

CONFESSIONS OF A LATE NIGHT RADIO HOST: THE MEDIA, THE MESSAGE AND THE MORALITY

Come to the senior center on Thursday, June 17th at 11:00 a.m. to hear Jordan Rich talk about his notable career and what he has learned over the years as a national talk show host of WBZ weekend News Radio. Jordan Rich was born and raised in Boston and has been a fixture on radio and TV for nearly thirty years. He will discuss media trends, the responsibility that broadcasters have to their audiences, and the role that listeners play in relationship to the media. Jordan's immense popularity is due to his ability to connect with his late night family of listeners from around the country in a positive and supportive manner, adding a gentle dose of humor and fun. This program is offered in partnership with Sage Educational Services and is sponsored by funds from the Pfizer grant. Please call 508-543-1252 to sign-up for this entertaining program.

Monday, May 31

Memorial Day

Senior Center Closed

Tuesday, June 1

Beginners Walking Club 8:30 a.m.

Bereavement Group (Journey Through Grief) 9:00 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

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

Discussion Group 1:00 p.m.

Shaw's (in lieu of Monday) 1:00 p.m.

BINGO 2:00 p.m.

Talespinners 2:00 p.m.

Wednesday, June 2

Strength Training 8:30 a.m.

Chorus with Igo School 10:00 a.m.

Bereavement Group (Coping with Grief) 1:00 p.m.

Dollar Tree Store 1:00 p.m.

Zumba 2:30 p.m.

Thursday, June 3

Ceramics 9:00 a.m.

Book Club 1:00 p.m.

Friday, June 4

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.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

ADOPT-A-GARDEN

If you enjoy gardening, we are looking for a few people who would like to "adopt" a manageable segment of the gardens around the senior center. Your responsibilities would include watering, deheading flowers, and weeding in your section. Please call 508-543-1252 if you are interested in this project.

REGULARLY SCHEDULED

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card with a maximum of 2 cards per player. Our next Bingo afternoon will be on Tuesday, June 1st from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

FREE LEGAL CLINIC

Mary Roque, Esquire is available at the senior center on the 2nd Wednesday of each month from 9:30 a.m. to 11:30 a.m. to provide a FREE legal clinic. Her next visit will be on June 9th. 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.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, June 3rd at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

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.

June 2 Dollar Tree Store

June 9 Target

June 16 Walpole Mall

June 23 Emerald Square Mall

SPECIAL EVENTS AND PROGRAMS

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 10th 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 4th. 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.

"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 2nd. 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.

MEDICAL INFORMATION AND SERVICES

PODIATRIST-SUMMER SCHEDULE

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, June 7th. Dr. Willinsky will **not** come during **July and August**, but will resume his hours at the senior center on September 13th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, June 8th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. 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. – TUESDAY, JUNE 1, 2010

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 a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, June 1st at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

TRAVEL AND ENTERTAINMENT

NEWPORT RAIL AND SAIL

Join us on Thursday, August 5th for a unique trip to Newport, RI. Upon arrival you will board the Newport Dinner Train for a 90 minute scenic train ride along Narragansett Bay and a delicious, gourmet lunch with fine dining service. Your luncheon choices include Stuffed Filet of Sole, "Award Winning" Baby Back Ribs, or Chicken Forrestiere. After the luncheon train ride, you will board the luxurious cruise boat, The M/V Majestic, departing from Bowens Wharf for a narrated hour cruise of Newport Harbor. You will see sights such as the Ida Lewis Yacht Club, majestic Fort Adams, the towering Newport Bridge, the enchanting "House on the Rock," Jacqueline Kennedy's summer house, Hammersmith Farm, and much more! Enjoy shopping and walking around Newport's famous "Brick Marketplace" before returning home. Your motorcoach will depart from St. Mary's Church parking lot at 8:30 a.m. You will return back home in Foxboro around 5:30 p.m. The cost for this excursion is \$89 per person (driver's tip **not** included). Payment will be due by Friday, July 9th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, June 9th.

CHOCOLATE AND WINE TOUR OF NEW HAMPSHIRE

On Thursday, July 15th 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 18th. Sign-up for this trip by calling the senior center at 508-543-1252.

COMMUNITY PROGRAMS AND INFORMATION

NORFOLK ANTIQUES NIGHT

On Friday, June 4th 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.

SENIOR SAFETY

On Thursday, June 10th 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.

TRANSPORTATION RESOURCES

VAN-GO/CAR-GO

The Foxborough Council on Aging provides transportation to Foxborough residents on the **Van-Go**, our 14 passenger van or the **Car-Go**, a full size sedan, to destinations within Foxborough and on scheduled trips outside of town. The suggested donation is \$1.00. To schedule a ride please call the senior center at 508-543-1252. Please provide 24 hour advance notice; however, we will always try to accommodate your needs.

The schedule is as follows:

Monday – Mornings – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities. **Afternoons** – the van goes to Shaw's in Sharon. *On Monday holidays this shopping trip is moved to Tuesday afternoon.

Tuesday – ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Wednesday – Mornings – the van is available to drive you to any Foxborough appointments, errands or to senior center activities. **Afternoons** – rotating trips each week to local malls, stores and a monthly luncheon at an area restaurant.

Thursday - ALL DAY – the van is available to drive you to any appointments or errands in Foxborough or to senior center activities.

Friday - Mornings – the van goes to Stop and Shop in Foxboro. The van does not operate after 12:00 p.m. on Fridays.

HUMAN SERVICES

Our Human Services staff may be available to assist with special transportation needs. To find out more, call 508-543-1252 and ask to speak with our Human Services Department.

F.I.S.H. is a non-profit organization with volunteer drivers who will bring Foxborough seniors to medical appointments within an 11 mile radius. To request transportation call (508) 698-3729 and leave your name, address, phone number, appointment date and time. Please provide 2 days advance notice. You will be called the evening before your appointment to confirm your ride.

GATRA 'Dial-A-Ride' transportation is available in Foxboro. This is a shared ride that provides transportation to several surrounding towns for various appointments, errands or social visits. A 24 hour notice is required for transportation and can be scheduled by calling them at 1-800-698-7676. The recommended donation is between \$1.25 -5.00 depending on distance.

GATRA 'Miles for Health' program is strictly for medical transportation. They will bring clients to Boston hospitals Monday through Friday. On *Wednesdays* they provide "all other trips" to Burlington, Framingham, Worcester, Wellesley, etc. The recommended donation is \$10.00. A 48 hour advanced notice is required for

this program. Rides can be scheduled by calling 1-800-585-8294. Visit GATRA on their website at www.gatra.org

MEDICAL APPOINTMENT TRANSPORTATION THROUGH FOXFIELD TAXI (HESSCO GRANT)

Thanks to a grant from HESSCO, Foxfield Taxi is available for transportation to Boston for medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Mondays and Wednesdays. The suggested donation is \$25 for the Boston trips. They are also available to travel to Foxboro, Attleboro and Mansfield medical appointments scheduled from 9:00 a.m. -12:00 p.m. on Tuesdays and Thursdays. The suggested donation is \$10 for these trips. This shared ride program is available to you if you are 60 years of age or older and live in Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole Westwood or Wrentham. For more information or to reserve a ride, call Foxfield Transportation at 1-800-585-8294 or 508-543-2828 or 508-553-3000.

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 31

Memorial Day

No Meal Served

Tuesday, June 1

SWEDISH MEATBALLS
WHIPPED POTATOES
GREEN BEANS
DINNER ROLL
PEACHES

Wednesday, June 2

BONELESS HERB ROAST CHICKEN
CONFETTI RICE
CALIFORNIA BLEND VEGGIES
WHOLE WHEAT BREAD
COOKIE

Thursday, June 3

BBQ BEEF RIB
O'BRIEN POTATOES
MIXED VEGGIES
FRUIT MUFFIN
FRESH FRUIT

Friday, June 4

TUNA NOODLE CASSEROLE
PEAS
WHOLE WHEAT ROLL
MANDARIN ORANGES