

## **UNCOMMON PICNIC**

All Foxboro seniors are welcome to join us for our "Uncommon Picnic" at St. Mary's Church in the lower hall on Thursday, June 10<sup>th</sup> from 11:00 a.m. to 2:00 p.m. This is our annual celebration to 'kick off' the summer season. Following our picnic lunch, we will enjoy the musical sounds of Paul Gookin and his band. We will have fun entertainment and door prizes too! If you would like to join us for the festivities, you must stop by the senior center to purchase a ticket on or before Friday, June 4<sup>th</sup>. Tickets cost \$2 each. Remember to have your ticket with you on the day of the picnic to receive your lunch. Please bring an item for the Foxboro Food Pantry. They are collecting items for the summer lunch program. A list of the items needed will be available at the senior center.

### **Monday, May 17**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, May 18**

Beginners Walking Club 8:30 a.m.

Nutrition 11:00 a.m.

Body, Mind & Spirit 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, May 19**

#### ***Sign-up for Chocolate & Wine Tour***

Strength Training 8:30 a.m.

Bereavement Group (in lieu of 5/18) 9:00 a.m.

Legal Clinic with Mary Roque (by appointment) 9:30 a.m.

Chorus 10:00 a.m.

TRIAD 10 Year Anniversary Party 12:30 p.m.

Emerald Square Mall 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, May 20**

Ceramics 9:00 a.m.

Line Dancing Refresher Class 10:00 a.m.

***Swing into Spring Social 12:00 p.m.***

Low Vision Support Group 1:00 p.m.

COA & HS Board Meeting 5:00 p.m.

### **Friday, May 21**

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Massage, Reiki & Reflexology 10:00 a.m.

Wii Games 11:00 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Boomchuckers 1:00 p.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)

**SECRETS FOR A LONG LIFE**

At our "90's Birthday Party" this year, the honorees were asked to share their advice on living a long life. These are some of the responses we received:

"I have lived to be almost 93 years because I love people and I love to laugh and have a good time." Ann Imbaro

"The more you give, the more you get. The more you laugh, the less you fret. The more you give unselfishly, the more you live abundantly." Millie Giandomenico

"Drinking Moxie!" Anne Stringer

"My parents lived a long time." Liz Vineri

"I lived this long because God let me and the devil didn't want me." Evelyn Lottero

### **MAY IS OLDER AMERICANS MONTH**

President Barack Obama has declared May "Older Americans Month." This year's theme for Older Americans Month is "Age Strong, Live Long," and recognizes the efforts of people of all ages to promote the well-being, community involvement, and independence of senior citizens.

### **COMMUNITY PROGRAMS AND INFORMATION**

#### **"WHAT PARENTS NEED TO KNOW ABOUT BULLYING/CYBERBULLYING"**

On Thursday, May 13<sup>th</sup> at 7:00 p.m. in the Foxborough High School Auditorium, there will be a special program on bullying and cyberbullying, presented by the Massachusetts Aggression Reduction Center. We have all heard the recent news reports about the tragic results of these acts of bullying. Parents and grandparents helping to care for children need to know what to do when bullying occurs. This program is sponsored by the Foxborough Public Schools in conjunction with the Foxborough Police Department, Foxborough Council on Aging and Human Services, H.U.G.S. Foxborough and the Foxborough Board of Health. This is a community wide effort to increase awareness and provide information on this very serious and important matter.

#### **NORFOLK ANTIQUES NIGHT**

On Friday, June 4<sup>th</sup> from 5:00 p.m. to 8:00 p.m., the Norfolk Senior Center, 28 Medway Branch, Norfolk, MA., will have Bob Grabosky bring his version of PBS's Antiques Road Show to Norfolk. Mr. Grabosky has over 40 years of experience in antiques appraisals. The charge will be \$7 for one item and \$10 for 2 items with a maximum of 2 items. No stamps, non-gold coins, sports trading cards, stuffed chairs, couches, or bureaus, etc. The doors will open at 4:30 p.m. Refreshments will be served. Call 508-528-4430 for more information.

#### **H.U.G.S. FOXBORO**

H.U.G.S. Foxboro invites you to the community meeting/open house on Tuesday, May 18<sup>th</sup> at 7:00 p.m. at the McGinty Room in the Public Safety Building, 8 Chestnut Street, Foxboro. Come and learn about this organization and their commitment to making our community safer through education concerning violence in relationships, and by providing assistance to victims and families affected by domestic violence. For more information, please call 508-698-8784.

#### **SENIOR SAFETY**

On Thursday, June 10<sup>th</sup> from 8:00 a.m. to 9:30 a.m., a breakfast program and discussion on health risks, hazards at home or on the road, and what you can do to prevent or handle certain situations safely will be presented by Paul George, MD; Karin Hemmingsen, MD; and a Case Management Representative at Sturdy Memorial Hospital in Conference Rooms D & E. For more information and to RSVP, call 508-236-8020.

### **MEDICAL INFORMATION AND SERVICES**

#### **SHINGLES PRESENTATION**

What is shingles? Shingles is a disease caused by the same virus that causes the chicken pox virus. In the United States 9 out of 10 adults have had the chicken pox, and chances are that you were one of them. If you have had the chicken pox, the virus can live but remain inactive in your body for many years. If it becomes active again later in life, the chicken pox virus can give you shingles. It may last from 2 to 4 weeks, or longer. For most people the pain from shingles lessens as the rash heals, but for some, shingles can lead to more serious

health problems. Come to the senior center on Thursday, May 27<sup>th</sup> at 11:00 a.m. for a workshop presented by Maureen Cardarelli, RN and Board of Health Nurse for Foxboro, and Bonnie Ryvicker, MS, community liaison for the Community VNA. Did you know there is a vaccine for shingles? Maureen and Bonnie will have information on the shingles vaccine. Come learn about this disease and how to prevent it. We will also discuss other vaccines you should consider having to be safe as an adult. Call 508-543-1252 to sign-up for this important informational presentation.

### **CHOLESTEROL SCREENING**

We will be holding a Health Promotion Clinic on Tuesday, May 25<sup>th</sup> from 9:00 a.m. until 12:00 p.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

### **HEARING CLINIC**

Mass Audiology is holding free hearing clinics at the senior center on the 4<sup>th</sup> Monday of each month at 10:00 a.m. Our next clinic will be on May 24<sup>th</sup>. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

### **TRAVEL AND ENTERTAINMENT**

#### **CHOCOLATE AND WINE TOUR OF NEW HAMPSHIRE**

On Thursday, July 15<sup>th</sup> we will be going on a chocolate and wine tour in New Hampshire. Visit Swan Chocolates in Merrimack, NH, where you can see the chocolates being made and sample some of the indulgent selection of pure Belgian chocolates. You will then travel to Hart's Turkey Farm Restaurant at their new location in Manchester, NH. Enjoy a delicious turkey dinner with all the fixin's! Finish up the day at the Flaghill Winery in Lee, NH. Established in 1990, this winery has grown from a family operated vineyard to an established winery in the picturesque seacoast region of NH. Flag Hill Winery produces various types of wines including grape, fruit, and dessert wines as well as New Hampshire's first port wine. The wine tasting will include 5-6 different table wines, a wine presentation & discussion. Your motor coach will depart from St. Mary's Church parking lot at 8:30 a.m. and return at approximately 5:30 p.m. The cost for this excursion is \$65 per person (driver's tip not included). Payment will be due by Friday, June 18<sup>th</sup>. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, May 19<sup>th</sup>.

### **REGULARLY SCHEDULED**

#### **JAY BARROWS' OFFICE HOUR**

State Representative Jay Barrows will hold office hours at the senior center on the 4<sup>th</sup> Monday of every month at 2:00 p.m. His next visit will be on May 24<sup>th</sup>. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

### **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.

May 19 Emerald Square Mall

May 26 Luncheon Outing

June 2 Dollar Tree Store

June 9 Target

## **SPECIAL EVENTS AND PROGRAMS**

### **VIN AUTO ETCHING**

TRIAD will be helping to coordinate the VIN Etching program on Saturday, May 15<sup>th</sup> from 9:00 a.m. to 1:00 p.m. at the Public Safety Building, 8 Chestnut Street, Foxboro. The Governor's Auto Theft Strike Force runs the VIN Etching program. VIN etching is the process of permanently etching your Vehicle Identification Number (VIN) into the windows of your automobile. The moment your vehicle is reported stolen, its federally registered VIN becomes the mark of a stolen vehicle. Thieves are less likely to risk the theft of an easily identified vehicle nor are they willing to spend the time and effort trying to replace VIN marked windows. The fee for this service is \$10 per vehicle. You may be able to save up to 15% off on your comprehensive insurance when you have VIN etching done on your car. More information is available for this program by calling the VIN etching coordinator at the Governor's Auto Theft Strike Force at 781-393-1201. Take advantage of this opportunity to discourage thieves and protect your assets.

### **TRIAD 10<sup>TH</sup> ANNIVERSARY CELEBRATION**

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD meetings are usually held on the third Wednesday of each month. Come and enjoy some refreshments with us as we celebrate the 10<sup>th</sup> anniversary of this partnership on May 19<sup>th</sup> from 12:30 p.m. to 2:00 p.m. (*Please note earlier gathering time than regular meeting.*) Everyone is welcome to attend. Please call the senior center at 508-543-1252 to sign-up for this event.

### **“COPING WITH GRIEF” BEREAVEMENT SUPPORT GROUP**

Beacon Hospice will offer an 8-week support group, “Coping with Grief,” on Wednesday afternoons from 1:00 p.m. to 2:30 p.m. at the Foxborough Senior Center, 75 Central Street, beginning June 2<sup>nd</sup>. This bereavement support group will offer a safe and supportive place for you to share your experience of grief with others and move toward healing and hope in a confidential and supportive setting. These sessions are free of charge and are open to the community. Anyone who has lost a family member, spouse/partner, close friend or another loved one is invited to attend. Pre-registration is required by calling Scott A. Ciosek, M.Div., Bereavement Coordinator at Beacon Hospice at 508-747-7222. Space is limited.

### **FREE LEGAL CLINIC**

Mary Roque, Esquire will come to the senior center on Wednesday, May 19<sup>th</sup> from 9:30 a.m. to 11:30 a.m. to provide a FREE legal clinic. Following the clinic in May, she will be coming to the senior center on the 2<sup>nd</sup> Wednesday of each month from 9:30 a.m. to 11:30 a.m. Attorney Roque owns and manages a law practice which concentrates in elder law issues, and she conducts volunteer legal clinics at other area Councils on Aging. She will consult with individuals for up to 15 minutes about their legal questions and concerns. If further consultation is necessary, follow-up will be provided through Noreen Sherys, Community Social Worker, who can assist with referrals to community legal resources. Please call 508-543-1252 for your appointment.

### **CRIBBAGE TOURNAMENT**

The Friday Cribbage Group that meets at the senior center will be having a cribbage tournament on Friday, May 21<sup>st</sup> beginning at 11:00 a.m. The cost to participate in the tournament is \$5 per person. Prizes will be awarded that day to the winners! Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays at 11:00 a.m. to teach you the game or to provide helpful hints to improve your game. Call 508-543-1252 to sign-up for this fun event.

### **FOUNDER'S DAY**

We are looking for volunteers interested in walking with or riding in our Van-Go in the Founder's Day parade on Saturday, June 12<sup>th</sup>. In addition, we are looking for volunteers to help decorate the van in the morning before the parade. Please call 508-543-1252 by May 14<sup>th</sup> to sign-up and take part in this Foxboro tradition.

**MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.**

If you plan to eat, give Marge 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, May 17**

SHEPHARD'S PIE  
WHIPPED POTATOES  
ORIENTAL BLEND VEGGIES  
WHOLE WHEAT ROLL  
PEARS

**Tuesday, May 18**

MACARONI & CHEESE  
ESCALLOPED TOMATOES  
FRUIT MUFFIN  
PEACHES

**Wednesday, May 19**

CHICKEN MARSALA  
RICE PILAF  
ITALIAN STYLE VEGGIES  
SCALI BREAD  
SPRING CUPCAKE

**Thursday, May 20**

LOW SODIUM HOT DOG  
VEGGIE BAKED BEANS  
PEAS & CARROTS  
HOT DOG ROLL  
FRESH FRUIT

**Friday, May 21**

PIER 17 FISH  
TARTAR SAUCE  
O'BRIEN POTATOES  
GREEN BEANS  
WHOLE WHEAT BREAD  
PUDDING