

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! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our first trip for this season will be to Bubbling Brook in Westwood on Thursday, June 13th. We will leave for ice cream at approximately 1:30 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.

Monday, May 20

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, May 21

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day-"Argo" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, May 22

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series "Our Night Sky" 11:30 a.m.

Luncheon Outing @ Chickie Flynn's 1:00 p.m.

Zumba 2:30 p.m.

Thursday, May 23

Ceramics 9:00 a.m.

Pre-Diabetes Program 1:00 p.m.

Pre-Diabetes Screening (by appointment) 1:30 p.m.

Friday, May 24

Final Payment due to Tours of Distinction for Yellowstone Trip

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Italian 2 Class 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

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

"Men's Breakfast with Jerry Cirillo, Library Director" will be this week's senior center programming shown on May 22nd & 23rd. Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

The Foxborough Council on Aging has a DVD Lending Library of programs and events that have taken place at the senior center. In case you missed the live event or would simply like to watch it again at your leisure in the comfort of your own home, just stop by the senior center and borrow the program of your choice. Our latest program additions for your viewing pleasure include:

“Jerome Kern’s Music with Jack Craig”

“Men’s Breakfast with Mike Johns, Director of Veterans Services”

“On Your Computer with Kevin Gleason:

1. Powering On & Powering Off
2. Effective Use of the Internet, Blogs & Password Security

SPECIAL EVENTS AND PROGRAMS

MEMORY PRESERVATION NUTRITION

The Neponset Valley Alzheimer’s Partnership presents: “Memory Preservation Nutrition” with Nancy Emerson Lombardo, PhD, President of Health Care Insights, LLC. Come and learn about heart healthy and brain healthy nutrition from an expert in this exciting and evolving field. Initial research results indicate that the right nutrition can slow destructive processes that can cause various diseases including Alzheimer’s disease and related dementias. This important program will be held on Thursday, May 23rd from 10:00 a.m. to 11:00 a.m. at Village at Willow Crossing, 25 Cobb Street, Mansfield, MA. For information call Michelle Jussaume, Bristol Elder Services at 774-627-1325. This program is free and open to the public; no RSVP is necessary.

PRE-DIABETES PROGRAM

Paula Deen, T.V.’s popular Food Network star recently announced that she has Type 2 diabetes. Medical experts are wondering if her physicians ever told her that she had pre-diabetes. 79 million people in the United States have pre-diabetes, now called the “silent menace”. Do you have it? Are you at risk? Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from HESSCO Elder Services, is providing a **free two-part Pre-Diabetes Program** on Thursday, May 23rd at the Foxborough COA. Pre-Diabetes has become a major health concern particularly among seniors. Pre-Diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. This two-part program will evaluate your risk for pre-diabetes. **The first part is an in-depth group talk** that highlights helpful strategies including healthy recipes to help you lower your identified risk, and will be held on May 23rd at 1:00 PM. **The second part is an individual screening by appointment** beginning at 1:30 PM through 3:30 PM on May 23rd with additional appointments on the following Thursday, May 30th from 1:00 PM through 3:00 PM. A VNA Care Network Registered Nurse will meet with each participant to help identify personal risks and provide information to help minimize risks. Become pro-active and learn how to make these easy lifestyle changes. For more information or to sign-up for an appointment, please contact the Foxborough COA at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E.

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 SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, June 4th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

JAY BARROWS’ OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on April 22nd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, May 30th at 11:00 a.m. and see “Mrs. Miniver.” Mrs. Miniver is a 1942 British dramatic film directed by William Wyler, and starring Greer Garson and Walter Pidgeon. Based on the 1940 novel Mrs. Miniver by Jan Struther, the film is about an unassuming British housewife in rural England during World War II who finds herself confronting a German pilot who has parachuted into her idyllic village while her husband is participating in the Dunkirk evacuation. Mrs. Miniver won six Academy Awards, including Best Picture, Best Director (William Wyler), Best Actress (Greer Garson), and Best Supporting Actress (Teresa Wright). You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, May 28th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

MEN’S BREAKFAST

Join us for a delicious breakfast and some socialization on Thursday, May 30th at our next Men’s Breakfast when Rick LePreste, MSPT, Clinical Manager at Bay State Physical Therapy, will be our speaker. Rick will give us keys and tips on staying active and healthy. He will talk about some common injuries, why they happen and how we can avoid them. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Friday, May 24th. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, May 29th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of hot dogs, beans, and cole slaw to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

LUNCHEON OUTING

Our next luncheon outing will be to Chickie Flynn’s on Wednesday, May 22nd at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, May 21st.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, May 21st at 12:30 p.m. when our feature presentation will be the Academy Award Winner for Best Picture, “Argo.” Based on true events, Argo chronicles the life-or-death covert operation to rescue six Americans, which unfolded behind the scenes of the Iran hostage crisis-the truth of which was unknown by the public for decades. On November 4, 1979, as the Iranian revolution reaches its boiling point, militants storm the U.S. embassy in Tehran, taking 52 Americans hostage. But, in the midst of the chaos, six Americans manage to slip away and find refuge in the home of the Canadian ambassador. Knowing it is only a matter of time before the six are found out and likely killed, a CIA "exfiltration" specialist named Tony Mendez (Ben Affleck) comes up with a risky plan to get them safely out of the country. A plan so incredible, it could only happen in the movies. Please call 508-543-1252 to sign-up.

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center and at Cindi's Jewelers. Afghans in Cranberry, Loden Green, Navy Blue (newly available), or Williamsburg Blue are \$34.95 each. There is a multi-colored version at a cost of \$39.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

VIDEO LECTURE SERIES: "OUR NIGHT SKY"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Our Night Sky" on Wednesdays at the senior center from May 22nd through June 26th from 11:30 a.m. to 1:00 p.m. Learn about the constellations, their stars, the planets, meteors and comets, and navigating the sky with binoculars and telescopes. Professor Edward Murphy, Associate Professor from the University of Virginia's Department of Astronomy, will share his knowledge from a career made out of introducing both students and the general public to the wonders of the night sky. He previously taught at The Johns Hopkins University, where he worked closely with NASA on its Far Ultraviolet Spectroscopic Explorer mission. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

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.

May 22 Luncheon Outing @ Chickie Flynn's

May 28 Shaw's (in lieu of 5/27)

May 29 Dollar Tree Store/Ocean State Job Lot

June 5 Target

COMMUNITY PROGRAMS

NORWOOD HOSPITAL HEALTH AND WELLNESS PROGRAMS

Domestic Violence Support Group-Are you or someone you know living in fear? Verbal and emotional abuse can lead to invisible scars that are hard to heal. You don't need to be a victim of physical violence to need this support. Please call Judith Gormley, LICSW, at 781-278-6025 for a free and confidential screening for this support group.

Look Good...Feel Better-Learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops led by trained, volunteer cosmetologists will help with cosmetics, skin care and head covering options on May 20th from 1:00 to 3:00 p.m. at the Norwood Hospital Cancer Center, 70 Walnut Street, Foxboro. Reserve your seat by calling: Doctor Finder Line at 800-488-5959.

"Go on Green"-Initiated by the Boston Public Health Commission, this traffic light system on drink labels helps consumers make healthier beverage choices. Red: Stop and think, drink rarely if at all. Yellow: a better choice, drink occasionally. Green: the healthiest choice, drink plenty! For more information on the "Go on Green" Campaign at Norwood Hospital, please contact the Community Benefits Manager at 781-278-6022.

MAKOplasty Seminars-The Norwood Hospital Orthopedic Specialists will make free community presentations to help those with knee or hip pain learn more about this innovative, minimally-invasive, robotic-arm assisted technology for partial knee resurfacing or hip replacement. The next seminar will be held on Tuesday, June 11th from 6:00 p.m. to 7:00 p.m. at Norwood Hospital. To attend, please register at 800-488-5959.

Senior Supper Program-Meals are served to those who are 55 years of age or older, Monday through Friday, 4:45 p.m. to 6:45 p.m. in the cafeteria in the Lorusso Building at Norwood Hospital. The cost of the meal is \$5.50 and consists of an entrée, beverage, and either a gelatin, pudding, or soup.

VETERANS AND WIDOWS BENEFITS

Evan Makrinikolas from the State Department of Veterans' Services will provide a Veterans and Widows Benefits Information Session on Wednesday, May 22nd at 10:30 a.m. at the Sharon Adult Center & COA, 219 Massapoag Avenue, Sharon. Residents of any town or city in the Commonwealth are welcome to hear about the benefits, including facts about Aid and Attendance and burial benefits. Please RSVP by May 17th by calling 781-784-8000.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia 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, May 20

Beef Chili
W/Vegetables
Fluffy White Rice
Corn Bread
Mixed Fruit

Tuesday, May 21

Cheese Tortellini
W/Alfredo Sauce
California Blend Vegetables
Whole Wheat Roll
Pears

Wednesday, May 22

Seafood Chowder
Oven Baked Chicken
Carrot Coins
Multigrain Roll
Banana

Thursday, May 23

Swedish Meatballs
Buttered Noodles
Italian Green Beans
Wheat Bread
Fruited Jell O

Friday, May 24

Turkey Ala King
Whipped Potatoes
Peas & Onions
Whole Wheat Bread
Hermit Cookie

