

FRIENDS OF FOXBORO SENIORS ANNUAL MEMBERSHIP DRIVE

The "Friends of Foxboro Seniors" annual membership drive for the 7/1/09 – 6/30/10 year is currently taking place. Friends of Foxboro Seniors, Inc. is a non-profit, volunteer fundraising organization for the Foxborough Council on Aging & Human Services. Founded in 1981, the "Friends" raises supplemental funds to provide programs, activities and other services to Foxboro's seniors. Monthly meetings are held to ensure that the senior center better serves the community. Members and their "friends" are invited to attend these meetings to voice concerns and participate in planning. All meetings are held at the Foxborough Senior Center located at 75 Central Street. The next meeting will be held this coming Saturday, June 20, 2009 at 9:30 a.m. Refreshments will be served before the meeting begins. The annual dues are \$7.00. Thank you "Friends" for all that you do!

Monday, June 22

Sit & Be Fit 9:30 a.m.
Hearing Clinic 10:00 a.m.
Tai Chi 10:30 a.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.
Jay Barrows' Office Hour 2:00 p.m.

Tuesday, June 23

Walking Club 8:30 a.m.
Movie Day-"Marley & Me" 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 24

Strength Training 8:30 a.m.
Painting with Bob McLeod 10:00 a.m.
Luncheon Outing @ Olive Garden 1:00 p.m.
Zumba 2:30 p.m.

Thursday, June 25

Ceramics 9:00 a.m.
The Bead Goes On 10:00 p.m.
Ice Cream Days-Ice Cream Machine 1:00 p.m.
Book Club/Movie Day-"The Hours" 1:00 p.m.

Friday, June 26

Stop & Shop 8:30 a.m.
Mat Exercises 9:00 a.m.
Fun N' Games 9:00 a.m.
YMCA Exercise 9:30 a.m.
Massage, Reiki & Reflexology 10:00 a.m.
Wii Games 11:00 a.m.
Boomchuckers 1:00 p.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

BOOK CLUB/MOVIE DAY

Our monthly Books on Tape Book Club will be having a movie day on Thursday, June 25th at 1:00 p.m. We will be showing "The Hours." This gripping drama follows the parallel lives of three 20th-century women: the incomparable Virginia Woolf (Nicole Kidman), an unsatisfied 1950s housewife (Julianne Moore), and a modern-day book editor (Meryl Streep) who's losing her former lover to AIDS. Kidman collected a Best Actress Oscar for her role in director Stephen Daldry's adaptation of Michael Cunningham's Pulitzer Prize-winning novel. You are welcome to come for the movie and discussion whether or not you have read the book. Please call 508-543-1252 to let us know that you will be coming.

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. If you would like to participate, please call 508-543-1252, or just come on in and join us. We have lively discussions and lots of fun. We welcome seniors from surrounding communities.

JACK CRAIG'S SUMMER MUSIC SERIES

Sing along with Jack as he shares the music and anecdotes of the Great Songwriters and Broadway Blockbusters on Wednesdays at 11:00 a.m. during July and August. This program is co-sponsored by the Friends of Foxboro Seniors. The line-up is as follows:

July 8th Irving Berlin

July 15th Annie Get Your Gun

July 22nd Rodgers and Hart

July 29th South Pacific

August 5th Cole Porter

August 12th My Fair Lady

August 19th The Gershwins

August 26th Fiddler on the Roof

Please call 508-543-1252 to sign-up for this great summer 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 the Ice Cream Machine Company in Cumberland, RI on Thursday, June 25th. This year's ice cream trips will be scheduled on alternating Tuesdays and Thursdays throughout the summer. We leave for ice cream at approximately 1:00 p.m. from the senior center. 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.

FISH AND GAME COOKOUT

Once again, the Fish and Game Club located at 17 Neponset Heights Avenue, Foxboro, will be holding a cookout for Foxboro seniors. This event is free, and will be held this year on Saturday, June 27th at 1:00 p.m. Enjoy pontoon boat rides on the water, eat delicious food, and have a fun time with your friends from Foxboro. The event will be held rain or shine. The meal will include chicken, baked potato, green beans, salad, and beverages. The Fish and Game Club would appreciate knowing you're coming, so please call the senior center at 508-543-1252 by Friday, June 19th if you plan to attend. You must provide your own transportation to this event.

MEDICAL INFORMATION AND SERVICES

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 June 22nd. Chris Brissette, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Chris 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 13 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.

REGULARLY SCHEDULED **THE "BEAD" GOES ON**

Come to the senior center on the last Thursday of each month for a jewelry design class. Jewelry Designer, Danny Goldstein, will provide your supplies and materials as well as the instruction needed to make elegant, hand-crafted beaded jewelry. The class will last approximately 1½ hours. The participants have the option to purchase the finished jewelry they have created at the end of the class (necklaces for \$10, bracelets for \$5, and earrings for \$3). Our next class will be on Thursday, June 25th at 10:00 a.m. Space for this class is limited. Please call the senior center at 508-543-1252 to reserve your spot.

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 June 22nd. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

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 24th 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.

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, new 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 2009 Summer Session 1 runs from June 29th through August 2nd. This is a 5-week session and will total \$25. Payment is due at sign-up. Call 508-543-1252 with any questions.

MOVIE DAY

Sign-up for our next movie day which will be Tuesday, June 23rd at 9:30 a.m. Our feature presentation will be "Marley & Me." Based on the best-selling memoir, this feature adaptation centers on Jennifer and John Grogan (Jennifer Aniston and Owen Wilson), who, as newlyweds about to start a family, learn many of life's important lessons from Marley, their lovable yet trouble-seeking canine. This heartwarming story examines the highs and lows of marriage, maturity and confronting ones' own mortality, as seen through the lens of family life with a dog. 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.

FREE LUNCH!

Apparently there is such a thing as a free lunch! Leona's Family Restaurant is offering a free lunch to the seniors of Foxboro on the first Friday of each month. Our next luncheon will be on Friday, July 3rd at 12:00 p.m. at Leona's located at 553 Kelley Boulevard in North Attleboro. The lunch is free but the service is not, so bring along \$2.00 which will be collected for your waiters and waitresses. Transportation will be on your own and space is limited. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Wednesday, July 1st.

LUNCHEON OUTING

Our next luncheon outing will be to the Olive Garden Italian Restaurant on Wednesday, June 24th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, June 23rd.

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 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 24 Luncheon Outing @ Olive Garden

July 1 Wal-Mart

July 8 Dollar Tree Store

July 15 Target

TRAVEL AND ENTERTAINMENT

SCARBOROUGH LOBSTERBAKE

Join us on Thursday, September 3rd for a scrumptious Lobster Clambake at The Clambake Restaurant in Scarborough, Maine. Enjoy the view of Maine's largest salt water marsh located right beside the famous Old Orchard Beach. The restaurant has plenty of window seating so you will have a view of the marsh which is home to many of the area's most beautiful wildlife. Voted 'best Lobsterbake of 2007 & 2008', your Lobster Clambake will include Caesar Salad, Clam Chowder, Steamed Clams, 1 Fresh Maine Lobster or Baked Haddock, Hot Drawn Butter, Baked Potato, Cole Slaw, Rolls & Butter, Strawberry Shortcake, Coffee or Tea. After the Lobsterbake, you can visit the Nestling Duck Gift Shop next to the restaurant. There will be time for shopping in Kennebunkport as well. Your motorcoach will depart from St. Mary's parking lot at 8:15 a.m., and you will arrive back in Foxboro at approximately 6:30/7:00 p.m. The cost for this day will be \$61 per person and will include driver's tip. Payment will be due by Friday, August 7th. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, July 8th beginning at 8:00 a.m. (This is a "Foxtrotter" trip. "Foxtrotter" trips will be limited to one gift certificate per person per year.)

MARTHA'S VINEYARD TRIP

Take advantage of the lovely summer weather and come along to discover the magic of Martha's Vineyard on Thursday, August 6th. You will tour Gay Head's colored cliffs, marvelous unspoiled beaches, gingerbread-adorned houses of Oak Bluffs, elegant Edgartown and its lovely old sea captains' mansions, Menemsha's salty fishing shanties, sophisticated shops and intriguing restaurants. This trip includes round-trip motorcoach transportation to Falmouth, round-trip ferry aboard the Martha's Vineyard Island Queen, and a 3½ hour island tour with a 2 hour stop in Edgartown. Lunch will be on your own. Your motorcoach will depart from St. Mary's parking lot at 8:00 a.m., and you will arrive back in Foxboro at approximately 6:00/6:30 p.m. The price for this trip is \$61 per person and includes driver's tip. Payment will be due by Friday, July 10th. Sign-up for this trip by calling the senior center at 508-543-1252. (This is a "Foxtrotter" trip. "Foxtrotter" trips will be limited to one gift certificate per person per year.)

NIAGARA FALLS/BOSTON RED SOX TRIP

If you're game, so are we, as we travel to Niagara Falls and Toronto, Canada from Tuesday, August 18th through Thursday, August 20th to watch our beloved Boston Red Sox compete against the Toronto Blue Jays at Rogers Center, known for its famous retractable roof. This 3 day, 2 night getaway isn't just for baseball fans...our adventure includes deluxe accommodations in a 4 star hotel with casino, deluxe motor coach transportation, 3 meals (2 buffet breakfasts and one dinner), a special dinner theater experience featuring a Las Vegas style review with Magician Greg Frewin, field level base seats to see the Boston Red Sox vs. the Toronto Blue Jays, an IMAX movie, professionally guided tours of downtown Toronto, Niagara-On-The-Lake and Niagara Falls, all luggage handling, taxes, and gratuities. The price per person for this trip is \$469.00 for a double and \$669.00 for a single. Call 508-543-1252 to sign-up for this trip. The final payment will be due by

Friday, June 19th. (This is a “Foxtrotter” trip. “Foxtrotter” trips will be limited to one gift certificate per person per year.)

INFORMATION AND SERVICES

SENIOR CENTER PROGRAMS ON CABLE

For your viewing pleasure, Foxboro Cable Access will be airing our programs on Channel 22 on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. Watch for “Your Scene, Your Center.” “Your Scene” refers to information pertinent to seniors. “Your Center” refers to the special events at the senior center. If you are unable to attend a program or would like to see one again, please tune in for continuing coverage.

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in Cranberry, Loden Green, or Williamsburg Blue are \$39.95 each, or there is a multi-colored version at a cost of \$44.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

OPERATION REASSURANCE

The Operation Reassurance program is a free service for Foxboro residents. Participants check in each day Monday through Friday via telephone to ensure that they are O.K. This program is wonderful for people who live alone, those confined to their home due to illness, or anyone who wants the comfort of knowing someone will check on them once a day. Call the senior center at 508-543-1252 for more information.

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 22

Carrot & Celery Soup
Savory Baked Chicken
Red Bliss Potatoes
Dinner Roll
Fresh Apple

Tuesday, June 23

Swedish Meatballs
Buttered Noodles
Riviera Blend Veggies
Whole Wheat Bread
Pineapple

Wednesday, June 24

Roast Pork
Rosemary Gravy
Mashed Potatoes
Beans Bonanza
White Bread Bread
Birthday Cake

Thursday, June 25

Baked Beef Rigatoni
California Blend Veggies
Multigrain Roll
Tapioca Pudding

Friday, June 26

Chicken Ala King
Confetti Rice
Peas
Fruit Muffin
Mixed Fruit