

## **SIGN UP FOR OUR CAPE COD CANAL TRIP**

Come join us as we travel to Cape Cod to celebrate the 100<sup>th</sup> anniversary of the Cape Cod Canal. At 9:00 a.m. on Thursday, July 24<sup>th</sup> we'll be boarding a motorcoach at St. Mary's parking lot and heading to beautiful Sandwich, the Cape's oldest town. Enjoy watching artisans demonstrate the art of glassblowing at the Sandwich Glass Museum and visit the gift shop for unique gifts. We will then have lunch at the well-known Daniel Webster Inn where we will enjoy their "Grand Buffet." After lunch, get ready to enjoy a special 2-hour Cape Cod Canal Cruise. The Viking Cruise captain will narrate the highlights of the canal for us all. The cost for this day on the Cape, including all gratuities, is \$74.00 per person. If you'd like to sign up for this trip, please call the senior center at 508-543-1252 starting on Wednesday, June 4<sup>th</sup>. Payment will be due by Friday, June 27<sup>th</sup>.

### **Monday, June 2**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Video Lecture Series 12:00 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, June 3**

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

AMP Bonus Lecture Series 12:15 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

### **Wednesday, June 4**

Sign Up for Cape Cod Canal Trip 8:00 a.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Job Lot/Dollar Store 1:00 p.m.

### **Thursday, June 5**

Ceramics 9:00 a.m.

Computer Class 11:00 a.m.

AMP Workshop – "Building Stronger Bones" with guest speaker Maureen Sendrowksi, VNA 2:00 p.m.

### **Friday, June 6**

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](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **FATHERS DAY LUNCHEON**

Come and celebrate Fathers' Day with us here at the senior center on Thursday, June 12<sup>th</sup> from 11:30 a.m. to 1:00 p.m. at our Fathers' Day Luncheon. This is a free luncheon catered by Chickie Flynn's in honor of all the

fathers and grandfathers of Foxborough. All men are welcome and invited to treat themselves to a delicious lunch of chicken with stuffing, mashed potatoes and vegetables, ravioli, green salad and garlic bread. This is the time to celebrate fatherhood and think about your own dad. If you're interested in joining us, please call us at 508-543-1252 to reserve your spot.

### **AMP – PREVENTION BENEFITS**

The twelfth workshop in the Aging Mastery Program (AMP) will be held on Thursday, June 5<sup>th</sup> at 2:00 p.m. This workshop will focus on Building Stronger Bones with guest speaker Maureen Sendrowski from the VNA. Today's program is on Osteoporosis with a balance screening and an emphasis on eating healthy and being active. This program is the twelfth of sixteen AMP workshops and is open to all.

### **AMP – BONUS VIDEO LECTURE SERIES**

On Tuesday, June 3<sup>rd</sup> at 12:15 p.m. we will have the 6<sup>th</sup> 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 June 3<sup>rd</sup> session will include lectures on "Healthy Choices in Daily Life" and "Here's to Your Healthy Life."

### **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 June 4<sup>th</sup> and 5<sup>th</sup> the featured program will be from the first Aging Mastery Program workshop which focuses on exercise and physical activity. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library

### **ZUMBA CLASSES STARTING AGAIN**

Zumba classes are scheduled once again at the senior center every Wednesday morning for 10 weeks starting June 11<sup>th</sup>. Come and learn some Latin dance moves with our new instructor Bilyana "BB" Dimitrova, and we'll have some fun while getting in shape for the summer. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes will be held from 10:30 a.m. to 11:30 a.m. on Wednesdays from June 11<sup>th</sup> through August 13<sup>th</sup>. The cost for these 10 classes is \$20, with payment due by the start of the first session.

### **TAKING CONTROL OF YOUR FUTURE**

On Thursday, June 12<sup>th</sup> at 2:00 p.m., Attorney Marc Cusano of the Mass Bar Association (MBA) will be presenting the program "Taking Control of Your Future: A Legal Checkup" at the senior center. This program is part of the MBA's annual Elder Law Education Program that is presented across the state of Massachusetts. The MBA is committed to helping seniors to feel empowered by knowledge as they navigate through the elder years. This is your chance to get answers to questions as you plan for your future years as a senior. The program is being presented as part of the Aging Mastery Program, but is open to all. So please join us for this informational opportunity and call the senior center at 508-543-1252 to sign up.

### **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.

### **TRAVEL AND ENTERTAINMENT**

#### **TRIP TO THE JFK MUSEUM**

Don't miss your last chance to sign up for our trip to the John F. Kennedy Library. On Friday, June 13<sup>th</sup>, we will be traveling via round-trip motorcoach to South Boston for a visit to the JFK Library. We'll be picked up at 10:30 a.m. at St. Mary's parking lot and our day begins with a fabulous sit down lunch at the Venezia Restaurant in Dorchester. 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 20<sup>th</sup>. 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 30<sup>th</sup>, with the balance due on July 11<sup>th</sup>. 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**

This is your opportunity to visit Nashville and the Smoky Mountains in the fall! On October 9<sup>th</sup>, 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 4<sup>th</sup> 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 Octoberfest 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 14<sup>th</sup>, 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**

#### **MOVIE DAY**

June's Movie Day is scheduled for Tuesday, June 10<sup>th</sup> at 12:30 p.m. and our featured movie will be the heartwarming comedy "Enough Said" starring Julia Louis-Dreyfus, James Gandolfini and Catherine Keener. In this movie, Eva (Louis-Dreyfus), a divorced masseuse falls into a romance with Albert (Gandolfini), a divorced kindhearted empty nester. But as their relationship blossoms, Eva befriends Marianne (Keener) who's always complaining about her ex-husband. When Eva realizes that Albert is the target of Marianne's rants, she begins to question her own perceptions about first impressions and second chances. 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. If you'd like to join us, please call 508-543-1252 to sign up.

## **BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CD's and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, June 2<sup>nd</sup> at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

## **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 3<sup>rd</sup> from 2:00 p.m. to 3:30 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.

## **JOB LOT DISCOUNT DAYS**

Ocean Lot Job Lot has announced that they will be having their 2014 "Silver Salute" discount days at their store beginning on June 5<sup>th</sup> through June 11<sup>th</sup>. There will be a 25% discount in the store to all persons aged 62 years or over with a valid ID proving age. This sale offer is not being advertised. To take advantage of these discount days, the van schedule has been changed to travel to Job Lot on June 11<sup>th</sup>, and the shopping trip to the Christmas Tree Shop has been moved to June 4<sup>th</sup>.

## **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:

June 4 – Christmas Tree Shop

June 11 – Job Lot/Dollar Store

## **SCAM ALERT**

### **MICROSOFT PHONE SUPPORT SCAM**

If you have received a call from an unknown person claiming to be from Microsoft, and stating that multiple issues have been detected on your computer, you are the victim of a scam. The purpose of these calls is to get an easy \$199 (or whatever amount they choose) by scaring you into thinking there's something really wrong with your computer and that they can fix it for you. Microsoft does NOT make unsolicited phone calls to charge you for computer security or software fixes. If you receive a call like this, hang up!

## **HOMEOWNERS WATER SERVICE LINE**

Many seniors have recently received a pamphlet in the mail from HomeServe USA offering to sell a water service line coverage plan that would protect homeowners from expenses incurred should a water service line to a house be in need of repair. The Foxborough Water Department has advised us that this is not a scam, but breakages on these water service lines are very rare.

## **WEEKLY SCHEDULED PROGRAMS**

### **CRIBBAGE**

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

## **NUTRITION**

On June 10<sup>th</sup> the Nutrition Class will be hosting Stacey Hiltner from the Community VNA. Her topic of discussion will be "What's On Your Bucket List!" Come join us for this special class at the senior center. The

Nutrition Class meets 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.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, June 10<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center, on the 2<sup>nd</sup> 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 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. Appointments are being scheduled for June 3<sup>rd</sup> and June 19<sup>th</sup>. 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 an 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, June 2**

Swedish Meatballs

Noodles

Jardiniere Vegetables

Whole Wheat Bread

Vanilla Pudding

Calories 331

Sodium 431

### **Tuesday, June 3**

Kale Soup

Herb Roasted Chicken

Whipped Potato

Whole Wheat Roll

Fresh Fruit

Calories 419

Sodium 749

### **Wednesday, June 4**

Macaroni & Cheese

Scalloped Tomato Florentine

Muffin

Mixed Fruit

Calories 288

Sodium 542

**Thursday, June 5**

Turkey Stew with Vegetables

Rice Pilaf

Multigrain Rolls

Pineapple Chunks

Calories 292

Sodium 737

**Friday, June 6**

Italian Style Pasta with Meat Sauce

Tuscany Blend Vegetables

Wheat Bread

Hermit Cookie

Calories 397

Sodium 249