

K-9 UNIT DEMONSTRATION AT NEXT MEN'S COOKOUT

On Thursday, August 19th, we will have a special demonstration by Officer John Chamberlin from the Foxborough Police Department and their K-9 unit's new partner "Marley" during the Men's Cookout at the senior center. Come and enjoy a cookout lunch and some socialization at 12:00 p.m. The presentation portion of the program will begin at 12:30 p.m. Women are welcome and encouraged to join us for the presentation. The cost for lunch is \$3. To participate in this cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, August 17th.

Monday, August 2

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, August 3

Beginners Walking Club 8:30 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.
Tailspinners 2:00 p.m.
BINGO 2:00 p.m.

Wednesday, August 4

Strength Training 8:30 a.m.
Lunch at Chickie Flynn's 11:30 a.m.
Target 1:00 p.m.
Zumba 2:30 p.m.

Thursday, August 5

Newport Rail & Sail Trip-departs from St. Mary's Church Parking Lot @ 8:30 a.m.
Ceramics 9:00 a.m.
'Cool' Classics "Casablanca" 11:00 p.m.
Book Club 1:00 p.m.

Friday, August 6

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

PATRIOTS' PRACTICE NIGHT AT GILLETTE STADIUM

The New England Patriots will be holding an in-stadium training camp practice at Gillette Stadium on Monday, August 2nd at 7:00 p.m. Complimentary tickets will be available for Foxboro residents at the senior center.

'COOL' CLASSICS

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 remaining schedule is as follows:

August 5th at 11:00 a.m. "Casablanca"

August 12th at 1:00 p.m. "Johnny Belinda"

September 9th at 11:00 a.m. "An Affair to Remember"

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.

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.

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.

August 4 Target

August 11 Walpole Mall

August 18 Christmas Tree Shops

August 25 Luncheon Outing @ Olive Garden

INFORMATION AND SERVICES

BEAT THE HEAT

Here are some tips to follow during the hot, humid weather:

- Slow down and avoid strenuous activity.
- Wear lightweight, loose-fitting, light-colored clothing.
- Drink plenty of water, regularly and often, even if you don't feel thirsty.
- Limit caffeine and alcohol.
- Eat well-balanced, light regular meals.
- Stay indoors. If you do not have air conditioning, stay on the lowest floor.
- Go to a place where you can get relief from the heat such as the senior center, library, theater and other community facilities.
- Cover windows that receive sun.
- Avoid too much sunshine and always use sunscreen.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.

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.

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.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, August 10th 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.

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!

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.

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, August 2

SPINACH & CHEESE OMELET
HASH BROWNS
ROMAN STYLE VEGGIES
FRUIT MUFFIN
PEACHES

Tuesday, August 3

BEEF & BARLEY SOUP
PARMESAN CRUMB CHICKEN
O'BRIEN POTATOES
JARDINIÈRE BLEND VEGGIES
WHOLE WHEAT ROLL
FRESH ORANGE

Wednesday, August 4

MEATLOAF
MUSHROOM GRAVY
MASHED POTATOES
GREEN BEANS
WHOLE WHEAT BREAD
PUDDING

Thursday, August 5

ROAST PORK
APPLE GRAVY
RED BLISS POTATOES
MIXED VEGGIES
WHITE BREAD
GRAHAM CRACKERS

Friday, August 6

SPAGHETTI & MEATBALLS
ITALIAN BLEND VEGGIES
DINNER ROLL
PEACHES