

## **CONTINUE WELLNESS TOUR**

On Thursday, June 19<sup>th</sup> at 11:00 a.m., Norwood Hospital's Steward Health Care will be presenting a Continue Wellness Tour with Mary Richardson at the senior center. The Continue Wellness program provides health information to seniors in the community. Mary Richardson, former co-anchor of Channel 5's "Chronicle" TV show, is the Steward Health Care's spokesperson for this event. Norwood Hospital primary care physician Dr. Mohiuddin will join Mary to discuss tips for a safe and healthy summer. Light snacks and refreshments will be served. This program is open to all. AMP participants will receive points for attending. Seating will be limited, so if you are interested in joining us for this very popular program, please call the senior center at 508-543-1252.

### **Monday, June 16**

Ceramics (in lieu of 6/19) 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Video Lecture Series 12:00 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, June 17**

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

AMP Bonus Video Lecture Series 12:15 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, June 18**

Strength Training 8:30 a.m.

Senior Visit at the Ahern Middle School 10:00 a.m.

Zumba 10:30 a.m.

TRIAD 1:00 p.m.

Target 1:00 p.m.

Senior Supper Club 4:30 p.m.

### **Thursday, June 19**

NO Ceramics

SHINE 10:00 a.m.

Computer Class 11:00 a.m.

Summertime Staying Safe Program with Mary Richardson 11:00 a.m.

Low Vision Support Group 1:00 p.m.

Regional Charter School Concert at the Charter School 3:00 p.m.

COA/HS Advisory Board Meeting 5:00 p.m.

### **Friday, June 20**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

### **Saturday, June 21**

Friends of Foxboro Seniors Meeting 9:30 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**

### **REGIONAL CHARTER SCHOOL CONCERT**

On Thursday, June 19<sup>th</sup>, the Foxborough Regional Charter School's Orchestra Program will present a special concert for senior citizens at the Foxborough Regional Charter School at 131 Central Street. The Orchestra and Band Program was started this year and includes student musicians from grades 4 through 12. These students play music from different periods in history and in various styles. For example, they will play Dixieland Band favorite "When the Saints Go Marching In" as well as "Ode to Joy" written by Ludwig van Beethoven. The band will be joined by members of the String Orchestra to perform a Hungarian Dance by romantic composer, Franz List. This concert will begin at 3:00 p.m. and there is no charge. All Seniors are welcome to attend.

### **ANNUAL FISH AND GAME COOKOUT**

The Fish and Game Club at 17 Neponset Heights Avenue in Foxborough will, once again, host their annual cookout for Foxborough senior citizens. Thanks to the generosity of the Fish and Game Club, this fun event is FREE and will be held on Saturday, July 19<sup>th</sup> at 1:00 p.m. Enjoy the water view, eat delicious food, and have a fun time with your friends from Foxborough. This event will be held rain or shine. The meal will include chicken, homemade side dishes and beverages. The Fish and Game club would appreciate knowing if you'll be attending this event, so please call the senior center at 508-543-1252 by Tuesday, July 15<sup>th</sup> to sign up if you plan on joining us. This event is for Foxborough residents only. You must provide your own transportation to the cookout. Due to public safety requirements, parking spaces are *extremely* limited in the area of the Fish and Game Club. Please park in public building lots ( i.e. the new municipal lots between the Public Safety building and the old auditorium building on Payson Road; the senior center; or Town Hall) and then shuttle or carpool down to the Fish and Game Club.

### **ZUMBA CLASSES STARTING AGAIN**

Zumba classes are scheduled once again at the senior center every Wednesday morning from 10:30 a.m. to 11:30 a.m. through August 13<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. The cost for these classes is \$20, and is due at the time of sign up.

### **COOKING DEMONSTRATION**

The Nutrition Class has graciously extended an open invitation to all to attend the "Cooking with Debbie" program on Tuesday, June 24<sup>th</sup> at 10:30 a.m. Debbie Alsebai will present a cooking demonstration with recipes to make healthy foods from scratch using fresh ingredients. Seating is limited, so please call the senior center at 508-543-1252 to sign up. AMP participants who attend this program will earn 2 points.

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

On Tuesday, June 17<sup>th</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 17<sup>th</sup> session will include lectures on "Becoming an Educated Patient" and "Health Advances on the Horizon."

### **SENIOR CENTER VISITING DAY AT SCHOOL**

The Foxborough School Department has extended an invitation to Foxborough seniors to visit the John J. Ahern Middle School. On Wednesday, June 18<sup>th</sup> from 10:00 a.m. to noon, seniors are invited to the Ahern Middle School at 111 Mechanic Street to enjoy the Ahern Middle School Band, Chorus and Orchestra Concerts followed by a light lunch. For those who would like to stay longer, a group of 8<sup>th</sup> grade students will take you on a tour of the school. If you plan on joining us, please sign up at the senior center or call us at 508-543-1252 to sign up.

### **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, June 18<sup>th</sup> we'll be enjoying a meal of Italian Style Pasta with Meatballs, Tossed Salad, 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 June 18<sup>th</sup> and 19<sup>th</sup> the featured program will be the Men's Cookout with guest speaker Town Manager Bill Keegan. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **TRAVEL AND ENTERTAINMENT**

#### **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. Sign up for this trip has begun, so if you'd like to join us, please call the senior center at 508-543-1252. Payment will be due by Friday, June 27<sup>th</sup>.

#### **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 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 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**

### **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 June 18<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational sessions.

### **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 19<sup>th</sup>. 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.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on Monday, June 23<sup>rd</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **CLASSIC MOVIE DAY**

The classic movie for the month of June is scheduled for Tuesday, June 24<sup>th</sup> at 12:30 p.m. and our featured movie will be "The Sting." Robert Redford plays Depression-era confidence trickster Johnny Hooker, whose friend and mentor Luther Coleman (Robert Earl Jones) is murdered by racketeer/gambler Doyle Lonnegan (Robert Shaw). Hoping to avenge Luther's death, Johnny begins planning a "sting" (an elaborate scam) to destroy Lonnegan. He enlists the aid of "the greatest con artist of them all" Henry Gondorff (Paul Newman) who pulls himself out of a drunken stupor and rises to the occasion. Hooker and Gondorff gather together an impressive array of con men, all of whom despise Lonnegan and wish to settle accounts on behalf of Luther. "The Sting" became one of the biggest movie hits of the 1970's. 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, June 24<sup>th</sup> 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 Longhorn restaurant on Wednesday, June 25<sup>th</sup> 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, June 23<sup>rd</sup>. Van transportation is available.

## **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 18 – Target

June 25 – Longhorn Steakhouse

## **ALZHEIMER'S ASSOCIATION INFORMATION**

### **COPING WITH EARLY MEMORY LOSS**

On Friday, June 20<sup>th</sup> from 1:00 p.m. to 3:00 p.m., the Alzheimer's Association is presenting the program "Coping with Early Memory Loss" which is an orientation program for individuals recently diagnosed with memory loss and their family and friends. This program will be held at the Alzheimer's Association Office at 473 South Street West #13 in Raynham, MA (across from the Raynham Flea Market). The program is free, but pre-registration is required, so please call 800-272-3900 to register.

### **CONVERSATIONS ABOUT DEMENTIA**

On Thursday, June 26<sup>th</sup> from 5:30 p.m. to 7:30 p.m., the Alzheimer's Association will host a workshop on tips to help family conversations about dementia. This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans. This workshop will be held at the Alzheimer's Association Office at 473 South Street West #13 in Raynham, MA. Pre-registration is required. Please call 800-272-3900 for more information or to register.

## **MEDICAL INFORMATION AND SERVICES**

### **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 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 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, June 16**

Vegetarian Chili

Noodles

Multigrain roll  
Mandarin Oranges  
Calories 416  
Sodium 236

**Tuesday, June 17**

American Chop Suey  
Mixed Vegetables  
Muffin  
Mixed Fruit  
Calories 324  
Sodium 226

**Wednesday, June 18**

Chicken L'Orange  
Rice Pilaf  
Broccoli  
Whole Wheat Bread  
Pistacio Cookie  
Calories 295  
Sodium 602

**Thursday, June 19**

Roast Turkey with Gravy  
Cranberry Sauce  
Whipped Potato  
Winter Squash  
Parker House Roll  
Pears  
Calories 413  
Sodium 602

**Friday, June 20**

Happy Summer!  
Low Salt Hot Dog  
Hot Dog Roll  
Mustard Packet  
Baked Beans  
Cole Slaw  
Fresh Fruit  
Calories 415  
Sodium 811