

## **SING-A-LONG WITH JACK CRAIG'S SUMMER MUSIC SERIES**

Sing along with Jack at the senior center as he shares the music and anecdotes of great Broadway Blockbusters on Wednesdays in July at 11:00 a.m. Experience some of Broadway's greatest shows by singing your way right through the synopsis of four Broadway musicals. Each program has information on the creation of the show, and your chance to sing all the songs from that production. These are perfect programs for those who truly love Broadway musicals, and wouldn't be satisfied with just one or two songs from a show! This program is co-sponsored by the Friends of Foxboro Seniors and the COA. The schedule is as follows:

July 7th – 'The Sound of Music' by Rodgers and Hammerstein

July 14th – 'Guys and Dolls' by Frank Loesser

July 21st – 'Camelot' by Lerner and Loewe

July 28th – 'Kiss Me Kate' by Cole Porter

Call 508-543-1252 to sign-up for this series.

### **Monday, June 21**

*Hudson Valley Trip-departs from St. Mary's Parking Lot @ 7:00 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 22**

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.

Ice Cream Day-Flint Farm 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, June 23**

Strength Training 8:30 a.m.

Emerald Square Mall 1:00 p.m.

Bereavement Group 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, June 24**

Ceramics 9:00 a.m.

### **Friday, June 25**

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](http://www.foxboroughma.gov)

## **AUTHOR! AUTHOR!**

Alex C. Papanou (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**

#### **COFFEE WITH CONGRESSMAN BARNEY FRANK**

Come to the senior center on Wednesday, July 7<sup>th</sup> at 1:30 p.m. for a coffee hour with Congressman Barney Frank. Take advantage of this opportunity to meet him, ask questions and gather information on the issues that matter to you. Call 508-543-1252 to let us know you will be coming.

#### **VETERANS BENEFITS PROGRAM**

Mike Figlioli, State Legislative Chairman and Veterans Service Officer, will be presenting at the Mansfield Council on Aging, 255 Hope Street, Mansfield, MA, on Tuesday, June 22<sup>nd</sup> at 1:00 p.m. Mr. Figlioli will discuss various Veterans Benefits that are available to widows of Veterans and all U.S. Veterans. Light refreshments will be served. Please call 508-261-7368 to sign-up.

#### **ARTHRITIS FOUNDATION EXERCISE CLASS**

The YMCA Invensys/Foxboro Branch will be offering an Arthritis Foundation exercise class on Wednesdays at 10:30 a.m. for 6 weeks beginning the week of June 28<sup>th</sup>. This class will be offered in partnership with the Council on Aging. Classes will be \$5 each, but you must pay sign-up and pay for the full session, per the YMCA’s policy. This is a 6-week session and will cost \$30. Payment is due at sign-up, and you can sign-up at the senior center. Call 508-543-1252 with any questions.

#### **HEALTHY SUMMER SALADS**

Come to the senior center in July for some interesting and informative programs on health and nutrition. On Thursday, July 1<sup>st</sup> 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. Call 508-543-1252 to let us know you will be coming.

#### **MEDICATION SAFETY UPDATE**

On Thursday, July 8<sup>th</sup> at 1:00 p.m. at the senior center, 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 this program.

#### **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 22<sup>nd</sup>. 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.

#### **NEPONSET VALLEY ALZHEIMER PARTNERSHIP**

On Thursday, June 24<sup>th</sup> 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**

#### **PAINT IN A DAY**

Come and explore your creative talents at the senior center. You will amaze yourself when you leave that afternoon with a fantastic painting done by you ... enjoy a Bob MacLeod painting class, and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob MacLeod's next visit to the senior center will be on Wednesday, June 30<sup>th</sup> at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited. If you would like to sign-up, please call the senior center at 508-543-1252.

#### **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 June 28<sup>th</sup>. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

#### **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 28<sup>th</sup> through August 1<sup>st</sup>. This is a 5-week session and will cost \$25. Payment is due at sign-up. Call 508-543-1252 with any questions.

#### **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 23 Emerald Square Mall

June 30 Luncheon Outing @ L.A. Roberts

July 7 Christmas Tree Shops

July 14 Wal-Mart

#### **Wii GAMES**

We have virtual games (bowling, tennis, etc.) using our Wii system on Fridays at the senior center from 11:00 a.m. until 1:00 p.m. Come join the Wii generation and join the fun!

#### **NUTRITION**

Come to our nutrition class at the senior center. We meet every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

#### **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:45 a.m. to 11:45 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches classes in Qi Gong and Yoga. Classes are \$5 per session. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable, flat shoes. Please call the senior center at 508-543-1252 to sign-up.

## **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is a \$2 charge for each class. The class is open to both men and women so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

## **SIT & BE FIT**

Exercise is for everyone! This program is designed for people who have arthritis or limited mobility. Arthritis Foundation certified instructor, Sue Ribeiro, leads the group. The seated exercise program uses exerbands, ribbon sticks, hand weights, and other movement activities that help promote balance, coordination, flexibility, and endurance. The program is fun and interactive. Van transportation is available for these Monday morning classes which are held from 9:30-10:30 a.m. The cost is \$2 per class.

## **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.

### **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 21**

SPANISH OMELET  
HASH BROWN POTATOES  
ROMAN BLEND VEGGIES

FRUIT MUFFIN  
PEACHES

**Tuesday, June 22**

CHICKEN RICE SOUP  
HONEY GLAZED CHICKEN  
MIXED VEGETABLES  
DINNER ROLL  
CUTIE PIE

**Wednesday, June 23**

SLOPPY JOE  
DELMONICO POTATOES  
CHOPPED BROCCOLI  
HAMBURGER BUN  
FRUIT CUP

**Thursday, June 24**

TURKEY DIVAN  
MASHED POTATOES  
HONEY WHEAT ROLL  
PUDDING

**Friday, June 25**

SAUSAGE, PEPPERS & ONIONS  
LYONNAISSE POTATOES  
SUMMER BLEND VEGGIES  
WHOLE WHEAT BREAD  
FRESH ORANGE