

COME TO THE UNVEILING OF OUR NEW TABLE TOP GARDENS!

Join us at the senior center on Monday, June 24th at 1:00 p.m. for the unveiling of our beautiful new table top gardens that have been constructed for us thanks to the Foxborough Rotary Club/Invensys Involved Volunteers and the Foxborough Highway Department. These table top gardens will be wonderful for growing kitchen herbs, vegetables and flowers without bending down! Located on a flat and even blacktop pad, these gardens are handicapped accessible for wheelchairs as well. Come and join us for the opening celebration!

NEW GARDEN CLUB COMING!

Attention all you gardeners...Marsha Lewicke has graciously offered to start a Garden Club at the senior center! We want to hear from you about the types of things you would like to "know and grow" here at the senior center as we will be developing a 'wish list' for our gardens. Give us a call at 508-543-1252 to tell us about your interest in the Garden Club.

Monday, June 17

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 18

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, June 19

Sign-up for Castle Island Trip

Strength Training 8:30 a.m.

Painting with Bob MacLeod 10:00 a.m.

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

Luncheon Outing at Chateau in Norton 1:00 p.m.

TRIAD 1:00 p.m.

Zumba 2:30 p.m.

Thursday, June 20

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Classic Movie "Calendar Girls" 11:00 a.m.

Low Vision Support Group 1:00 p.m.

COA & HS Advisory Board 5:00 p.m.

Friday, June 21

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 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

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

“The Rosenberg Trial with Dr. Gary Hylander” will be this week’s senior center programming shown on June 19th & 20th. 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.

FRIENDS ANNUAL MEMBERSHIP DRIVE

The Friends of Foxboro Seniors’ annual membership drive for the 7/1/13 – 6/30/14 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. The Friends’ Membership Application can be found on line at www.foxboroughma.gov. Click on Departments under Town Links, then click on Council on Aging, then click on Friends of Foxboro Seniors under Information Links to print the application. All dues and donations must be mailed to Friends of Foxboro Seniors, Inc., P.O. Box 116, Foxboro, MA 02035.

SCAMS AND ALERTS

The Foxborough Police Department is warning town residents of multiple phone scams that have recently hit the area. “The department has received a few reports from citizens recently regarding phone scams,” Foxborough police said via its Facebook page. “Most of these scams appear to target the elderly.” Police said other area departments have also received reports from residents in the area of the suspicious phone calls. The scams appear to be consistent in approach throughout the area. “One way these scams work is the person receives a telephone call from someone claiming to have kidnapped one of their relatives,” said Foxborough police. “The scammer will tell the person not to contact the police and to wire a large amount of money to a certain location. “Another way these scams work is the person receives a telephone call from someone claiming to be a relative saying they are out of the country, in distress, and in need of money. They then ask the victim to wire money to help them.” Police warn residents, “These scammers are quite skilled at passing themselves off as relatives in need, and know ways to obtain information from the people they victimize.” Police added there is rarely a case in which money needs to be sent via a wire transfer and that should serve as a red flag. “If you receive any calls like the ones you read above, please contact the police immediately and report these incidents,” police said. “It is also important to share this information with your family and friends, especially the elderly, because they are the ones who are being targeted by these scams.”

Social Security Scam

A senior reported receiving a phone call from someone claiming to be from Social Security. They told the senior that she would be receiving a new Social Security card but they needed her to verify her Social Security number. Thankfully the senior had recently spoken with a friend who had received a similar phone call and knew to refuse to provide any information and hang up. When the friend had received a similar phone call and tried to hang up, the caller threatened that she would lose her Medicare benefits if she didn’t provide her Social Security number to them! Social Security and Medicare employees will never make an unsolicited call, for any reason, to ask for banking or credit card information, or for a Social Security or Medicare number. If you have a concern about a suspicious phone call, email, or text message, you can always call the Foxborough Police non-emergency line at 508-543-4343 or the Office of Consumer Affairs and Business Regulation’s Consumer Hotline at 617-973-8787 or 888-283-3757. For a listing of the most recent scams out there, you can visit the Massachusetts Council on Aging website at <http://www.mcoaonline.com/content/consumer/scams.php>.

SPECIAL EVENTS AND PROGRAMS

UNCOMMON PICNIC

All Foxboro seniors are welcome to join us for our “Uncommon Picnic” at St. Mary’s Church in the lower hall on Thursday, June 27th from 11:00 a.m. to 2:00 p.m. This is our annual celebration to ‘kick off’ the summer season. Following our indoor picnic lunch, we will enjoy the entertainment of Donna Lee who will give us a “Branson-style” country music review. Sing along, get your toes tapping, and even get up to twirl around the dance floor if you like! If you would like to join us for the festivities, you must stop by the senior center to purchase a ticket on or before Friday, June 21st. Tickets cost \$3 each. Remember to have your ticket with you

on the day of the picnic to receive your lunch. This event is supported in part from a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



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 Flint Farm in Mansfield on Tuesday, June 25th. 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.

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 20th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

TRAVEL AND ENTERTAINMENT

CASTLE ISLAND AND FORT INDEPENDENCE TRIP

Come along with the Foxboro seniors on Thursday, July 18th as they travel to Castle Island in Boston. Located at the end of Carson Beach, on Pleasure Bay in South Boston, Castle Island is a 22-acre recreation site, and the site of Fort Independence. Castle Island was really an island until several land reclamations through the years extended causeways and eventually roadways. Today it is operated as a state park by the Massachusetts Department of Conservation and Recreation. Castle Island is where the past, present and future of Boston collide. It is not just a destination it is a state of mind. Where else in Boston can you be surrounded by the ocean, go for a walk, and see one of the United States oldest military fortifications? Courtesy of the Castle Island Association, you will enjoy a tour of Fort Independence, the oldest continuously fortified site in British North America since 1634. This trip will involve a lot of walking with the tour of the fort, and you will have time to explore the sights around Castle Island on your own. Lunch will be on your own. You can grab a bite to eat at the famous Sullivan's Castle Island or pack a lunch to bring along. You will travel by school bus which will depart from St. Mary's Church at 9:00 a.m. and return at approximately 2:00 p.m. The cost for this outing is just \$6 per person. This trip will operate "Rain or Shine." Payment is non-refundable and will be due by Friday, July 12th. Checks should be made payable to "Town of Foxborough COA." Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, June 19th beginning at 8:00 a.m.

PLYMOUTH HARBOR CRUISE TRIP

Join the Foxboro seniors on Thursday, August 15th on the 'Pilgrim Belle', an authentic Mississippi-style paddle wheeler, as you take a scenic, one-hour narrated cruise of Plymouth harbor. Hear about the historic town and seaport of Plymouth, Plymouth Rock, Mayflower II, Plymouth Beach, Clark's Island and the majestic Gurnet Point Lighthouse. A special luncheon at Isaac's will be served prior to the boat ride. You will have your choice of entrée (Seafood Medley or Chicken Cordon Bleu), salad, chef's choice of starch, dessert, coffee or tea. You will round off your day with a visit to the Plymouth Bay Winery before returning home. The cost for this wonderful day trip is \$71 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, July 12th. Your motorcoach bus will depart from St. Mary's

Church parking lot (time to be announced) on Thursday, August 15th. Sign-up for this opportunity by calling the senior center at 508-543-1252.

FREE FUN FRIDAYS

Every Friday during the summer from June 28th through August 30th, the Highland Street Foundation is providing FREE admission to museums and cultural attractions across Massachusetts for Massachusetts residents and tourists. They will sponsor 60 free venues including the Museum of Fine Arts, Franklin Park Zoo, Old Sturbridge Village, Plimoth Plantation and many more. These venues will be absolutely free, no tickets or advanced reservations necessary. Visit www.highlandstreet.org for more information and a schedule of events or contact Highland Street Foundation at 617-969-8900 for more information.

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 June 24th. 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.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, June 25th 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!

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, as well as choose which day of the week you will be attending, per the YMCA's policy. The next session is 5-weeks and runs from June 24th through July 28th. The payment will be \$25 and is due at sign-up. Call 508-543-1252 with any questions.

LUNCHEON OUTING

Our next luncheon outing will be to Chateau in Norton on Wednesday, June 19th at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, June 18th. Van transportation is available.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on June 19th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on June 20th. This is an adult group providing peer support and information for anyone

with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

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 19th 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.

CLASSIC MOVIE

Come to the senior center for a movie classic on Thursday, June 20th at 11:00 a.m. and see "Calendar Girls." This feel-good comedy is based on the true story of a group of working-class British housewives who became overnight celebrities by posing for a nude calendar in order to raise money for a new leukemia unit. The film follows the adventures of best friends Chris Harper (Helen Mirren) and Annie Clarke (Julie Walters), both members of the charitable Rylstone Women's Institute in North Yorkshire. After Annie's husband John (John Alderton) succumbs to leukemia, the friends are motivated to take some action. They convince the group to craft a tastefully nude calendar featuring the usual ladies' activities of gardening and baking, as photographed by the young amateur Lawrence (Philip Glenister). Despite the disapproval of the Institute's leader Marie (Geraldine James), the calendar quickly becomes a best-seller and leads the group to Hollywood. 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.

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, June 26th, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of spaghetti and meatballs, salad, and rolls 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.

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 19 Luncheon Outing @ Chateau in Norton

June 26 Christmas Tree Shops

July 3 Stop & Shop (in lieu of 7/5)

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!

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, June 17

Corn Chowder
Herb Baked Chicken
California Blend Vegetables
Dinner Roll
Fresh Apple

Tuesday, June 18

American Chop Suey
Green & Wax Beans
Whole Wheat Roll
Mixed Fruit

Wednesday, June 19

Sausage W/Peppers & Onion on Sub Roll
Hash Brown Potatoes
Mixed Veggies
Chocolate Chip Cookie

Thursday, June 20

Swedish Meatballs
Buttered Noodles
Peas & Carrots
Multigrain Roll
Vanilla Pudding

Friday, June 21

Turkey Divan W/Broccoli
Whipped Potatoes
Wheat Bread
Pears