

'COOL' CLASSICS COMING

Beat the heat and humidity by coming to the senior center for some 'cool' movie classics. Take advantage of our nice air-conditioned environment while you watch an oldie-but-goodie movie, enjoy some refreshments, and socialize with each other. The movies will be shown on Thursdays at either 11:00 a.m. or 1:00 p.m. Please feel free to bring your lunch along to have either before or after the film. Please give us a call at 508-543-1252 to let us know that you will be coming. The schedule is as follows:

July 29th at 1:00 p.m. "From Here to Eternity" This gripping adaptation of James Jones's novel about army life in Hawaii in the idyllic days just before December 7, 1941, boasts one of the hottest love scenes in screen history: Burt Lancaster and Deborah Kerr rolling around in the sandy surf. All told, the film won eight Oscars, including awards for Best Picture, Best Screenplay, Best Supporting Actress (Donna Reed) and Best Supporting Actor (Frank Sinatra).

August 5th at 11:00 a.m. "Casablanca" In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) - the woman who broke his heart -- to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

August 12th at 1:00 p.m. "Johnny Belinda" A Nova Scotia fishing village serves as the backdrop for this well-crafted weeper about a deaf-mute named Belinda McDonald (Jane Wyman, who earned top Oscar honors for her performance). When kindly doctor Robert Richardson (Lew Ayres) takes a professional interest in Belinda and teaches her to communicate, a wonderful new world unfolds for her. But things turn ugly after the town bully (Stephen McNally) rapes Belinda and she ends up pregnant.

September 9th at 11:00 a.m. "An Affair to Remember" Although each is already engaged to another, Nickie Ferrante (Cary Grant) and Terry McKay (Deborah Kerr) meet on an ocean liner and fall deeply in love. Tempting fate, they agree to meet at the Empire State Building in six months if they still feel the same way. But a tragic accident prevents their rendezvous, and the lovers' future takes an uncertain turn. This classic love story was nominated for four Academy Awards, including Best Music.

Monday, July 26

No Sit & Be Fit Today

Hearing Clinic 10:00 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

Tuesday, July 27

No Tailspinners Today

Beginners Walking Club 8:30 a.m.

Movie Day-"Up" 9:30 a.m.

Nutrition 11:00 a.m.

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

Discussion Group 1:00 p.m.

Wednesday, July 28

Strength Training 8:30 a.m.

Jack Craig- 'Kiss Me Kate' 11:00 a.m.
Bereavement Group 1:00 p.m.
Luncheon Outing @ Yen Ching 1:00 p.m.
Zumba 2:30 p.m.

Thursday, July 29

Ceramics 9:00 a.m.
Gary Hylander: Wars End Series 11:00 p.m.
'Cool' Classics "From Here to Eternity" 1:00 p.m.

Friday, July 30

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

SPECIAL EVENTS AND PROGRAMS

GARY HYLANDER HISTORY SERIES

Watch American History come to life as our favorite history professor, Dr. Gary Hylander will present a mini-series of lectures for us entitled "Wars End: VE Day and VJ Day," on Thursday, July 29th and Thursday, August 12th at 11:00 a.m. at the senior center. This year marks the 65th anniversary of the end of World War II, the most cataclysmic event in the history of the world. Join us for a 2-part series as we discuss the politics, personalities and military campaigns that brought an end to the Second World War in Europe and Asia. The first presentation will focus on D-Day and the fall of Berlin. The second presentation will review the "island-hopping" campaigns across the Pacific and Truman's decision to use the atomic bomb on Hiroshima and Nagasaki. Our lecturer, Gary Hylander, Ph.D., is a professor of History at Stonehill College. Dr. Hylander is a frequent lecturer at library forums, historical societies, senior centers, and professional organizations. This free mini-series is being paid for in part by the Friends of Foxboro Seniors and will be held at the senior center. Please call 508-543-1252 to sign-up for this series.

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 next trip for this season will be to Flint Farm in Mansfield on Tuesday, August 10th. 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.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E. – TUESDAY, AUGUST 3RD, 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, August 3rd 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.

HEARING CLINIC

Mass Audiology is holding free hearing clinics at the senior center on the 4th Monday of each month at 10:00 a.m. Our next clinic will be on July 26th. 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.

INFORMATION AND SERVICES

WOMEN'S SELF DEFENSE SEMINAR

HUGS (Helping Us Get Safe) Foxboro and Sharon in partnership with Personal Best Karate, is sponsoring a FREE Women's Self Defense seminar on Thursday, August 5th from 7:00-8:30 p.m. at Personal Best Karate, Route 140, Foxboro, MA. Learn about self-defense skills for women and teens including some vital strategies regarding personal safety and basic self defense. This skill set crosses the life span and is applicable for all women, all ages and all degrees of fitness. For more information about domestic violence and combating violence in our communities through educational programs call HUGS Foxboro at 508-698-8784 or HUGS Sharon at 781-784-5056.

ANGEL FOOD MINISTRIES

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States. There are no qualifications, minimums, income restrictions, or applications. Everyone is encouraged to participate. The food is "restaurant grade" meats, frozen vegetables, fruits, dairy products, etc. acquired through involvement with producers/vendors of high quality, "name brand" foods. You may visit www.angelfoodministries.com or call the offices at 1-888-819-3745 to request more information. The closest Host Site to Foxboro is located at Living Waters, 15 John L Dietsch Blvd., North Attleboro, MA 02760 (Phone: 508-695-1300).

TRAVEL AND ENTERTAINMENT

EAST HILL FARM AND CATHEDRAL OF THE PINES

Come along with the group from the senior center to New Hampshire for the day to visit East Hill Farm and the Cathedral of the Pines on Thursday, October 14th. Your day will begin with a stop at the Petersboro Basket Company Outlet Store where you will find a wide selection of baskets and other gifts, including punched tin ware. Next enjoy lunch at East Hill Farm in Troy, NH, where you will be served a hearty, family style luncheon including both pot roast and turkey. Originating in 1834, the Inn is nestled at the base of picturesque Mt. Monadnock on 150 acres. After lunch you will visit Coll's Farm Stand in Jaffrey, NH, where you can select from a variety of fresh fruits and vegetables as well as apple cider and maple syrup. Then you will visit the Cathedral of the Pines. This unique, inspirational landmark seats 200 and is a place of spiritual nourishment for people of all faiths. Formed by tall pines, the cathedral is a living memorial to those who gave their lives for our country. Your motor coach will depart from St. Mary's Church parking lot at 7:30 a.m. and return at approximately 5:30/6:30 p.m. The cost for this excursion is \$58 per person (driver's tip *not* included). Payment will be due by Friday, September 17th. Sign-up for this trip by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, August 18th.

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, August 3rd 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 LUNCH!

Apparently there is such a thing as a free lunch! Chickie Flynn's Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our first luncheon will be on Wednesday, August 4th at 11:30 a.m. at Chickie Flynn's located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Cheesecake or Ice Cream, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Transportation will be on your own and space is limited for the luncheon. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, August 3rd.

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, August 5th at 1:00 p.m. If you would like to participate, please call 508-543-1252. We have lively discussions and lots of fun.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on July 26th. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, July 27th at 9:30 a.m. Our feature presentation will be "Up." Carl Fredricksen (voiced by Ed Asner), a retired balloon salesman, is part rascal, part dreamer who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, Russell, an overeager 8-year-old Wilderness Explorer who has never ventured beyond his backyard, is in the wrong place at the wrong time -- Carl's front porch! Other voices in the Oscar-winning film include the renowned Christopher Plummer and Pixar stalwart John Ratzenberger. This highly acclaimed animated film is one for all ages. Now that summer vacation is here, consider bringing your grandchildren along for the movie and treats! 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.

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 2 Session runs from August 2nd through August 29th. This is a 4-week session and will cost \$20. 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.

July 28 Luncheon Outing-Yen Ching in Plainville

August 4 Target

August 11 Walpole Mall

August 18 Christmas Tree Shops

TALE SPINNERS

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Tale Spinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have an opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

KNITTING BEA

Join us for an afternoon of knitting at the senior center. Bea Barr teaches a knitting class on Monday afternoons at 1:00 p.m. These classes are for beginners, 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. Please join us for this free class.

CERAMICS CLASS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m.-11:00 a.m. Mary Tetu is our ceramics instructor. Supplies are provided, and participants are only expected to pay for the pieces they choose to work on. Prices vary per piece.

DISCUSSION GROUP

Everyone is invited to attend a weekly discussion group at the senior center. This small and friendly group will discuss anything from current events to politics and is self-run. Anyone interested in joining in intellectual and entertaining discussions is invited to meet each Tuesday at 1:00 p.m.

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, July 26

CHICKEN CACCIATORE
BUTTERED PENNE
GENOA STYLE VEGGIES
WHEAT BREAD
MANDARIN ORANGES

Tuesday, July 27

AMERICAN CHOP SUEY
TUSCANY BLEND VEGGIES
FRUIT MUFFIN
PUDDING

Wednesday, July 28

HAPPY BIRTHDAY
HONEY MUSTARD CHICKEN
O'BRIEN POTATOES
COUNTRY STYLE VEGETABLES
WHOLE WHEAT BREAD
BIRTHDAY CAKE

Thursday, July 29

BEEF STEW
MASHED POTATOES
WHOLE WHEAT ROLL
FRESH APPLE

Friday, July 30

FISH SANDWICH
TARTAR SAUCE
BEANS & RICE
HAMBURGER ROLL
PEAS & CARROTS
PINEAPPLE