

MEN'S COOKOUT

Our first Men's Cookout of the year will be held on Thursday, May 29th at 12:30 p.m. Our guest speaker this month will be Foxborough's new Town Manager, Bill Keegan. This is your chance to get to know our Town Manager and to ask him any questions you may have. The cost for the Men's Cookout is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, May 27th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

Monday, May 19

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Video Lecture Series 12:00 noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, May 20

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

AMP Bonus Video Lecture 12:15 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, May 21

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Walmart 1:00 p.m.

TRIAD 1:00 p.m.

Thursday, May 22

NO Ceramics

Computer Class 11:00 a.m.

AMP Workshop–Meditation for Stress Reduction & Sleep–Guest Speaker Kathryn Henderson CVNA 2:00 p.m.

Friday, May 23

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 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 PROGRAMS

COMPUTER CLASSES

Students from the Foxborough Regional Charter School (FRCS) are providing computer training classes for Foxborough's senior citizens. This program is made possible thanks to a grant from the Foxborough Rotary Club. The classes are held weekly at the senior center on Thursday mornings at 11:00 a.m.

AMP – PREVENTION BENEFITS

The tenth workshop in the Aging Mastery Program (AMP) will be held on Thursday, May 22nd at 2:00 p.m. at the senior center. This workshop will focus on "Meditation for Stress Reduction and Sleep" with guest speaker

Kathryn Henderson, CVNA. This program is the tenth program for the AMP participants and is open to all who would like to attend.

AMP – BONUS VIDEO LECTURE SERIES

On Tuesday, May 20th at 12:15 p.m. we will have the 5th bonus video lecture for the Aging Mastery Program participants who wish to earn bonus points. This video lecture series is also open to all others who wish to attend this informational series. The May 20th session will include lectures on “Optimizing Health – Tests and Procedures” and “Optimizing Health – Prevention.”

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday evening each month through October. Come on over for a nice evening meal at the senior center and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 28th we'll be enjoying a meal of Chicken Piccata, Rice Florentine, Zucchini and Tomato, Roll, Dessert and milk. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us a 508-543-1252 to make your reservation and to arrange for transportation, if needed. For participants in the Aging Mastery Program, attending the Senior Supper is an opportunity to earn some bonus points.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

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. On May 21st and 22nd the featured program will be “Senior Scene – Tobacco Cessation.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library

TRAVEL AND ENTERTAINMENT

TRIP TO THE JFK MUSEUM

On Friday, June 13th, we'll be off to South Boston for a visit to the John F. Kennedy Library. We will be traveling via round-trip motorcoach and will be picked up at 10:30 a.m. at St. Mary's parking lot. Our day begins with a fabulous sit down lunch at the Venezia Restaurant in Dorchester, with entrée choices of haddock, chicken parmesan, steak tips or eggplant parmesan. Then we're off to the JFK Library where we'll have the opportunity to experience the multimedia exhibits and the theater, or you can choose to walk the ocean front grounds, all at your own pace. The cost for this outing is \$71.00 per person and the sign up for this day trip has begun, so if you are interested in joining us, please call the senior center at 508-543-1252.

SIGN UP FOR OUR TRIP TO 1000 ISLANDS OF NEW YORK

Come along with us as we leave for a 3-day trip to the 1000 Islands of New York on Wednesday, August 20th. Located where the St. Lawrence River meets Lake Ontario, the 1000 Islands cover both sides of the border between the USA and Canada. Our destination is Alexandria Bay on the US side of the border where we'll stay for 2 nights at The Riveredge Resort, a 4-Diamond award winning hotel located on the St. Lawrence Seaway. On our second day, we'll explore the 1000 Islands by water, board the Uncle Sam Cruise Boat for a narrated tour of the St. Lawrence and visit two famous castles on 2 different islands – Singer Castle on Dark Island and the romantic Boldt Castle on Heart Island. Dinner will be at the Clipper Inn, in the historic river port of Clayton, NY. As we begin to head home on our third day, we'll pause in Herkimer in the scenic Mohawk River Valley and we'll board a canal boat for an excursion through the locks of the historic Erie Canal. Lunch will be included overlooking the canal before we continue on our way back to Foxborough. The cost for this trip, including all gratuities, is \$529 per person/double, \$509 per person/triple and \$659 per person for a single. The first payment of \$265 will be due by May 30th, with the balance due on July 11th. All payment checks should be made out to “Tours of Distinction.” Sign up for this trip has begun, so if you are interested in traveling with us, please call the senior center at 508-543-1252. Come join us as we enjoy the experience of castles, sunsets and the Erie Canal!

JOIN US THIS FALL FOR SOME COUNTRY MUSIC & THE SMOKY MOUNTAINS

On October 9th, we will be flying to Nashville, Tennessee where we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4th day, we'll be traveling to Pigeon Forge, Tennessee for dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Oktoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14th, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip has begun and will continue to be on-going, so please call the senior center at 508-543-1252 if you are interested in joining us. All payment checks should be made payable to "Tours of Distinction."

REGULARLY SCHEDULED CLASSIC MOVIE DAY

The classic movie for the month of May is scheduled for Tuesday, May 27th at 12:30 p.m. and our featured movie will be "Sunset Boulevard." Gloria Swanson gives a career-defining performance as faded silent screen star Norma Desmond in this classic movie. William Holden stars as Joe Gillis, the young down-on-his-luck screenwriter whom Norma drafts to help provide her with a workable script for her planned return to the modern-day screen. Erich von Stroheim is Max von Mayerling, Norma's devoted servant and chauffeur, who harbors a few personal revelations of his own. Hollywood has never taken a more ominous, compelling or electrifying look at Hollywood itself than in this brilliant Oscar-winning film that still mesmerizes with its witty script, unforgettable characters and provocative storyline. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. If you'd like to join us, please call 508-543-1252 to sign up.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, May 20th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Chateau restaurant on Wednesday, May 28th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, May 26th. Van transportation is available.

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 is a senior citizen run and directed group, and 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, and the next TRIAD meeting will be on Wednesday May 21st at 1:00 p.m. Everyone is welcome to attend these informational sessions.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 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. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

May 21 – Walmart

May 28 – The Chateau Restaurant

WEEKLY SCHEDULED PROGRAMS

CERAMICS CLASS

Come and try one of our ceramics classes held at the senior center on Thursdays from 9:00 a.m. to 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.

NUTRITION

Come to our Nutrition Class at the senior center. We meet every Thursday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. Classes are \$2 per session (a lower rate subsidized by the Friends of Foxboro Seniors). Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Please call the senior center at 508-543-1252 to sign up.

VOLUNTEER OPPORTUNITY

FRIENDLY VISITOR

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Pam McGuire, Community Social Worker at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 10th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center, on the 2nd Tuesday of each month. 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.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled for June 3rd and June 19th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and

your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

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.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. 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 19

Breaded Chicken
Cheesy Mashed Potatoes
Chuck Wagon Vegetables
Multigrain Roll
Mixed Fruit
Calories 445
Sodium 570

Tuesday, May 20

American Chop Suey
Wax & Green Beans
Muffin
Chocolate Pudding
Calories 293
Sodium 210

Wednesday, May 21

Roast Pork with Gravy
Red Bliss Potato
Spring Blend Vegetables
Snowflake Roll
Applesauce
Calories 341
Sodium 207

Thursday, May 22

Meatloaf with Gravy
Whipped Potato
Beets
Whole Wheat roll
Brownie
Calories 471
Sodium 540

Friday, May 23

Chicken Stew with Vegetables
Noodles
Wheat Bread
Fresh Fruit
Calories 468
Sodium 360