Potato 94
Country Vegetables 33
Dinner Roll 160
Hermit 108
Sodium 891
Calories 744