

HERE'S TO YOUR HEALTH

Come to the senior center in July for some interesting and informative programs on health and nutrition. On Thursday, July 1st at 10:30 a.m., Kristin Pufahl, Registered Dietician from Jewish Family and Children Services, will present a program on healthy summer salads and whole grains. The following week on Thursday, July 8th at 1:00 p.m., the VNA Care Network will offer a program entitled "Medication Safety Update: Get the Facts." Program topics will include tips for managing your medications safely, preventing drug interactions, information on herbal remedies and much more. This program is FREE for seniors age 60 and over thanks to grant funding from HESSCO Elder Services and the Massachusetts Executive Office of Elder Affairs. Please call 508-543-1252 to sign-up for these upcoming programs.

Monday, June 14

Manicures 9:00 a.m.
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, June 15

Beginners Walking Club 8:30 a.m.
Bereavement Group (Journey Through Grief) 9:00 a.m.
Movie Day-"It's Complicated" 9:30 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, June 16

Strength Training 8:30 a.m.
Walpole Mall 1:00 p.m.
TRIAD 1:00 p.m.
Zumba 2:30 p.m.

Thursday, June 17

Ceramics 9:00 a.m.
"Confessions of a Late Night Radio Host" 11:00 a.m.
Low Vision Support Group 1:00 p.m.
COA & HS Board Meeting 5:00 p.m.

Friday, June 18

\$65 Payment Due for Chocolate and Wine Tour

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.

Saturday, June 19

Friends of Foxboro Seniors Meeting 9:30 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

AUTHOR! AUTHOR!

Alex C. Papianou (Al), one of the members of the "Talespinners" writing group at the senior center, has been published! Tolia's is an irreverent, nostalgic look back at working in his uncle's restaurant in Woonsocket, RI in the 1940's and '50's. Al has generously donated several copies of his book to the senior center where they are available for \$5 a copy or \$6 for an autographed version. All proceeds will benefit the Friends of Foxboro Seniors for our programs at the senior center. The Talespinners are led by Peg Mossman and meet on Tuesdays at 2:00 p.m. at the senior center. Participants have an opportunity to share and write about memories and reflections. Come and listen to the "creations" even if you don't write!

FRIENDS ANNUAL MEMBERSHIP DRIVE

The Friends of Foxboro Seniors' annual membership drive for the 7/1/10 – 6/30/11 year is currently taking place. The annual dues are \$7.00. Friends of Foxboro Seniors, Inc. is a non-profit organization founded in 1981 to raise supplemental funds for the Council on Aging to provide programs, activities and other services to Foxboro's seniors.

SPECIAL EVENTS AND PROGRAMS

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! Our first trip for this season will be to Flint Farm in Mansfield on Tuesday, June 22nd. This year's ice cream trips will be scheduled on alternating Tuesdays throughout the summer. We leave for ice cream at approximately 1:00 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.

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.

NEPONSET VALLEY ALZHEIMER PARTNERSHIP

On Thursday, June 24th from 10:00 a.m. to 11:00 a.m., The Neponset Valley Alzheimer Partnership will be holding an educational meeting on driving safety at the Southeast Rehab, 184 Lincoln St., North Easton. Dr. Robert Stern, noted researcher and educator of the BU School of Medicine Research Center, will be the speaker. If you are a Foxboro resident, funding is available if care for your loved one is needed in order for you to attend this program. Please call the senior center at 508-543-1252 if you have questions or need more information.

REGULARLY SCHEDULED

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, June 15th at 9:30 a.m. Our feature presentation will be "It's Complicated." Ten years after their divorce, Jane (Meryl Streep) and Jake (Alec Baldwin) Adler unite for their son's college graduation and unexpectedly end up sleeping together. But Jake is married, and Jane is embarking on a new romance with her architect, Adam (Steve Martin). Now, she has to sort out her life -- just when she thought she had it all figured out. Nancy Meyers writes and directs this Golden Globe-nominated comedy. As always, plan on bringing your lunch to enjoy after the movie. We will provide popcorn during the movie showing and follow with dessert and coffee. Sign-up by calling 508-543-1252.

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 June 17th. 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 508-543-1252.

TRIAD

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 at 1:00 p.m. Our next meeting will be on June 16th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

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, per the YMCA's policy. The 2010 Summer 1 Session runs from June 28th through August 1st. This is a 5-week session and will cost \$25. Payment is due at sign-up. Call 508-543-1252 with any questions.

MONDAY MANICURES

Come and be pampered! We have a licensed manicurist available once a month to do manicures for us at the senior center. The manicure includes shaping the nails, warm soaking of the hands, cuticle treatment, hand massage and OPI polish. The cost is \$10 per manicure. The next date will be June 14th. Appointments will begin at 9:00 a.m. Please call 508-543-1252 to arrange for your appointment time.

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 16 Walpole Mall

June 23 Emerald Square Mall

June 30 Luncheon Outing @ L.A. Roberts

July 7 Christmas Tree Shops

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.

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.

MEDICAL INFORMATION AND SERVICES

MEDICARE PRESCRIPTION DRUG FINDER

Go to www.medicare.gov, click on "Compare Medicare Prescription Drug Plans" and you will be provided with a personalized chart comparing the Massachusetts Medicare drug plans. This interactive tool allows you to narrow your search for a Medicare prescription drug plan based on your personal preferences such as cost, coverage, and convenience. If you need assistance or don't have a computer at home, our SHINE counselor, Judy Murphy, will make a time to meet with you at the senior center in the Computer Lab to input your information. Call 508-543-1252 to arrange an appointment.

MEDICATION AND SAFETY VISITS

VNA Care Network and hospice is offering medication and safety visits in the homes of chronically ill, frail seniors. A nurse will visit the senior at home to evaluate their prescription medications, over-the-counter drugs, and herbal remedies for interactions and related safety concerns. The nurse will also assess the risk of falling and make recommendations for reducing the chance of a fall. This is a free service and is open to residents of Canton, Dedham, Foxboro, Medfield, Millis, Norfolk, Norwood, Plainville, Sharon, Walpole, Westwood, and Wrentham. For more information about medication and safety visits, contact Maureen Sendrowski, RN, MPH, at msendrowski@vnacarenetwork.org or 888-663-3688, ext. 5603 OR call Noreen Sherys at the senior center at 508-543-1252.

"PRESCRIPTION ADVANTAGE"

Do you have a prescription plan, but think you are still paying too much for your prescriptions? You may be paying more than you need to. You may be eligible for the Commonwealth's "Prescription Advantage" plan, which is currently enrolling new members. If your income is under \$54,150 (individual) or \$72,850 (couple) you may be able to reduce some of your prescription expenses. You can apply at any time. There is no 'open enrollment' limitation for "Prescription Advantage." You can reach "Prescription Advantage" by calling 1-800-AGE-INFO or visit them online at www.800ageinfo.com. Call Noreen Sherys at the senior center, 508-543-1252, to find out more or to apply.

FRIDAY MASSAGE / REIKI / REFLEXOLOGY SESSIONS

Ann Callahan, Licensed Massage Therapist, Clinical Reflexologist, and Reiki Master, offers Massage Therapy, Reiki, and Reflexology treatments at the senior center every Friday from 10:00 a.m.-12:00 p.m. Fifteen-minute appointments are available for \$10.00. Please call the senior center at 508-543-1252 to schedule an appointment. When signing up, please be sure to indicate whether your appointment is for Massage, Reiki, or Reflexology. If you haven't yet experienced these wonderful treatments, this is a great opportunity to find out how fantastic they are!

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, June 14

CHICKEN TETRAZZINI
COUNTRY STYLE BLEND
DINNER ROLL
PINEAPPLE

Tuesday, June 15

MEATLOAF W/MUSHROOM GRAVY
GARLIC MASHED POTATOES
GREEN/WAX BEANS
WHOLE WHEAT BREAD
MIXED FRUIT

Wednesday, June 16

PINEAPPLE GINGER CHICKEN
SMASHED POTATOES
CHUCK WAGON CORN
WHITE BREAD
FRESH FRUIT

Thursday, June 17

FATHER'S DAY
BEEF STEW & VEGETABLES
OVEN ROASTED POTATOES
MULTIGRAIN ROLL
BREAD PUDDING

Friday, June 18

CRUNCHY FISH W/TARTAR SAUCE
RED BEANS & RICE
SCALLOPED TOMATOES
WHOLE WHEAT BREAD
FRESH APPLE