

LISTEN TO THE MUSIC

Everyone knows that listening to music can be pleasant, fun and relaxing. But far beyond enjoyment, the simple act of listening to music can provide surprising benefits for a long list of health issues such as chronic back pain, high blood pressure, inadequate sleep, memory loss and much more. On Thursday, June 18th at 11:00 a.m. Eric Weld will be at the senior center for an entertaining multimedia presentation, complete with live and recorded music and chock full of useful information, to discuss the optimal types of music to listen to and how to listen to get the best health results. Join us as we find out why we should be listening to music every day for our health, longevity and of course, enjoyment. Please call the senior center at 508-543-1252 to sign up.

Monday, May 25

Memorial Day
Office Closed

Tuesday, May 26

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – “The Monuments Men” 12:30 p.m.
Shaws (in lieu of Monday holiday) 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, May 27

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Zumba Gold 11:30 a.m.
Coffee with the Town Manager 12:30 p.m.
My Life, My Health Workshop 1:00 p.m.
Walmart 1:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, May 28

Men’s Breakfast 9:00 a.m.
Nutrition and Chronic Illness Program 1:30 p.m.

Friday, May 29

Stop & Shop 8:30 a.m.
NO Aerobic Exercises today
Card Making Class 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

TRIP INFORMATION

LUNCH AT THE VENEZIA AND TRIP TO THE OMNI IMAX THEATER

Join us on Thursday, July 16th for a day trip into Boston. We’ll be leaving Foxborough at 10:30 a.m. and travel via motorcoach to the Venezia Restaurant in Dorchester for a luncheon by the water. The entrée choices for our sit down lunch are: Boston Baked Haddock, Chicken Parmigiana with Pasta, Steak Tips with Risotto, Chicken Piccata or Pasta Primavera. All meals are served with salad, dessert and coffee or tea. We will be able to enjoy the water views while we eat. After lunch, we’ll head over to the Museum of Science where we’ll see an informative and exciting show at the Omni Imax Theater. The cost for this trip is \$81.00 per person and includes all gratuities. If you’re interested in joining us, please call the senior center at 508-543-1252 to sign up beginning on Wednesday, May 13th.

TRIP TO NOVA SCOTIA

We've had a great response to the sign up for our trip to Nova Scotia in July. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. Call the senior center at 508-543-1252 for information. We have just started at waiting list.

SPECIAL PROGRAM

NUTRITION AND CHRONIC CONDITIONS SEMINAR

Join us on Thursday, May 28th from 1:30 to 3:00 p.m. for a seminar on Nutrition and Chronic Conditions. This program will include perspectives/presentations from a registered nurse, a registered dietician and a social worker and will focus on chronic illness as related to nutritional resources and services. There will be panel presentations followed by an opportunity for questions and answers. If you're interested in attending this program, please sign up by calling the senior center at 508-543-1252. This seminar is also part of the Aging Mastery Program.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We're thinking of starting a new Scrabble group that will be meeting on Monday afternoons starting May 18th from 12:30 to 3:00 p.m. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all gardeners! As the weather gets nicer and perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs or shrubs, and they will also be happy to accept donations of any plastic or clay pots as well. You can place items in a pot, plastic container or even a plastic bag. One hundred percent of the proceeds from the sale will go to the Friends of Foxboro Seniors. The upcoming plant sale will be held on the Foxboro Common on Saturday, June 6th from 8:00 a.m. to noon, rain or shine. Please note that this is a plant sale only. To make arrangements for your donation or for further information, call Joanne Pratt at 508-543-6964.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, May 27th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SENIOR SUPPER CLUB

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 27th, we'll be enjoying a meal of Honey Lime Boneless Breast of Chicken, Red Bliss Potatoes, Tarragon Carrots, Wheat Bread and a Cookie. 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 at 508-543-1252 to make your reservation and to arrange for transportation, if needed.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, May 28th at 9:00 a.m. Our guest speaker this month will be Jerry Cirillo, Director of the Boyden Library. The cost for the Men's Breakfast is \$3, and if you would like to attend please call the senior center at 508-543-1252 by Friday, May 22nd to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the breakfast has been served.

MY LIFE, MY HEALTH WORKSHOP

Do you suffer from a chronic condition such as arthritis, heart disease, cancer, diabetes, asthma, high blood pressure, migranes etc., or are you the caregiver for a person with a chronic condition? Join us for the six weekly workshops of the **My Life, My Health** Chronic Disease Self-Management Program to be held at the senior center beginning on Wednesday, May 20th. This community workshop is designed to give people with chronic conditions and/or their caregivers the knowledge and skills needed to take a more active role in their health care and to better manage their symptoms and their daily lives. Workshops cover different topics such as: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends and health professionals, 5) nutrition, 6) decision making, and 7) how to evaluate new treatments. This is an evidence-based program with proven positive results for program participants. The six workshops will be held on Wednesday afternoons from 1:00 p.m. to 3:30 p.m. beginning on Wednesday, May 20th through Wednesday, June 24th. Seating will be limited so if you are interested in taking part in this program, please call the senior center at 508-543-1252 to sign up.

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. and 7:00 p.m. On May 27th and 28st the featured program will be the American History Series presentation on "The Times That Try Men's Souls." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

FREE FUN FRIDAYS!

Free Fun Fridays offers visitors free admission to many of the most treasured cultural venues in Massachusetts over the 10 Fridays of the summer. Sponsored by the Highland Street Foundation, this program starts on Friday, June 26th and involves 70 museums and cultural venues across the state. Some of the participating venues are: the Norman Rockwell Museum, The Old State House, Hancock Shaker Village, USS Constitution Museum, Tower Hill Botanic Garden, Old Sturbridge Village and Plimouth Plantation. For information and for a full schedule of dates and venues please check the website at www.highlandstreet.org/freefunfridays.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, June 9th 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.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric orthopedics, will be at the senior center on Monday June 15th at 12:00 noon. Normally, Dr. Willinsky is available at the senior center on the first Monday of every other month, but there has been a scheduling change for the month of June. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

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. The next appointments are being scheduled for June 2nd and June 18th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum 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 Cathy, call the senior center at 508-543-1252 to set up and appointment.

SCAM ALERT

If you receive a telephone call from someone asking to check your furnace and smoke detectors before your homeowners insurance is cancelled, DO NOT return the telephone call or give out any information. Your caller ID will list the company's name as "DJP" which stands for Daily Jack Pot. As of now, it has been reported that these phone calls have been targeting people in southeastern Massachusetts.

REGULARLY SCHEDULED BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, June 2nd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

The movie for the month of May is scheduled for Tuesday, May 26th at 12:30 p.m. and our featured film will be "The Monuments Men." This is the true story of the seven art historians and museum curators who went behind enemy lines during World War II on a mission to recover some of the world's greatest works of art. With war raging in Europe, the Nazis have managed to plunder some of the biggest art collections on the continent. As the Third Reich begins to topple, the German army receives explicit orders that in the event of Adolf Hitler's death, they are to destroy every work of art in their possession. Determined to prevent 1000 years of culture from going up in flames, American president Franklin D. Roosevelt approves a proposal by Frank Stokes (George Clooney) to form a task force comprised entirely of art experts to enter Germany, recover the works of art, and ensure they are returned to their rightful owners. So come join us at the senior center to watch the movie and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if to sign up.

CARD MAKING CLASS AKA "THE CUTUPS"

Learn the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and the instruction. Improve your already existing skills or learn something completely different. Come join the card makers in the senior center from 11:00 a.m. to 1:00 p.m.

CHAIR YOGA

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

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 27 – Walmart

June 3 - Kohl's

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 25

Memorial Day

No Meals Served

Tuesday, May 26

BBQ Pork Patty

Penne Pasta

Green & Wax Beans

Scali Bread

Pineapple Chunks

Calories 373

Sodium 403

Wednesday, May 27

Happy Birthday

Honey Lime Boneless Chicken

Whipped Potato

Tarragon Carrots

Wheat Bread

Birthday Cake

Calories 343

Sodium 562

Thursday, May 28

Tuna Noodle Casserole

Broccoli & Cauliflower

Fruit Muffin

Applesauce

Calories 394

Sodium 594

Friday, May 29

Beef Chili

Fluffy White Rice

Corn Bread

Mandarin Oranges

Calories 283

Sodium 445